PE

Outdoor Adventurous Activities (OOA) - UKS2

Key Vocabulary

consistency	performance
knowledge	competitive
awareness	strategy
control	compare
responsibility	accuracy
precision	evaluate

Key Knowledge and Skills

Children will learn:

- To demonstrate a range of orientation and problem-solving skills and use them with precision, control and consistently.
- To select and use in collaboration with others the appropriate strategies and equipment to reach a range of outdoor activity challenges.
- To recognise and evaluate the effectiveness of their performance as individuals and in groups.



Clipboard

Stopwatch





Rope

Key Questions & Physical Wellbeing

- Can suggest ways to improve strategies and solutions to the problems?
- Can you correctly use a map and understand the key symbols?
- Can you work confidently independently and with others in challenging situations?
- What effects happen to the body after prolonged physical activities?

Equipment

- varied scaled maps
- clipboard and pens
- blindfolds
- hoops, ropes, ladders, hurdles
- parachutes
- control cards
- resource worksheets
- compass, stopwatches