

National Statutory Requirements

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

- take part in outdoor and adventurous activity challenges both individually and within a team.
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Series of Lessons

- Communicate effectively to find solutions to challenges.
- Understand rules and decide on strategies and use our experiences to decide on the equipment, strategies and skills needed.
- Take on a leading role, taking into account the groups safety.
- Orientate a map and follow a route.
- Identify locations on a map using grid references (4 and 6 figure).
- Locate markers on a map and record their grid references.

PE



OAA

Year 5

Unit Outcome

Children to work in pairs and orientate around the school.
Each pair have a map of the school with 28 markers in various places which spell out KEEP FIT STAY HEALTHY LIVE LONGER.

Curriculum Progression

Children will be taught to:

- Use clear communication when working in a group and taking on different roles.
- Begin to lead others, providing clear instructions.
- Plan and apply strategies with others to more complex challenges.
- Orientate a map confidently using it to navigate around a course.
- Explain why a particular strategy worked and alter methods to improve.

The above skills will be developed using a variety of orienteering and team building activities. Many of these activities are provided during the Year 5 residential trip to Avon Tyrell. Children who do not attend the residential are offered similar opportunities whilst based in school.

All children will be given the opportunity to self and peer evaluate performances, developing their key vocabulary whilst doing so.

Vocabulary

- Cooperation
- Collaboration
- Communication
- Trust
- Coordination
- Non-verbal
- Verbal
- Team work
- Problem-solve
- Verbal
- Non-verbal
- Roles/leader
- Orienteering
- Orienteer
- Orientating
- Map
- Reading
- Key
- Symbols
- Features

Resources

Juggling balls, bean bags
2 buckets, rope, plastic balls, cones to mark areas
Cones/Floor Markers
Teaching Notes in folder
Photos of caves in folder.
Equipment for making caves.
'Cone Orienteering' sheet (Teacher use)
Map sheets-laminated(1-6) (1 between 2)
Map recording sheet (1 between 2)
'Black and White for Extension Activity' for 12 cones'- laminated(Max 1 between 2)
ANSWER SHEET
Cones and Netball courses
Worksheets (4 and 6-figure tasks)
Map of school
Flipchart
All resources in a pack: maps, control markers, control markers answer sheet.