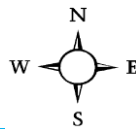
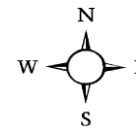




Outdoor Adventurous Activities



PE UKS2



Key Vocabulary

- Orienteer
- Map
- Course
- Compass
- Teamwork
- Trail
- Direction
- North
- East
- South
- West

Key knowledge and skills

Trails:

I know how to orientate myself with confidence around a course under pressure.

Problem Solving:

I know how to use clear communication effectively to complete a role in a team.
I know how to complete an orienteering activity both independently and as part of a team.

Compete and perform:

I know how to read and design my own map.
I know how to complete an orienteering course on multiple occasions.



Evaluate:

I know how to thoroughly evaluate my own work and other's work and suggest areas for improvement in both.

Physical wellbeing

I know the importance of the outside.

I know safety principles when preparing for exercise.

I know ways to become healthier.

Links to other subjects:

Residential trip (Year 5 Thames Young Mariners).
Geography (Year Barnes from past to present).



Links to prior learning:

Evaluating your own and others performance.

Next steps:

Use knowledge learnt to explore the wider community.

Head



- Understanding
- Analysis
- Responsibility

Heart



- Leadership
- Communication
- Resilience

Hands



- Tactics
- Problem solving