PE

Outdoor Adventurous Activities (OOA) - LKS2

Key Vocabulary

symbols	compass directions
diagrams	identify
trust	relate
exploring	course
planning	lead
decision making	timing

Key Knowledge and Skills

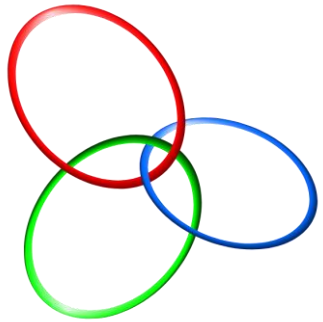
Children will learn:

- To move with increased confidence and accuracy when following trails and simple orienteering courses.
- To understand that activities need thinking through and recognize that planning can mean greater success.
- To collaborate and answer challenges effectively in teams.
- To show how to set a simple map of a small area and establish direction of travel.
- To develop cooperation and trust in groups and improve confidence with communication skills.

<u>Cones</u>



<u>Hoops</u>



Key Questions & Physical Wellbeing

- Why is it important to plan a strategy before attempting a trail or course?
- Can you cooperate willingly with others?
- Why is communication important in orienteering?
- Can you describe the effects of exercise have on the heart and respiratory system?

Equipment

- control cards
- compass
- clip boards
- cones
- maps
- blindfolds
- parachutes
- various objects - ropes, balls, hoops, boxes