



Physical Education

Knowledge Organiser

Year 5 outdoor and adventurous activities

National Curriculum links: To take part in outdoor and adventurous activity challenges both individually and within a team

Key values and vocabulary	Learning	Breakdown of skills/success criteria
<u>Values</u> - Resilience - Problem-solving - Teamwork <u>Vocabulary</u> - orientation/orientate - trails - navigate - accuracy - communication - teamwork - responsibility - compass - control - trust	Previous learning	<u>Aim and success criteria for year 5 outdoor and adventurous activities</u> - Children will develop their orienteering and problem-solving skills in familiar and unfamiliar situations and environments. - Throughout the lessons, the children will work on building trust and working as a team.
	In year 4, children will master fundamental movement skills and start to develop specific skills performing them with consistency, accuracy and some control. These skills will include: Traveling and balancing safely when carrying out challenges Demonstrating team work skills during planning, doing and reviewing.	
	Year 5 learning	
	In year 5, children will continue to develop specific skills and perform with consistency, accuracy, confidence and control. These skills will include: - Knowing how to keep the map 'set' or 'orientated' when they move around a simple course. - Know the eight points of a compass - Record information accurately at the control markers. - Navigate to a control marker on a score event course.	
Key knowledge	Future learning	
Children need to learn how to work in pairs or small groups, whilst completing an orienteering course using a map.	In year 6, children will continue to develop specific skills and perform them with consistency, accuracy, confidence, control and speed. These skills will include: - To set a map using a compass - To practice and refine thumbing the set map - To set a direction of travel from the map using a compass.	

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	. TO follow instructions in order to complete an orienteering course.	
Supporting resources		