



**Subject:** PE      **Topic:** OAA      **Year Group:** Year 5  
**Focus:** navigating courses and problem solving inc. directing others who may be blindfolded

**What I should already know:**

- 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

**Vocabulary:**

Maps, diagrams, symbols, orienteering, plan, challenge, problem-solving, strategy, approach, review, improve, collaborate, compete, roles, responsibilities, safety.

**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.
- To choose and perform skills and strategies effectively
- Find solutions to problems and challenges
- Plan, implement, adapt and refine strategies
- Work increasingly well in groups knowing roles and responsibilities
- Prepare physically and organisationally for tasks set
- Take into account safety
- Identify what they do well and suggest areas for improvement

**Activities I can take part in to achieve my objectives:**

- Orienteering – complete courses using map reading skills
- - make own orienteering course
- Physical challenges and problem solving – helping a blindfolded person/group to complete a course by assisting and giving verbal instructions
- - direct others to complete a course by giving instructions
- - crossing an electric fence or other obstacles without themselves or equipment touching it
- - transport 'precious objects' through an obstacle course without dropping and when under time pressure
- See docs to support planning