

P.E.

Year 3 – 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 try ideas before deciding on a solution.

Navigational skills – to hold a map so that it reflects real life.

Communication – to take turns giving ideas and to not interrupt each other.

Reflection – to think about why you were successful at solving challenges to help you in the future.

Skills:

I can develop map reading skills.

I can follow and give instructions.

I can listen to and am accepting of others' ideas.

I can plan and attempt to apply strategies to solve problems.

I can reflect on when and why I was successful at solving challenges and am beginning to understand why

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

Use rules given to you honestly to help to keep yourself and others safe.

YEAR 3

I can develop map reading skills.

I can follow and give instructions.

I can listen to and am accepting of others' ideas.

I can plan and attempt to apply strategies to solve problems.

I can reflect on when and why I was successful at solving challenges and am beginning to understand why.

YEAR 4

I can accurately follow and give instructions.

I can confidently communicate ideas and listen to others.

I can identify key symbols on a map and use a key to help navigate around a grid.

I can reflect on when and why I was successful at solving challenges.

YEAR 5

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.

YEAR 6

I can orientate a map efficiently to navigate around a course.

I can use critical thinking skills to form ideas and strategies to solve challenges.

With increasing accuracy, I can reflect on when and how I successful at solving challenges and alter my methods in order to improve.

Key vocabulary

Communication: share information

Course: includes a start point, control points, and a finish point when orienteering

Map: used to show locations

Route: the path taken

Symbol: a sign, shape or object representative of different features on a map e.g. a triangle for a mountain

Tactics: a plan to solve a problem

Teamwork: working with others to succeed