

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Wellbeing				Recognise and describe the effects of exercise on the body (increased heart rate, feeling warmer, building healthy bodies). Explain why it is important to warm up and cool down.	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 and understand the reasons for warming up and cooling down. Explain some safety principles when preparing for and during exercise.	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
Outdoor Adventurous Activities				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.	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.	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.	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.