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| **Year 4 OAA**  **Curriculum Link:**  **To take part in outdoor and adventurous activity challenges both individually and within a team** | | |
| **Key Information** | **Learning** | **Key PE Skills** |
| **Unit** | **Previous Learning** | **Competing and Performing** |
| Subject Name: **PE**  Year Group: **4**  Term: **3 (H2)**  Unit Name: **Football**  **Spiritual Development**  Through the study of Physical Education, children will develop an understanding of the importance of physical health and how this can promote positive emotional development. John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul. | * Identify and use effective communication to begin to work as a team. * Begin to complete activities in a set period of time. * Begin to offer an evaluation of personal performances and activities. * Orientate themselves safely and with some accuracy around a short trail. * Follow a map in a familiar context. * Identify symbols used on a key. * Use clues to follow a route. | * Compete against self and others in a controlled manner in teams and individually in a range of competitive activities beginning to use evaluation to improve performance. |
| **Big Ideas** | **Year 4 Learning** | **Health and Fitness & Preparation** |
| To take part in outdoor and adventurous activity challenges as an individual and in a team and improve communication and collaboration skills. | * Can communicate clearly with other people in a team, and with other teams. * To have experience of a range of roles within a team and begin to identify the key skills required to succeed at each. * Can complete an orienteering course more than once and begin to identify ways of improving completion time. * Can offer an evaluation of both personal performances and activities. * Can start to improve trails to increase the challenge of the course. * To know how to orientate themselves safely and with accuracy around a short trail within a time limit. * To be able to follow a map in a (more demanding) familiar context. * Can associate the meaning of a key in the context of the environment. | * Know and understand the reasons for warming up and cooling down. * Explain why exercise is good for your health and make some links to ways we can become healthier. |

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| **Key Information** | **Learning** | **Key PE Skills** |
| **Vocabulary** | **Future Learning:** | **Evaluation and Communication** |
| map  orienteering  communication  compass  route  teamwork  symbols  North  South  East  West  boundary | * Complete orienteering activities as a team. * Use clear communication to effectively complete a particular role in a team. * Complete an orienteering course on multiple occasions, in a quicker time due to improved technique. * Offer an effective evaluation of both personal performances and activities. Improve a trail to increase the challenge of the course. * Orientate themselves safely and with accuracy around a variety of trails within a time limit. * Change plans if there is a problem or get new information. * Use clues and navigation equipment/information to navigate a route. | * Watch and describe performances of themselves and others - link this to describing how their performance has improved over time and offer improvements to others. * Use communication skills to illustrate what they are doing and respond to others. |
| **Glossary** | | |
| **Boundary:** The edge of the area the activity is taking place in.  **Checkpoint:** One the of the chosen locations participants must locate or reach during an activity.  **Compass:** A tool used to help navigate.  **Communication:** Giving, receiving, and sharing information  **Controls:** The thing that the participants are looking for within a course; might be letters, numbers or other items. Are referenced on a map.  **Control Points:** The location of the controls.  **Course:** The course is the route chosen for the controls to be in.  **OAA:** Acronym for Outdoor Adventurous Activities. They take place outdoors and involve physical activity, adventure, challenge, problem solving and teamwork.  **Orientate:** To find your way around the course using a map.  **Orienteer:** The person taking part in the orienteering activity.  **Orienteering:** An adventure sport that involves running or walking while navigating a course using a map and sometimes a compass to navigate between control points.  **Scale:** The relative size of objects shown on a map.  **Strategy**: A plan or action created for completing a task.  **Symbol:** A sign, shape or object to represent something else.  **Tactics**: Methods and plans that players and teams use to increase their chances of winning. | | |