



**P.E.**

**OAA**  
Using Simple Trails/Diagrams

**Year 3**

**Autumn Term**

## Skills

- Use simple plans and diagrams to help them follow a short trail and go from one place to another.

## Key Knowledge

Respond to a challenge or problem they are set.

Work and behave safely and co-operatively with others, discussing how to follow trails and solve problems.

Comment on how they tackled tasks and followed safety advice.

## Sequence of Practical Experiences

spell out letters using only the human body, individually, in pairs and in groups

read a basic map, follow simple directions and a marked route.

follow a marked trail and remember as many items as possible along the way.

identify the different map symbols and match them with their correct name card.

organise yourself/pair/group in such a way that you can correctly 'punch' (or otherwise mark) your control card as quickly as possible.

successfully follow the string trail as quickly as possible, marking their control card with the correct 'punches' (or answer letters) on the way round.

In teams the group must coordinate themselves in order to get the tennis ball from the start line to the finish line without dropping the ball.

## Statutory requirements

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

## Key Vocabulary

Map

Locate

Route

Compass

Direction

Trail

Obstacle

Objects

Symbol

Co-operate

Teamwork

Safety advice

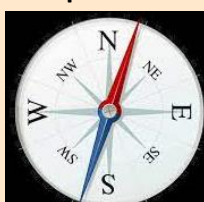
**Short term effects of exercise:** breathing, heart rate, temperature, muscles, oxygen, energy

## Techniques

### Map Reading



### Compass Points



### Teamwork



### Heads, Hearts, Hands

