

Year 5 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: 5 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"> 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. Oriente 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"> Compete against self and others in a controlled manner in teams and individually in a range of competitive activities using evaluation to improve performance.
Big Ideas	Year 5 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.

- **Can complete orienteering activities as a team.**
- **To be able to use clear communication to effectively complete a particular role in a team.**
- Can complete an orienteering course on multiple occasions, in a quicker time due to improved technique.
- Can offer an effective evaluation of both personal performances and activities. Improve a trail to increase the challenge of the course.
- To know how to orientate themselves safely and with accuracy around a variety of trails within a time limit.
- To know how to change plans if there is a problem or get new information.
- To know how to use clues and navigation equipment/information to navigate a route.

- Know and understand the reasons for warming up and cooling down and lead own warm-ups and cool downs with support.
- Explain why exercise is good for health, fitness and wellbeing and make some links to ways we can become healthier.

Key Information	Learning	Key PE Skills
Vocabulary	Future Learning:	Evaluation and Communication
controls control points scale strategy orientate orienteer	<ul style="list-style-type: none"> • Communicate clearly and effectively with others when under pressure. • Successfully complete orienteering activities as a team. • Work effectively as part of a team, demonstrating leadership skills. • Complete an orienteering course on multiple occasions, in a quicker time due to improved technique. • Offer an effective and detailed evaluation of both personal performances and activities. • Listen to feedback and improve an orienteering course from it. • Orienteer themselves safely and with accuracy around a variety of trails within a time limit and identify the quickest route to do this. • Use a range of map styles and navigation equipment/information to accurately follow a trail. 	<ul style="list-style-type: none"> • Watch and describe performances of themselves and others - link this to how this has supported modifying their skills and techniques to improve over time and offer improvements to others. • Use communication skills to illustrate what they are doing and respond to others to begin to improve team play.

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.

Orienteer: 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.