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| **Year 3 OAA****Curriculum Link:****To take part in outdoor and adventurous activity challenges both individually and within a team** |
| **Key Information** | **Learning** | **Key PE Skills** |
| **Unit** | **Previous Learning** | **Competing and Performing** |
| Subject Name: **PE**Year Group: **3**Term: **3 (H2)**Unit Name: **OAA****Spiritual Development**Through the study of Physical Education, children will develop an understanding of the importance of physical health and how this can promote positive emotional development. John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul. | * Compete against self and others in teams and individually.
* Recognise and describe how different parts of the body feel during and after different physical activities.
* Explain what they need to stay healthy with some links to exercise being made.
* Watch or describe performances of themselves and others - linking that to what went well and what to improve.
* Use some simple communication to illustrate what they are planning on doing
 | * Compete against self and others in teams and individually in a controlled manner in a range of competitive activities.
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| **Big Ideas** | **Year 3 Learning** | **Health and Fitness & Preparation** |
| To take part in outdoor and adventurous activity challenges as an individual and in a team and improve communication and collaboration skills. | * To be able to identify and use effective communication to begin to work as a team.
* To begin to complete activities in a set period of time.
* To begin to offer an evaluation of personal performances and activities.
* To know how to orientate themselves safely and with some accuracy around a short trail.
* To know how to follow a map in a familiar context.
* To be able to identify some symbols used on a key.
* To be able to use clues to follow a route.
 | * Recognise and describe the effects of exercise on the body and begin to link this to why it is important to warm up and cool down.
* Explain why exercise is good for your health, including strength and flexibility.
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| **Key Information** | **Learning** | **Key PE Skills** |
| **Vocabulary** | **Future Learning:** | **Evaluation and Communication** |
| maporienteeringcommunicationcompassrouteteamworksymbolsNorthSouthEastWestboundary | * Communicate clearly with other people in a team, and with other teams.
* Have experience of a range of roles within a team and begin to identify the key skills required to succeed at each.
* Complete an orienteering course more than once and begin to identify ways of improving completion time.
* Offer an evaluation of both personal performances and activities.
* Start to improve trails to increase the challenge of the course.
* Orientate themselves safely and with accuracy around a short trail within a time limit.
* Follow a map in a (more demanding) familiar context.
* Associate the meaning of a key in the context of the environment.
 | * Watch or describe performances of themselves and others - linking that to what to keep the same for next time and what to improve for next time and offer some improvements to others.
* Use communication skills to illustrate what they are doing and begin to respond to others.
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| **Glossary** |
| **Boundary:** The edge of the area the activity is taking place in.**Checkpoint:** One the of the chosen locations participants must locate or reach during an activity.**Compass:** A tool used to help navigate.**Communication:** Giving, receiving, and sharing information**Controls:** The thing that the participants are looking for within a course; might be letters, numbers or other items. Are referenced on a map.**Control Points:** The location of the controls.**Course:** The course is the route chosen for the controls to be in.**OAA:** Acronym for Outdoor Adventurous Activities. They take place outdoors and involve physical activity, adventure, challenge, problem solving and teamwork. **Orientate:** To find your way around the course using a map.**Orienteer:** The person taking part in the orienteering activity.**Orienteering:** An adventure sport that involves running or walking while navigating a course using a map and sometimes a compass to navigate between control points.**Scale:** The relative size of objects shown on a map.**Strategy**: A plan or action created for completing a task.**Symbol:** A sign, shape or object to represent something else. **Tactics**: Methods and plans that players and teams use to increase their chances of winning. |