



PE KNOWLEDGE & SKILLS PROGRESSION - OUTDOOR & ADVENTEROUS

*"Exercise not only changes your body, it changes your mind, your attitude and your mood."
~Anon*



YEAR 3 YEAR 4 YEAR 5 YEAR 6

Trails
I can orientate myself with increasing confidence and accuracy around a short trail.

Problem-Solving
I can identify and use effective communication to begin to work as a team.
I can identify symbols used on a key.

Preparation and Organisation
I am beginning to choose equipment that is appropriate for an activity.

Communication
I can communicate with others.

Performance
I am beginning to complete activities in a set period of time.
I am beginning to offer an evaluation of personal performances and activities.

Trails
I can orientate myself with accuracy around a short trail.
I can create a short trail for others with a physical challenge.
I am starting to recognise features of an orienteering course.

Problem-Solving
I can communicate clearly with other people in a team, and with other teams.
I have experience of a range of roles within a team and begin to identify the key skills required to succeed at each.
I associate the meaning of a key in the context of the environment.

Preparation and Organisation
I try a range of equipment for creating and completing an activity.
I make an informed decision on the best equipment to use for an activity.
I plan and organise a trail that others can follow.

Communication
I can communicate clearly with others.
I work as part of a team.
I am beginning to use a map to complete an orienteering course.

Performance
I can complete an orienteering course more than once and begin to identify ways of improving my time.
I offer an evaluation of both personal performances and activities.
I am starting to improve trails to increase the challenge of the course.

Trails
I am starting to orientate myself with increasing confidence and accuracy around an orienteering course.
I can design an orienteering course that can be followed and offers some challenge to others.
I am beginning to use navigation equipment to orientate around a trail.

Problem-Solving
I can use clear communication to effectively complete a particular role in a team.
I can complete orienteering activities both as part of a team & independently.
I identify a key on a map and begin to use the information in activities.

Preparation and Organisation
I can choose the best equipment for an outdoor activity.
I can create an outdoor activity that challenges others.
I can create a simple plan of an activity for others to follow.
I identify the quickest route to accurately navigate an orienteering course.

Communication
I communicate clearly and effectively with others.
I work effectively as part of a team.
I successfully use a map to complete an orienteering course.
I am beginning to use a compass for navigation.

Performance
I complete an orienteering course on multiple occasions, in a quicker time due to improved technique.
I offer a detailed & effective evaluation of both personal performances & activities.
I can improve a trail to increase the challenge of the course.

Trails
I orientate myself with confidence and accuracy around an orienteering course when under pressure.
I can design an orienteering course that is clear to follow and offers challenge to others.
I use navigation equipment (maps, compasses) to improve the trail.

Problem-Solving
I use clear communication to effectively complete a particular role in a team.
I compete in orienteering activities both as part of a team & independently.
I use a range of map styles and make an informed decision on the most effective.

Preparation and Organisation
I choose the best equipment for an outdoor activity.
I can prepare an orienteering course for others to follow.
I identify the quickest route to accurately navigate a course.
I can manage an orienteering event for others to compete in.

Communication
I can communicate clearly & effectively with others when under pressure.
I work effectively as part of a team, demonstrating leadership skills when necessary.
I successfully use a map to complete an orienteering course.
I can use a compass for navigation.
I can organise an event for others.

Performance
I complete an orienteering course on multiple occasions, in a quicker time due to improved technique.
I offer detailed & effective evaluation of both personal performances and activities with an aim of increasing challenge and improving performance.
I listen to feedback and improve an orienteering course from it.