PE

Outdoor Adventurous Activities (OOA) - KS1

Key Vocabulary

symbols	trails
maps	concentrate
compass points N,S,E,W	identify
"set" the map	problem solve
teamwork	cooperate
environment	follow

Key Knowledge and Skills

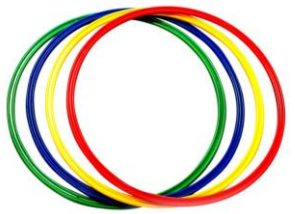
Children will learn:

- To acquire and develop basic problem solving and orienteering skills.
- To follow simple trails in familiar environments and work with a partner to create strategies for success.
- To relate symbols with the environment.
- To follow simple compass directions.
- To show how to set a simple map of a small area.



Parachute

Hoops



Key Questions & Physical Wellbeing

- How do we set the map ready to start the trail?
- Why is it important to listen to the ideas of other people?
- How does physical exercise help improve your health and wellbeing?

Equipment

- cones
- maps
- parachute games
- resource control cards, worksheets
- multiple equipment - ropes, objects, hoops