

Progression in PE

Red statements = non-negotiable skills to be learnt by end of that year group

Outdoor Adventurous Activities Progression

KS2 NC Obj's

- 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

Key Skills	Y5	Y6	End point
Health & Fitness	<p>Explain why it is important to warm up and cool down.</p> <p>Know the importance of strength and flexibility for physical activity.</p> <p>Explain why exercise is good for your health.</p> <p>Describe how the body reacts at different times and how this affects performance.</p> <p>Know some reasons for warming up and cooling down.</p>	<p>Explain some safety principles when preparing for and during exercise.</p> <p>Know and understand the reasons for warming up and cooling down.</p> <p>Organise their own warm up & cool down</p> <p>Carry out their own warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Know ways they can become healthier.</p>	<p>To be able to explain how physical exercise plays a part in a healthy lifestyle. Know how to exercise safely, including how and why to warm up and cool down. Participate in exercised for enjoyment.</p>
Trails	<p>Understand what the term 'Orienteering' means</p> <p>Orienteer themselves with accuracy around a short trail.</p> <p>Create a short trail for others with a physical challenge.</p> <p>Start to recognise features of an orienteering course.</p>	<p>Design an orienteering course that can be followed and offers some challenge to others.</p> <p>Start to orientate themselves with increasing confidence and accuracy around an orienteering course.</p> <p>Begin to use navigation equipment to orientate around a trail.</p> <p>Orienteer themselves with confidence and accuracy around an orienteering course when under pressure.</p> <p>Accurately use navigation equipment (maps, compasses) to orientate around a trail.</p> <p>Design an orienteering course that is clear to follow and offers challenge to others.</p>	<p>To explain what the term 'orienteering' means. Navigate around a course successfully using maps and compasses to support.</p>
Problem solving	<p>Know what a key is on a map.</p> <p>Begin to use the key to locate places in the school grounds</p> <p>Associate the meaning of a key in the context of the environment.</p> <p>Have experience of a range of roles within a team and begin to identify the key skills required to succeed at each.</p>	<p>Complete orienteering activities both as part of a team and independently.</p> <p>Use suitable equipment to help solve problems</p> <p>Use a range of map styles and make an informed decision on the most effective.</p> <p>Complete orienteering activities independently.</p>	<p>To use maps and teamwork to solve problems quickly and effectively.</p>



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<p>Preparation and organisation</p>	<p>Try a range of equipment for creating and completing an activity.</p> <p>Create a simple plan of an activity for others to follow.</p> <p>Begin to choose equipment that is appropriate for an activity.</p>	<p>Choose the best equipment for an outdoor activity.</p> <p>Create an outdoor activity that challenges others.</p> <p>Identify the quickest route to accurately navigate an orienteering course.</p> <p>Plan and prepare an orienteering course for others to follow.</p> <p>Manage an orienteering event for others to compete in.</p>	<p>To apply planning & teamwork skills to prepare an orienteering course.</p>
<p>Communication</p>	<p>To take turns and listen to each other when working as a team. Share ideas about how to complete a challenge.</p> <p>Begin to understand the roles within a team and decide who will have each role</p> <p>Communicate ideas effectively depending on the team role</p>	<p>Use clear communication to effectively complete a particular role in a team.</p> <p>Communicate clearly and effectively with others when under pressure.</p> <p>Work effectively as part of a team, demonstrating leadership skills when necessary.</p>	<p>To use effective communication & teamwork skills in order to be successful.</p>
<p>Compete/ Perform</p>	<p>Complete an adult- led orienteering course</p> <p>Begin to complete activities in a set period of time.</p> <p>Complete an orienteering course as part of a team.</p> <p>Complete a course under a set amount of time</p>	<p>Complete an orienteering course on multiple occasions, in a quicker time due to improved technique.</p>	<p>To perform and apply a variety of orienteering skills and techniques. Demonstrate a fair competitive spirit and use tactics to their advantage.</p>
<p>Evaluate</p>	<p>Say what they enjoyed or didn't enjoy about the activity</p> <p>Begin to offer an evaluation of personal performances and activities.</p> <p>Evaluate their own performance, saying, what they did well and what they could improve.</p> <p>Begin to evaluate the team's performance, saying, what they did well and what they could improve.</p> <p>Modify their use of skills or techniques to achieve a better result.</p>	<p>Evaluate the team's performance, saying, what they did well and what they could improve.</p> <p>Choose and use criteria to evaluate own and others' performances.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p> <p>Offer a detailed and effective evaluation of both personal performances and activities with an aim of increasing challenge and improving performance.</p> <p>Listen to feedback and improve an orienteering course from it.</p>	<p>To understand the value of evaluation and see how it can make themselves and others improve. Give productive evaluations of their own and other's performances.</p>