

# P.E.

## Year 5 – OAA



### About this Unit

OAA stands for Outdoor Adventurous Activities. All of the activities require problem solving, collaboration, decision making and teamwork skills. In this unit, you will learn these skills then put them into practise in orienteering activities.

### Knowledge & Skills

#### Knowledge:

Problem solving skills – to use trial and error to find the best solution.

Navigational skills – to use a key to help identify objects and locations on a map.

Communication – being concise with instructions to communicate clearly.

Reflection – reflecting on when you have been successful when solving challenges and to use this to help you solve future challenges.

#### Skills:

I can navigate around a course using a map.

I can orientate a map confidently.

I can reflect on when I was successful at solving challenges and alter my methods in order to improve.

I can use critical thinking to approach a task.

### Golden Threads

#### Motor competence – Manipulate objects

- balance
- co-ordination
- run at speed
- run over distance

#### Healthy participation

How will this unit help your body?

balance, co-ordination, speed, stamina

### Rules, strategies and & tactics

Abiding by rules will help everyone to play fairly and solve challenges

<p>YEAR 3 I can develop map reading skills.</p> <p>I can follow and give instructions.</p> <p>I can listen to and am accepting of others' ideas.</p> <p>I can plan and attempt to apply strategies to solve problems.</p> <p>I can reflect on when and why I was successful at solving challenges and am beginning to understand why</p>	<p>YEAR 4 I can accurately follow and give instructions.</p> <p>I can confidently communicate ideas and listen to others.</p> <p>I can identify key symbols on a map and use a key to help navigate around a grid.</p> <p>I can reflect on when and why I was successful at solving challenges.</p>	<p>YEAR 5 I can navigate around a course using a map.</p> <p>I can orientate a map confidently.</p> <p>I can reflect on when I was successful at solving challenges and alter my methods in order to improve.</p> <p>I can use critical thinking to approach a task.</p>	<p>YEAR 6 I can orientate a map efficiently to navigate around a course.</p> <p>I can use critical thinking skills to form ideas and strategies to solve challenges.</p> <p>With increasing accuracy, I can reflect on when and how I successful at solving challenges and alter my methods in order to improve.</p>
--	---	--	--

### Key vocabulary

Cardinal points: the four main compass directions: north, south, east, and west

Critical thinking: evaluate to improve

Navigate: to plan or follow a route

Negotiate: to agree on shared terms

Orientate: to turn a map so that it always faces the same way as the ground it represents

Strategy: a plan of action to complete a set task or challenge