Progression of Knowledge and Skills through Outdoor and Adventurous Games

PE Progression through Lancashire PE SOW: Outdoor and Adventurous Activities - Years 3, 4, 5 and 6

	Year 3	Year 4	Year 5	Year 6
Aim of Outdoor and Adventurous Activities In outdoor and adventurous activities as a whole, children follow maps and trails, try to solve physical problems and challenges, and learn how to work safely in a range of situations.	Children take part in simple trust and orientation activities using maps and diagrams. Working on their own and in small groups. children will learn to use simple maps and follow simple trails.	Children will be set physical challenges and problems to solve They will take part in a range of communication activities to develop problem solving skills in some adventure games. The problem-solving tasks they tackle will require more teamwork, with clearly defined roles and responsibilities.	Children develop their orienteering and problem-solving skills in familiar and unfamiliar situations and environments. Throughout, there is an emphasis on building trust and working as a team.	Children will take part in more complex orienteering events. They will learn to read maps more accurately, and to adapt their skills to meet challenges set in new environments. They will research and undertake a journey safely, and will develop the skills and understanding to become more self-reliant. They will take on more demanding leadership roles and will learn to take the initiative more often.
Progression of performance of skills	▸ Master most fundamental skills from KS1 and start to develop specific skills and perform them with some accuracy and extension.	▸ Master fundamental movement skills and start to develop specific skills performing them with consistency, accuracy and some control.	▸ Continue to develop specific skills and perform with consistency, accuracy, confidence and control.	▸ Continue to develop specific skills and perform them with consistency, accuracy, confidence, control and speed.
Developing Skills	▪ Orientate a map ▪ Use a control card ▪ Navigate a course safely	▪ Travel and balance safely when carrying out challenges ▪ Demonstrates team work skills during planning, doing and reviewing.	▪ . Know how to keep the map "set or "orientated" when they move around a simple course. ▪ Know the eight points of a compass. ▪ Record information accurately at the control marker. ▪ Navigate to a control marker on a score event course.	▪ To set a map using a compass ▪ To practice and refine thumbing the set map (orientated).. ▪ To set a direction of travel from the map, using a compass. ▪ To follow instructions in order to complete an orienteering course.
Application of Skills – (Core tasks	▪ To orientate a map and complete the Counting Cones Challenge. To know where they are on a map at all times using a variety of different routes.	To complete a series of challenges i.e. – crossing the swamp, Millipede carry, shepherd and sheep, electric fence and hula hut challenge	Working in pairs or small groups, complete an orienteering course (netball numbers/score orienteering) using a map..	Take part in different competitive orienteering activity, balancing speed and accuracy. (i.e. Sprint races, Relay race, Norwegian event)