

PE Medium Term Plans- Outdoor adventure activities.

Useful links: <https://www.youtube.com/watch?v=Pgm6WIOh-K8> How to use a compass.

https://www.britishorienteeing.org.uk/images/uploaded/downloads/development_schoolgames_secondary_scorecompetition.pdf STAR orienteering activity.

	Autumn 1					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
LKS2	Throughout lessons, pupils are taught and encouraged to: <ul style="list-style-type: none"> Show resilience when plans do not work and initiative to try new ways of working. Support others to seek support if required when the situation dictates. Show an ability to lead and to form part of a team. Remain aware of changing conditions and change plans if necessary. 					
Y3 working towards milestone 2 objectives.	Arrive properly equipped for outdoor and adventurous activity. Show resilience when plans do not work and initiative to try new ways of working. Show an ability to lead and to form part of a team. POP task: Team building.	Arrive properly equipped for outdoor and adventurous activity. Use maps, compasses and digital devices to orientate themselves. Complete an orienteering STAR activity.	Arrive properly equipped for outdoor and adventurous activity. Use maps, compasses and digital devices to orientate themselves. POP task: Counting cones. Use a cone orienteering map to complete a course and fill in a control card.	Arrive properly equipped for outdoor and adventurous activity. Use maps, compasses and digital devices to orientate themselves. Use a map of the school grounds to orientate themselves and complete a simple course, filling in a control card.	Arrive properly equipped for outdoor and adventurous activity. Understand how to use a compass. Complete simple challenges, using a compass to orientate themselves.	Design an orienteering course for another group to complete. Complete an orienteering course using the school grounds. Assessment.
Y4 working towards milestone 2 objectives.	Arrive properly equipped for outdoor and adventurous activity. Show resilience when plans do not work and initiative to try new ways of working. Show an ability to lead and to form part of a team. POP task: team building.	Arrive properly equipped for outdoor and adventurous activity. Use maps, compasses and digital devices to orientate themselves. Complete an orienteering STAR activity.	Arrive properly equipped for outdoor and adventurous activity. Use maps, compasses and digital devices to orientate themselves. POP task: Counting cones. Use a cone orienteering map to complete a course and fill in a control card. Extension: Create a cone orienteering course.	Arrive properly equipped for outdoor and adventurous activity. Use maps, compasses and digital devices to orientate themselves. Use a map of the school grounds to orientate themselves and complete a simple course, filling in a control card.	Arrive properly equipped for outdoor and adventurous activity. Understand how to use a compass. Design and complete simple challenges using a compass.	Design an orienteering course for another group to complete. Complete an orienteering course using the school grounds. Assessment.
UKS2	Throughout lessons, pupils are taught and encouraged to: <ul style="list-style-type: none"> Select appropriate equipment for outdoor and adventurous activity. Embrace both leadership and team roles and gain the commitment and respect of a team. Empathise with other and offer support without being asked. Seek support from experts if needed. Remain positive, even in challenging circumstances. Assess changing conditions and adapt plans to ensure safety comes first. 					
Y5 working towards milestone 3 objectives.	Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. POP tasks: team building activities e.g River crossing, adapted to include non-verbal communication and no physical contact.	Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. Use a range of devices in order to orientate themselves (maps). POP task: Pitch orienteering.	Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. Use a range of devices in order to orientate themselves (coordinates). Use a map with coordinates to play a team game.	Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. Use a range of devices in order to orientate themselves (compasses). Understand and remember how to use a compass to follow instructions and find the treasure on an orienteering course.	Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. Plan and organise a simple orienteering trail using map reading, compass skills and coordinates.	Work as a team to complete an orienteering course. Assessment.

<p>Y6 working towards milestone 3 objectives.</p>	<p>Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. POP task: team building activities e.g River crossing, adapted to include non-verbal communication and no physical contact.</p>	<p>Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. Use a range of devices in order to orientate themselves (maps). POP task: Pitch orienteering.</p>	<p>Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. Use a range of devices in order to orientate themselves (coordinates). Use a map with coordinates to play a team game.</p>	<p>Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. Use a range of devices in order to orientate themselves (compasses). Understand and remember how to use a compass to follow instructions and find the treasure on an orienteering course.</p>	<p>Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. Plan and organise a simple orienteering trail using map reading, compass skills and coordinates.</p>	<p>Work as a team to complete an orienteering course. Assessment.</p>
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