



Physical Education: Outdoor & Adventurous Activities

Aspect	End of Yr 1	End of Yr 2	End of Yr 3	End of Yr 4	End of Yr 5	End of Yr 6
Acquiring & Developing Skills	Recognise their own space.	Explore finding different paces.	Develop a range of skills & work with others to solve challenges.	Develop a range & consistency of skills & work with others to solve challenges.	Develop orienteering & problem-solving skills.	Develop & refine orienteering & problem-solving skills.
Selecting & Applying Skills	Follow simple routes & trails. Solve simple challenges. Listen to instructions.	Follow simple routes & trails orientating themselves successfully. Solve simple challenges successfully. Listen to instructions from peers & adults.	Use simple maps. Choose & apply skills to meet requirements of a task. Develop strong listening skills. Begin to problem solve.	Use simple maps and more detailed plans. Choose & apply skills to meet requirements of a task. Develop strong listening skills. Begin to problem solve and think activities through.	Use & interpret simple maps. Adapt skills as they move to unfamiliar environments. Decide on approach to meet challenges.	Use & interpret simple maps. Adapt skills as they move to unfamiliar environments. Decide on approach to meet challenges. Think activities through using general knowledge.
Evaluating & Improving Performance	Discuss & work with others in a group. Relay what they did when solving a problem.	Use observations to improve performance. Discuss & work with others in a group. Relay what they did when solving a problem.	Describe their own and others' performances. Identify areas to improve & approaches to use.	Describe their own and others' performances. Identify areas to improve & approaches to use.	Understand the importance of a team plan. Identify what they do well as individuals & a group.	Understand the importance of a team plan & the value of pooling ideas. Identify what they do well as individuals & a group.
Knowledge & Understanding of Fitness & Health	Demonstrate an understanding of how to stay safe.	Recognise when they have been energetic.	Work safely. Recognise different physical demands of challenges.	Recognise the effect of different activities on the	Understand how OAA can help fitness, health & well-being.	Identify how their bodies work in different challenges.

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