



Subject: PE **Topic:** OAA **Year Group:** Year 4
Focus: map reading, directions, orienteering and problem-solving

What I should already know:

- respond to a challenge or problem they are set;
- begin to work and behave safely;
- work increasingly cooperatively with others, discussing how to solve problems;
- recognise that different tasks make their body work in different ways;
- comment on how they went about tackling tasks – identify what was completed well and what different approaches could have been used
- describe their own and others' roles in activities
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Vocabulary:

- maps, diagrams
- symbols, scale
- orienteering
- controls
- challenges, problem solving
- plan alone, plan in pairs and groups
- do – try, think about and try again
- review – talk about an activity and decide how to do better

What I will know by the end of the unit:

- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- use maps and diagrams to orientate themselves and to travel around a simple course;
- start to plan sensible responses to physical challenges or problems, talking and working with others in their group; realise that activities need thinking through, and recognise that planning is useful
- recognise some of the physical demands that activities make on them;
- identify parts of the work that were successful;
- respond to feedback on how to go about their work differently and learn from watching others and use what they have seen to improve their own performance
- use skills with control in problem-solving activities
- prepare themselves effectively and follow safety procedures
- use the repeated trials, courses and challenges to develop and change the approaches they use

Activities I can take part in to achieve my objectives:

- **Orienteering activities**
- Use a simple map of the playground or school fields to complete a course with eight to 12 controls. Check three or four controls and then return to base before finding the next ones.
- **Physical challenge and problem-solving activities**
- Take part in some adventure games, *eg cross a barrier or space using a floating bridge (two large, easily moved objects such as hoops or mats); cross a swamp using small cones or discs as stepping stones.*
- See docs to support planning