



PE: Outdoor Adventure

Year: 5 **Term:** Spring 2

Key Knowledge/Content:

- To apply and develop a broader range of skills and learn how to use them in different ways.
- To communicate, collaborate and compete with each other.
- To learn how to evaluate and recognise their own success.
- To take part in outdoor and adventurous activity challenges both individually and within a team.
- To compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Links to:

Prior learning:

To find the location of letters around the classroom/hall by following a plan.

Future learning:

To plan and navigate a variety of orienteering challenges, using map reading and compass skills.

Key vocabulary with definition:

Prior vocabulary:

- Maps – a pictorial representation of an environment.
- Partner – someone you work with.
- Teamwork – a group of people working together.
- Competition – when only one person/team can win.
- Direction – where something is going.
- Skills – what you need in order to achieve something.
- Symbols – some pictures with meaning.
- Safely – minimise risk.
- Trust – to be able to rely on someone.
- Problem solving – trying to find a solution.
- Communication – sending and receiving information.

New vocabulary:

- Grounds – the area that belongs to school.
- Environment – the area in which you are working.
- Orienteering – to use a map to get from one point to another.
- Course – follow a map along a set route.
- Control points – a marked checkpoint.
- Strategy – to have a plan of action.
- Route – a specified course.

By the end of this unit

All children can: follow a simple orienteering trail using a variety of map reading and compass skills.

Most children can: devise appropriate responses to challenges and tasks.

Some children can: record, view and evaluate their own performances independently.

Background understanding for teachers and parents:

This half term is Outdoor Adventure, which focuses on Orienteering. The children will develop their collaboration and communication skills, by working in teams, reading maps and following different courses.

Curriculum Driver (one):

Communication

Evidence outcome:

Follow a simple orienteering trail using maps and a compass.

Work and communicate with others effectively.