

Year 4 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: 4 Term: 1 (H1) Unit Name: Football</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"> Identify and use effective communication to begin to work as a team. Begin to complete activities in a set period of time. Begin to offer an evaluation of personal performances and activities. Orientate themselves safely and with some accuracy around a short trail. Follow a map in a familiar context. Identify symbols used on a key. Use clues to follow a route. 	<ul style="list-style-type: none"> Compete against self and others in a controlled manner in teams and individually in a range of competitive activities beginning to use evaluation to improve performance.
Big Ideas	Year 4 Learning	Health and Fitness & Preparation
<p>To take part in outdoor and adventurous activity challenges as an individual and in a team and improve communication and collaboration skills.</p>	<ul style="list-style-type: none"> Can communicate clearly with other people in a team, and with other teams. To have experience of a range of roles within a team and begin to identify the key skills required to succeed at each. Can complete an orienteering course more than once and begin to identify ways of improving completion time. Can offer an evaluation of both personal performances and activities. Can start to improve trails to increase the challenge of the course. To know how to orientate themselves safely and with accuracy around a short trail within a time limit. 	<ul style="list-style-type: none"> Know and understand the reasons for warming up and cooling down. Explain why exercise is good for your health and make some links to ways we can become healthier.

- | | | |
|--|--|--|
| | <ul style="list-style-type: none">• To be able to follow a map in a (more demanding) familiar context.• Can associate the meaning of a key in the context of the environment. | |
|--|--|--|

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"> • Complete orienteering activities as a team. • Use clear communication to effectively complete a particular role in a team. • Complete an orienteering course on multiple occasions, in a quicker time due to improved technique. • Offer an effective evaluation of both personal performances and activities. Improve a trail to increase the challenge of the course. • Orientate themselves safely and with accuracy around a variety of trails within a time limit. • Change plans if there is a problem or get new information. • Use clues and navigation equipment/information to navigate a route. 	<ul style="list-style-type: none"> • Watch and describe performances of themselves and others - link this to describing how their performance has improved over time and offer improvements to others. • Use communication skills to illustrate what they are doing and 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.