



**P.E.**

**OAA**

**Year 5**

**Spring Term 2**

## Skills

- Choose and perform skills and strategies effectively.
- Find solutions to problems and challenges.

## Key Knowledge

Plan, implement and refine the strategies they use and adapt the strategies as necessary.

Prepare physically and organisationally for challenges they are set, taking into account the group's safety.

Identify what they do well and suggest ways to improve.

How to assess and reduce risk.

Understand the social and emotional health benefits of physical activity when developing teamwork and experiencing different environments.

## Sequence of Practical Experiences

navigate directly to points in the school grounds marked on a map

The group must all get from one side of the hall to the other without touching the 'swamp', using only the equipment provided.

get safely through the swinging rope without being touched by it

follow the course marked on the map accurately to from a start point to an end point

guide their blindfolded partner around increasingly complex obstacle courses.

navigate around a course individually, competitively racing against a partner who is going in the opposite direction.

work together to transport items of equipment across a course, going over and under a barrier.

## Statutory requirements

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

## Prior Learning

Use maps and diagrams to orientate themselves and to travel around a simple course.

Respond when the task or environment changes and the challenge increases

## Key Vocabulary

Map

Locate

Route

Compass

Direction

Trail

Obstacle

Objects

Symbol

Co-operate

Teamwork

Safety advice

**Short term effects of exercise:** breathing, heart rate, temperature, muscles, oxygen, energy

## Techniques

### Map Reading



### Compass Points



### Teamwork



### Heads, Hearts, Hands

