

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
<p>Subject Name: PE Year Group: 3 Term: 1 (H1) Unit Name: OAA</p> <p>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.</p>	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Compete against self and others in teams and individually in a controlled manner in a range of competitive activities.
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.

Key Information	Learning	Key PE Skills
Vocabulary	Future Learning:	Evaluation and Communication
map orienteering communication compass route teamwork symbols North South East West boundary	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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.

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.