

Birchwood Physical Education Curriculum Map: Outdoor Adventurous Activities (OAA)



Year Group	Substantive Knowledge	Disciplinary Knowledge	Vocabulary	Resources
Year 3	Autumn 1/Summer 2 <ul style="list-style-type: none"> - Recognise and describe the effects of exercise on the body. - Explain why it is important to warm up and cool down - Know how to communicate effectively. - Know what orienteering is. - Know and understand a range of map symbols. 	Autumn 1/Summer 2 <ul style="list-style-type: none"> - Work effectively with others as part of a team to complete a task. - Communicate effectively. - Follow multistep instructions. - Solve a range of problems when working with others as a team. - Follow a set of directions correctly. - Give clear and precise directions for someone else to follow. - Follow simple maps. 	Teamwork, communicate, instructions, directions, orienteering, symbols, key.	Twinkl OAA Year 3 Resource Pack, mats, beanbags, bibs, hoops, cones, number cards, blindfolds, quoits
Year 4	Summer 2 <ul style="list-style-type: none"> - Describe how the body reacts at different times and how this affects performance. - Explain why exercise is good for your health. - Know some reasons for warming up and cooling down. - Know what a key is and how to use it. - Know how to read a map using symbols and keys. - Know how to follow a map. - Know what leadership skills are. 	Summer 2 <ul style="list-style-type: none"> - Work together in small groups developing problem solving skills. - Show leadership skills. - Navigate around a space. - Read a map with accuracy and confidence within a time limit. - Create symbols that are effective for map reading. - Follow a map with accuracy and confidence. 	Leadership, navigate, symbols, key, communicate, orienteering.	Twinkl OAA Year 4 Resource Pack, quoits, cones, ropes, beanbags, hoops, benches, blindfolds, letter marker cards, map of the school
Year 5	Autumn 1 <ul style="list-style-type: none"> - Know and understand the reasons for warming up and cooling down. - Explain some safety principles when preparing for and during exercise. - Know what a compass is and how to use it. - Know the 8 directions on a compass. - Know what an orienteering exercise/course entails. 	Autumn 1 <ul style="list-style-type: none"> - Work as part of a team to complete a range of challenges. - Demonstrate agility and endurance in a range of situations. - Use a compass. - Read, follow and understand maps. - Take part in an orienteering exercise. - Work collaboratively to plan and prepare an orienteering course. - Work collaboratively to complete a timed orienteering course. 	Direction, compass, orienteering exercise, agility, endurance, collaboratively.	Twinkl OAA Year 5 Resource Pack, balloons, hoops, chalk, hurdles, agility ladders, beanbags, cones, stopwatches, compasses, rackets, balls, skipping ropes, lollipop sticks.

<p>Year 6</p>	<p>Autumn 1</p> <ul style="list-style-type: none"> - Understand the importance of warming up and cooling down. - Carry out warm-ups and cool-downs safely and effectively. - Understand why exercise is good for health, fitness and wellbeing. - Know ways they can be healthier. - Know different communication methods. - Know what effective leadership skills. - Know what a relay event is. - Know how to design an orienteering course and know what a themed orienteering course. 	<p>Autumn 1</p> <ul style="list-style-type: none"> - Work systematically and as part of a team to solve a range of problems. - Demonstrate positivity, perseverance and effective teamwork when completing a range of challenges. - Use a range of communication methods effectively during problem solving activities. - Demonstrate effective leadership skills. - Work together effectively to achieve a common goal. - Work effectively with others to plan and carry out a game plan (strategy). - Compete in a timed orienteering team relay event. - Work as part of a team to design a themed orienteering course. 	<p>Systematically, positivity, perseverance, game plan (strategy), relay, themed orienteering course.</p>	<p>Twinkl OAA Year 6 Resource Pack, cones, hoops, mats, different sized balls, beanbags, coloured spots, blindfolds, skipping ropes, containers, stopwatch.</p>
----------------------	--	---	---	---