

**Key Vocabulary**

Orienteer North  
Map East  
Course South  
Teamwork  
Trail  
Direction  
West

## Outdoor Adventurous Activities

PE KSI



**Physical wellbeing**

I know the importance of the outside.

I know ways to become healthier.



**Links to other subjects:**

Science (Year 2 living things in the habitat).  
Geography (Year 3 Map work).



**Key knowledge and skills**

**Trails:**  
I know the 4 different directions of a compass.

**Problem Solving:**  
I know how to communicate to solve problems.

**Compete and perform:**  
I know how to complete activities in a set period of time.

**Evaluate:**  
I know how to watch and describe performances giving ideas for improvements.



**Links to prior learning:**  
Directions learnt in Reception and Year 1.

**Next steps:**  
I know how to use a map and compass effectively.

**Head**

Understanding  
Analysis  
Responsibility



**Heart**

Leadership  
Communication  
Resilience



**Hands**

Tactics  
Problem solving




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Orienteer North  
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## Outdoor Adventurous Activities


PE LKS2



**Physical wellbeing**


I know the importance of the outside.

I know ways to become healthier.



**Links to other subjects:**

Geography (Year 3 Map work).




**Key knowledge and skills**

**Trails:**  
I know how to orientate myself around a short trail.

**Problem Solving:**  
I know how to use communication effectively as part of 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 complete an orienteering course more than once and begin to identify ways of improving.

**Evaluate:**  
I know how to watch and describe the effectiveness of performances giving ideas for improvements.



**Links to prior learning:**  
Teamwork (KSI OAA).

**Next steps:**  
Evaluate your own performance and others performance.


**Head**

Understanding  
Analysis  
Responsibility




**Heart**

Leadership  
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Resilience



**Hands**

Tactics  
Problem solving



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## Outdoor Adventurous Activities

PE UKS2



**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).



**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.



**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

