

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



Year Group	Substantive Knowledge	Disciplinary Knowledge	Vocabulary	Resources
<b>Year 3</b>	<b>Autumn 1/Summer 2</b> <ul style="list-style-type: none"> <li>- Recognise and describe the effects of exercise on the body.</li> <li>- Explain why it is important to warm up and cool down</li> <li>- Know how to communicate effectively.</li> <li>- Know what orienteering is.</li> <li>- Know and understand a range of map symbols.</li> </ul>	<b>Autumn 1/Summer 2</b> <ul style="list-style-type: none"> <li>- Work effectively with others as part of a team to complete a task.</li> <li>- Communicate effectively.</li> <li>- Follow multistep instructions.</li> <li>- Solve a range of problems when working with others as a team.</li> <li>- Follow a set of directions correctly.</li> <li>- Give clear and precise directions for someone else to follow.</li> <li>- Follow simple maps.</li> </ul>	Teamwork, communicate, instructions, directions, orienteering, symbols, key.	Twinkl OAA Year 3 Resource Pack, mats, beanbags, bibs, hoops, cones, number cards, blindfolds, quoits
<b>Year 4</b>	<b>Summer 2</b> <ul style="list-style-type: none"> <li>- Describe how the body reacts at different times and how this affects performance.</li> <li>- Explain why exercise is good for your health.</li> <li>- Know some reasons for warming up and cooling down.</li> <li>- Know what a key is and how to use it.</li> <li>- Know how to read a map using symbols and keys.</li> <li>- Know how to follow a map.</li> <li>- Know what leadership skills are.</li> </ul>	<b>Summer 2</b> <ul style="list-style-type: none"> <li>- Work together in small groups developing problem solving skills.</li> <li>- Show leadership skills.</li> <li>- Navigate around a space.</li> <li>- Read a map with accuracy and confidence within a time limit.</li> <li>- Create symbols that are effective for map reading.</li> <li>- Follow a map with accuracy and confidence.</li> </ul>	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
<b>Year 5</b>	<b>Autumn 1</b> <ul style="list-style-type: none"> <li>- Know and understand the reasons for warming up and cooling down.</li> <li>- Explain some safety principles when preparing for and during exercise.</li> <li>- Know what a compass is and how to use it.</li> <li>- Know the 8 directions on a compass.</li> <li>- Know what an orienteering exercise/course entails.</li> </ul>	<b>Autumn 1</b> <ul style="list-style-type: none"> <li>- Work as part of a team to complete a range of challenges.</li> <li>- Demonstrate agility and endurance in a range of situations.</li> <li>- Use a compass.</li> <li>- Read, follow and understand maps.</li> <li>- Take part in an orienteering exercise.</li> <li>- Work collaboratively to plan and prepare an orienteering course.</li> <li>- Work collaboratively to complete a timed orienteering course.</li> </ul>	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><b>Year 6</b></p>	<p><b>Autumn 1</b></p> <ul style="list-style-type: none"> <li>- Understand the importance of warming up and cooling down.</li> <li>- Carry out warm-ups and cool-downs safely and effectively.</li> <li>- Understand why exercise is good for health, fitness and wellbeing.</li> <li>- Know ways they can be healthier.</li> <li>- Know different communication methods.</li> <li>- Know what effective leadership skills.</li> <li>- Know what a relay event is.</li> <li>- Know how to design an orienteering course and know what a themed orienteering course.</li> </ul>	<p><b>Autumn 1</b></p> <ul style="list-style-type: none"> <li>- Work systematically and as part of a team to solve a range of problems.</li> <li>- Demonstrate positivity, perseverance and effective teamwork when completing a range of challenges.</li> <li>- Use a range of communication methods effectively during problem solving activities.</li> <li>- Demonstrate effective leadership skills.</li> <li>- Work together effectively to achieve a common goal.</li> <li>- Work effectively with others to plan and carry out a game plan (strategy).</li> <li>- Compete in a timed orienteering team relay event.</li> <li>- Work as part of a team to design a themed orienteering course.</li> </ul>	<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>
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