



Key Concepts: Agility, Coordination, Balance, Performance, Fitness

Learning Outcomes

	Acquiring and Developing Skills	Selecting and Applying skills, tactics and compositional skills	Knowledge and understanding of Health and Fitness	Evaluating and improving performance
Y1/2	To recognise their own space. To explore finding different places. To recognise where they are on a plan or diagram To travel successfully to and from objects and locations on the ground. To recognise symbols and pictures and relate them to a diagram. To use a range of skills to lift and carry equipment.	To follow simple routes and trails orientating themselves successfully. To solve simple challenges and problems successfully. To understand the purpose of an activity and plan their actions so that they are successful. To choose simple approaches to solve the problems they are set. To work co-operatively with others on tasks.	To recognise and describe how their body feels during exercise. To recognise and describe the different physical demands of the tasks and challenges. To show an awareness of how to keep safe.	To observe what they and others have done and use their observations to improve their performance. To describe their own and others' roles in activities. To identify what was completed well and what different approaches could have been used. To work co-operatively with others.
Y3/4	To develop the range and consistency of their skills and work with others to solve challenges. To orientate themselves and move with increasing confidence and accuracy when following trails and simple orienteering courses. To use skills with control in problem-solving activities.	To choose and apply strategies and skills and work with others to solve challenges. To realise that activities need thinking through, and recognise that planning is useful. To choose sensible skills and appropriate for the challenges set. To meet the challenges effectively in teams.	To recognise the effect of different activities on the body and to prepare for them physically. To identify how their bodies work in the different challenges set. To conserve their efforts and keep their concentration during tasks. To prepare themselves effectively and follow safety procedures.	To describe and evaluate their own and others' performance and identify areas that need improving. To learn from watching others and use what they have seen to improve their own performance. To be able to use the repeated trails, courses and challenges to develop and change the approaches they use.

	Acquiring and Developing Skills	Selecting and Applying skills, tactics and compositional skills	Knowledge and understanding of Health and Fitness	Evaluating and improving performance
Y5/6	To develop and refine orienteering and problem solving skills when working in groups and on their own. To read a variety of maps and plans accurately, recognising symbols and features. To use physical and teamwork skills well in a variety of different challenges.	To decide what approach to use to meet the challenge set. To adapt their skills and understanding as they move from familiar to unfamiliar environments. To successfully apply their skills and understanding to new challenges and environments. To recognise similarities between challenges and choose efficient approaches to new ones.	To understand how the challenge of outdoor and adventurous activities can help fitness, health and well being. To understand the excitement and enjoyment of completing a challenge. To know how to prepare physically and organisationally to be safe and efficient.	To see the importance of a group or team plan, and the value of pooling ideas. To improve their performance by changing or adapting their approaches as needed. To be clear about what they have to achieve and recognise the importance of planning and thinking as they go. To identify what they have done well and adapt plans to be more efficient when facing similar challenges.