

PE – Outdoor Adventurous Activities

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Fitness			1. Recognise and describe the effects of exercise on the body.	1. Explain why exercise is good for your health.		1.Understand why exercise is good for health, fitness and wellbeing.
			2. Know the importance of strength and flexibility for physical activity.			
			3. Explain why it is important to warm up and cool down.	2.Know some reasons for warming up and cooling down.	1.Know and understand the reasons for warming up and cooling down. 2.Explain some safety principles when preparing for and during exercise.	2.Carry out warm-ups and cool-downs safely and effectively. 3.Understand the importance of warming up and cooling down.
				3.Describe how the body reacts at different times and how this affects performance.		
						4.Know ways they can become healthier.
Trails			4. Orientate themselves with increasing confidence and accuracy around a short trail.	4.Orientate themselves with accuracy around a short trail.	3. Start to orientate themselves with increasing confidence and accuracy around an orienteering course.	5.Orientate themselves with confidence and accuracy around an orienteering course when under pressure.
				5.Create a short trail for others with a physical challenge.	4. Design an orienteering course that can be followed and offers some challenge to others.	6.Design an orienteering course that is clear to follow and offers challenge to others.
				6.Start to recognise features of an orienteering course.	5. Begin to use navigation equipment to orientate around a trail.	7.Use navigation equipment (maps, compasses) to improve the trail.
Problem Solving			5. Identify and use effective communication to begin to work as a team.	7.Communicate clearly with other people in a team, and with other teams. 8.Have experience of a range of roles within a team and begin to identify the key skills required to succeed at each.	6. Use clear communication to effectively complete a particular role in a team. 7. Complete orienteering activities both as part of a team and independently.	8.Use clear communication to effectively complete a particular role in a team. 9.Compete in orienteering activities both as part of a team and independently.
			6.Identify symbols used on a key.	9.Associate the meaning of a key in the context of the environment.	8. Identify a key on a map and begin to use the information in activities.	10.Use a range of map styles and make an informed decision on the most effective.
Preparation and Organisation			7.Begin to choose equipment that is appropriate for an activity.	10.Try a range of equipment for creating and completing an activity.	9.Choose the best equipment for an outdoor activity.	11.Choose the best equipment for an outdoor activity.
				11.Make an informed decision on the best equipment to use for an activity. Plan and organise a trail that others can follow.	10.Create an outdoor activity that challenges others. 11.Create a simple plan of an	12.Prepare an orienteering course for others to follow.

					activity for others to follow.	
					12. Identify the quickest route to accurately navigate an orienteering course.	13. Identify the quickest route to accurately navigate an orienteering course.
						14. Manage an orienteering event for others to compete in.
Communication			8. Communicate with others.	12. Communicate clearly with others.	13. Communicate clearly and effectively with others.	15. Communicate clearly and effectively with others when under pressure.
				13. Work as part of a team.	14. Work effectively as part of a team.	16. Work effectively as part of a team, demonstrating leadership skills when necessary.
				14. Begin to use a map to complete an orienteering course.	15. Successfully use a map to complete an orienteering course.	17. Successfully use a map to complete an orienteering course.
					16. Begin to use a compass for navigation.	18. Use a compass for navigation.
						19. Organise an event for others.
Compete and Perform			9. Begin to complete activities in a set period of time.	15. Complete an orienteering course more than once and begin to identify ways of improving completion time.	17. Complete an orienteering course on multiple occasions, in a quicker time due to improved technique.	20. Complete an orienteering course on multiple occasions, in a quicker time due to improved technique.
			10. Begin to offer an evaluation of personal performances and activities.	16. Offer an evaluation of both personal performances and activities.	18. Offer a detailed and effective evaluation of both personal performances and activities.	21. Offer a detailed and effective evaluation of both personal performances and activities with an aim of increasing challenge and improving performance.
				17. Start to improve trails to increase the challenge of the course.	19. Improve a trail to increase the challenge of the course.	22. Listen to feedback and improve an orienteering course from it.
Evaluate			11. Watch, describe and evaluate the effectiveness of a performance.	18. Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.	20. Choose and use criteria to evaluate own and others' performances.	23. Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.
			12. Describe how their performance has improved over time.	19. Modify their use of skills or techniques to achieve a better result.	21. Explain why they have used particular skills or techniques, and the effect they have had on their performance.	