



**WHOLE SCHOOL PROGRESSION DOCUMENT – PE – OUTDOOR, ADVENTUROUS ACTIVITY**

	<b>YEAR 3</b>	<b>YEAR 4</b>	<b>YEAR 5</b>	<b>YEAR 6</b>
<b>HEALTH &amp; FITNESS</b>	<ul style="list-style-type: none"> <li>*Recognise and describe the effects of exercise on the body.</li> <li>*Know the importance of strength and flexibility for physical activity.</li> <li>*Explain why it is important to warm up and cool down.</li> </ul>	<ul style="list-style-type: none"> <li>*Describe how the body reacts at different times and how this affects performance.</li> <li>*Explain why exercise is good for your health.</li> <li>*Know some reasons for warming up and cooling down.</li> </ul>	<ul style="list-style-type: none"> <li>*Know and understand the reasons for warming up and cooling down.</li> <li>*Explain some safety principles when preparing for and during exercise.</li> </ul>	<ul style="list-style-type: none"> <li>*Understand the importance of warming up and cooling down.</li> <li>*Carry out warm-ups and cool-downs safely and effectively.</li> <li>*Understand why exercise is good for health, fitness and wellbeing.</li> <li>*Know ways they can become healthier.</li> </ul>
<b>TRAILS</b>	<ul style="list-style-type: none"> <li>*Orientate themselves with increasing confidence and accuracy around a short trail.</li> </ul>	<ul style="list-style-type: none"> <li>*Orientate themselves with accuracy around a short trail.</li> <li>*Create a short trail for others with a physical challenge.</li> <li>*Start to recognise features of an orienteering course.</li> </ul>	<ul style="list-style-type: none"> <li>*Start to orientate themselves with increasing confidence and accuracy around an orienteering course.</li> <li>*Design an orienteering course that can be followed and offers some challenge to others.</li> <li>*Begin to use navigation equipment to orientate around a trail.</li> </ul>	<ul style="list-style-type: none"> <li>*Orientate themselves with confidence and accuracy around an orienteering course when under pressure.</li> <li>*Design an orienteering course that is clear to follow and offers challenge to others.</li> <li>*Use navigation equipment (maps, compasses) to improve the trail.</li> </ul>
<b>PROBLEM SOLVING</b>	<ul style="list-style-type: none"> <li>*Identify and use effective communication to begin to work as a team.</li> <li>*Identify symbols used on a key.</li> </ul>	<ul style="list-style-type: none"> <li>*Communicate clearly with other people in a team, and with other teams.</li> <li>*Have experience of a range of roles within a team and begin to identify the key skills required to succeed at each.</li> <li>*Associate the meaning of a key in the context of the environment.</li> </ul>	<ul style="list-style-type: none"> <li>*Use clear communication to effectively complete a particular role in a team.</li> <li>*Complete orienteering activities both as part of a team and independently.</li> <li>*Identify a key on a map and begin to use the information in activities.</li> </ul>	<ul style="list-style-type: none"> <li>*Use clear communication to effectively complete a particular role in a team.</li> <li>*Compete in orienteering activities both as part of a team and independently.</li> <li>*Use a range of map styles and make an informed decision on the most effective.</li> </ul>
<b>PREPARATION &amp; COMMUNICATION</b>	<ul style="list-style-type: none"> <li>*Begin to choose equipment that is appropriate for an activity.</li> </ul>	<ul style="list-style-type: none"> <li>*Try a range of equipment for creating and completing an activity.</li> <li>*Make an informed decision on the best equipment to use for an activity.</li> <li>*Plan and organise a trail that others can follow.</li> </ul>	<ul style="list-style-type: none"> <li>*Choose the best equipment for an outdoor activity.</li> <li>*Create an outdoor activity that challenges others.</li> <li>*Create a simple plan of an activity for others to follow.</li> <li>*Identify the quickest route to accurately navigate an orienteering course.</li> </ul>	<ul style="list-style-type: none"> <li>*Choose the best equipment for an outdoor activity.</li> <li>*Prepare an orienteering course for others to follow.</li> <li>*Identify the quickest route to accurately navigate an orienteering course.</li> <li>*Manage an orienteering event for others to compete in.</li> </ul>
<b>COMMUNICATION</b>	<ul style="list-style-type: none"> <li>*Communicate with others.</li> </ul>	<ul style="list-style-type: none"> <li>*Communicate clearly with others. Work as part of a team.</li> <li>*Begin to use a map to complete an orienteering course.</li> </ul>	<ul style="list-style-type: none"> <li>*Communicate clearly and effectively with others.</li> <li>*Work effectively as part of a team.</li> <li>*Successfully use a map to complete an orienteering course.</li> <li>*Begin to use a compass for navigation.</li> </ul>	<ul style="list-style-type: none"> <li>*Communicate clearly and effectively with others when under pressure.</li> <li>*Work effectively as part of a team, demonstrating leadership skills when necessary.</li> <li>*Successfully use a map to complete an orienteering course.</li> <li>*Use a compass for navigation.</li> <li>*Organise an event for others.</li> </ul>
<b>COMPETE/PERFORM</b>	<ul style="list-style-type: none"> <li>*Begin to complete activities in a set period of time.</li> <li>*Begin to offer an evaluation of personal performances and activities.</li> </ul>	<ul style="list-style-type: none"> <li>*Complete an orienteering course more than once and begin to identify ways of improving completion time.</li> <li>*Offer an evaluation of both personal performances and activities.</li> <li>*Start to improve trails to increase the challenge of the course.</li> </ul>	<ul style="list-style-type: none"> <li>*Complete an orienteering course on multiple occasions, in a quicker time due to improved technique.</li> <li>*Offer a detailed and effective evaluation of both personal performances and activities.</li> <li>*Improve a trail to increase the challenge of the course.</li> </ul>	<ul style="list-style-type: none"> <li>*Complete an orienteering course on multiple occasions, in a quicker time due to improved technique.</li> <li>*Offer a detailed and effective evaluation of both personal performances and activities with an aim of increasing challenge and improving performance.</li> <li>*Listen to feedback and improve an orienteering course from it.</li> </ul>

EVALUATE	<p>*Watch, describe and evaluate the effectiveness of a performance. *Describe how their performance has improved over time.</p>	<p>*Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. *Modify their use of skills or techniques to achieve a better result.</p>	<p>*Choose and use criteria to evaluate own and others' performances. *Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>	<p>*Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p>
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