

PE OAA Long Term Plan – Units linked to Hierarchy of Skills

Year Group	<u>3/4</u>	<u>5/6</u>
<p>Hierarchy linked to Outcomes</p> <p>Year 3 Year 4 Year 5 Year 6</p>	<p>P31: Arrive properly equipped for outdoor and adventurous activity.</p> <p>P32: Understand the need to show accomplishment in managing risks.</p> <p>P37: Remain aware of changing conditions and adapt plans to ensure safety comes first</p> <p>P33: Show an ability to both lead and form part of a team.</p> <p>P34: Support others and seek support if required when the situation dictates. I can listen to and am accepting of others' ideas. I can confidently communicate ideas and listen to others. I can work collaboratively with a partner and a small group. I can work collaboratively and effectively with a partner and a small group. I can follow and give instructions. I can accurately follow and give instructions.</p> <p>P35: Show resilience when plans do not work and initiative to try new ways of working. I can plan and attempt to apply strategies to solve problems. I can plan and apply strategies to solve problems. I can reflect on when and why I was successful at solving challenges. I can reflect on when and why I was successful at solving challenges.</p> <p>P36: Use maps, compasses and digital devices to orientate themselves. I am developing map reading skills. I can identify key symbols on a map and use a key to help navigate around a grid.</p>	<p>P31: Select appropriate equipment for outdoor and adventurous activity.</p> <p>P32: Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</p> <p>P37: Quickly assess changing conditions and adapt plans to ensure safety comes first I can use critical thinking to approach a task. I can use critical thinking skills to form ideas and strategies to solve challenges.</p> <p>P33: Embrace both leadership and team roles and gain the commitment and respect of a team.</p> <p>P34: Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</p> <p>P35: Remain positive even in the most challenging circumstances, rallying others if need be. I am inclusive of others and can share job roles. I am inclusive of others, can share job roles and lead when necessary. I can reflect on when I was successful at solving challenges and alter my methods in order to improve. I can reflect on when and how I successful at solving challenges and alter my methods in order to improve. I can work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy. I can pool ideas within a group, selecting and applying the best method to solve a problem. I can use critical thinking skills to form ideas and strategies to solve challenges.</p> <p>P36: Use a range of devices in order to orientate themselves. I can navigate around a course using a map. I can orientate a map efficiently to navigate around a course. I can orientate a map confidently.</p>
Knowledge	<p>To develop cooperation and teamwork skills.</p> <p>To develop communication skills and work effectively with a partner.</p> <p>To develop trust and team work.</p> <p>To be able to follow and give instructions.</p> <p>To work effectively in small groups.</p> <p>To develop planning and problem solving skills.</p> <p>To involve all team members in an activity and work towards a collective goal.</p> <p>To develop trust and accept support.</p> <p>To be able to listen to others and follow instructions.</p> <p>To be able to identify objects on a map.</p> <p>To be able to draw and follow a simple map.</p> <p>To draw a route using directions.</p> <p>To be able to orientate a map and navigate around a grid.</p>	<p>To build communication and trust whilst showing an awareness of safety.</p> <p>To work as a team to solve problems.</p> <p>To suggest ideas and listen to others.</p> <p>To develop cooperation and teamwork skills.</p> <p>To develop tactical planning and problem solving.</p> <p>To share ideas and work as a team to solve problems.</p> <p>To develop trust in others.</p> <p>To be able to listen to others and follow instructions.</p> <p>To develop navigational skills and map reading.</p> <p>To be able to use a key to identify objects and locations.</p>
Vocabulary	<p>Balance</p> <p>Running</p> <p>Communication</p> <p>Teamwork</p>	<p>Stamina</p> <p>Running</p> <p>Communication</p> <p>Teamwork</p>