

Outdoor Adventure Activities: KS2

Remember when

A clear understanding of what teamwork is
 How maps look and identify key points
 Find points on a map

Sticky skills

Understand and follow simple tactics
 Know key points on a map
 Know how to navigate

Key Vocabulary
KS2

Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Strategy: is a planned set of actions that are used by a team or individual to achieve a longterm goal. We plan a strategy and then use specific tactics to help us achieve our goal.

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Communication: Is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.

Control Point: A control point is a marked waypoint used in orienteering. Control points are marked both on a map and on the ground.

Scale: The scale of a map is the ratio of a distance on the map to the corresponding distance on the ground. The scale of a map allows the reader to calculate the size, height and dimensions of the features shown on the map, as well as distances between different points.

Non-verbal communication: is a method of sending messages or signals without speaking. This includes actions such as making eye contact, using hand gestures or changing a body language or posture to communicate.

Verbal communication: is a method of communicating using our voice. When communicating verbally it is important that our message is clear and precise so that our team members can understand.

Learning Journey

Year 3

Communication and Tactics Creating and applying Simple tactics Developing communication as a team Create defending and attacking tactics as a team



Year 4

Problem Solving Focus on cooperation and responsibility Develop communication and collaboration Understand why motivating each other is important when working in a team



Year 5

Orienteering Introduce the concept and meaning of orienteering Introduce the concept of reading a map or a plan, being able to use a key correctly to help us navigate Orienteering a map and locate points on the map in a set order

Cognitive

Year 3: Pupils will apply an understanding of what makes an effective team and understand how important their role is within the team

Year 4: Pupils will apply an ability to evaluate and improve strategies to solve the problems.

Year 5: Pupils will consolidate their understanding of what makes an effective team and understand how important teamwork is when orienteering.

Social

Year 3: Pupils will develop life skills such as collaboration and communication as they apply both speaking and listening skills within their teams.

Year 4: Pupils will develop life skills such as trust and collaboration as they work effectively with their team mates to complete the challenges.

Year 5: Pupils will consolidate life skills such as encouragement as they collaborate with their team to successfully complete the orienteering challenges.

Wellness

Year 3: Pupils will develop their ability to remain positive and try their best in every challenge. They will begin to show leadership attributes.

Year 4: Pupils will demonstrate leadership attributes as they take responsibility for their team members.

Year 5: Pupils will apply integrity and self motivation as they complete the challenges. Pupils will consolidate their leadership skills and take responsibility for others.

National Curriculum

- take part in outdoor and adventurous activity challenges both individually and within a team

Learning Objective / Focus

Lesson Sequence Outline

<p>Year Three</p>	<p>Session 1: LO: look at what makes an effective team with the focus being on creating tactics as a team.</p> <p>Focus: Creating and applying simple tactics: Noughts and Crosses</p> <p>Session 2: LO: to look at what makes an effective team leader.</p> <p>Focus: Developing leadership: Noughts and Crosses</p> <p>Session 3: LO: to look at what makes an effective team with the focus on collaboration and communication.</p> <p>Focus: Developing communication as a team: Rock, Paper, Scissors</p> <p>Session 4: LO: to develop pupils' communication and collaborating within their team.</p> <p>Focus: Communicating as a team: Code Breakers</p> <p>Session 5: LO: to develop the skills required to make an effective team.</p> <p>Focus: Communicating to collaborate effectively as a team: Island Hopping</p> <p>Session 6: LO: to consolidate the skills required to make an effective team.</p> <p>Focus: Communicating to create defending and attacking tactics as a team: Capture the Flag</p>	<p style="text-align: center;">Communication & Tactics</p> <p>Overview: The unit of work will explore what makes an effective team through different problem-solving challenges. Throughout the unit, there will be a focus on pupils developing their communication skills, essential to working within a team to complete the activities.</p> <p>Physical: Pupils will work within teams to complete the different problem solving challenges successfully.</p> <p style="text-align: center;"><i>See session plans attached or log on to Complete PE to access relevant documents</i></p>
<p>Year Four</p>	<p>Session 1: LO: to look at what makes an effective team with the focus on cooperation and responsibility.</p> <p>Focus: Benches and mats challenge</p> <p>Session 2: LO: look at what makes an effective team with the focus on communication.</p> <p>Focus: Around the clock challenge</p> <p>Session 3: LO: to look at what makes an effective team with the focus on collaboration and communication.</p> <p>Focus: The pen challenge</p> <p>Session 4: LO: look at what makes an effective team with the focus on collaboration and communication.</p> <p>Focus: The river rope challenge</p> <p>Session 5: LO: to look at what makes an effective team with the focus on collaboration and communication.</p> <p>Focus: Caving challenges: Part 1</p> <p>Session 6: LO: to look at what makes an effective team with the focus on collaboration and communication.</p> <p>Focus: Caving challenges: Part 2</p>	<p style="text-align: center;">Problem Solving</p> <p>Overview: The unit of work will develop pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils' ability to apply skills essential to working within a team as well as create effective tactics.</p> <p>Physical: Pupils will work within teams to find effective strategies and tactics in order to complete the different problem solving challenges successfully..</p> <p style="text-align: center;"><i>See session plans attached or log on to Complete PE to access relevant documents</i></p>
<p>Year Five</p>	<p>Session 1: LO: to introduce the concept of a map or a plan and to be able to use a key correctly to help us navigate.</p> <p>Focus: Face orienteering</p> <p>Session 2: LO: to introduce the concept of orienteering.</p> <p>Focus: Cone orienteering</p> <p>Session 3: LO: to orientate a map, locate points on the map, then travel to them and record what they find.</p> <p>Focus: Point and return</p> <p>Session 4: LO: map and locate points on the map in a set order. They must follow the route they have been given to reach as many points as possible in an allocated time.</p> <p>Focus: Point to point</p>	<p style="text-align: center;">Orienteering</p> <p>Overview: The unit of work will consolidate pupils' ability to orientate a map, locate points in a set order. They must follow the route they have been given to reach as many points as possible in an allocated time. Pupils will consolidate their ability to collaborate with others and work as a team to complete the challenges.</p> <p>Physical: Pupils will consolidate their developing ability to orientate a map and locate points, returning to base as quickly as possible.</p> <p style="text-align: center;"><i>See session plans attached or log on to Complete PE to access relevant documents</i></p>

	<p>Session 5: LO: orientate a map and locate points on the map in a set order. They must follow the route they have been given to reach as many points as possible in an allocated time.</p> <p>Focus: Timed course</p> <p>Session 6: LO: to bring the orienteering topic together into a competition.</p> <p>Focus: Orienteering competition; level 1 or level 2</p>	
Working towards	<p align="center">End of unit assessment</p> <p align="center">Working at Age related expectations</p>	Working at a greater depth