

NATIONAL CURRICULUM:

take part in outdoor and adventurous activity challenges both individually and within a team.

PRIOR KNOWLEDGE:

OAA (outdoor adventurous activities) allows pupils to develop problem solving skills through a range of challenges. Pupils work independently, as a pair and in a small group to plan, explore, solve, reflect and improve on strategies. Pupils learn what makes a good team and explore key skills such as inclusion and trust. Pupils begin to learn to orientate a map, identify key symbols and draw and follow routes.

KEY VOCABULARY:

Co-operation
Teamwork
Orientate
Observe
Listen
Instructions
Trust
Identify
Draw
Map
Navigate
Directions

PE – Autumn 1 Year 4, OAA

**Lesson Focus:**

1. To develop co-operation and teamwork skills.
2. To orientate a map and navigate around a grid.
3. To develop observational skills, listening to others and following instructions.
4. To develop trust whilst listening to others and following instructions.
5. To be able to identify, draw and follow a simple map.
6. To be able to orientate and navigate around a map and draw a route using directions.

CONTEXT: OAA (outdoor adventurous activities) allows pupils to develop problem solving skills through a range of challenges. Pupils work independently, as a pair and in a small group to plan, explore, solve, reflect and improve on strategies. Pupils develop communication skills, taking on the role of a leader and working within a team. Pupils develop navigation skills including orientating a map, identifying key symbols and drawing and following a route.

STICKY KNOWLEDGE:

- Know when to share and listen to ideas in your team.
- Understand your role in supporting other team members.
- Move the map so that it is facing the same direction as you.
- Be clear and descriptive with your instructions.
- **To create, use and adapt tactics.**
- Understand what symbols represent.
- Use a key to help you understand the map.

SKILLS:

Physical: balance, run at speed, run over distance, co-ordination
Social: communication, co-operation, collaboration
Emotional: determination, resilience, honesty, trust, confidence
Thinking: problem solving, evaluation, reflection, create, select and apply