

# Physical Education Knowledge Organiser

## Year 5 Outdoor and Adventurous Activities

**National Curriculum links:** To take part in outdoor and adventurous activity challenges both individually and within a team

Key values and vocabulary	Learning	Breakdown of skills/success criteria
<p><u>Values</u></p> <ul style="list-style-type: none"> <li>· Resilience</li> <li>· Problem-solving</li> <li>· Teamwork</li> </ul> <p><u>Vocabulary</u></p> <ul style="list-style-type: none"> <li>· orientation/orientate</li> <li>· trails</li> <li>· navigate</li> <li>· accuracy</li> <li>· communication</li> <li>· teamwork</li> <li>· responsibility</li> <li>· compass</li> <li>· control</li> <li>· trust</li> </ul>	<p style="text-align: center;"><b>Previous learning</b></p> <p><i>In year 4, children will master fundamental movement skills and start to develop specific skills performing them with consistency, accuracy and some control.</i></p> <p><i>These skills will include:</i></p> <ul style="list-style-type: none"> <li>· Traveling and balancing safely when carrying out challenges</li> </ul> <p><i>Demonstrating team work skills during planning, doing and reviewing.</i></p> <p style="text-align: center;"><b>Year 5 learning</b></p> <p><i>In year 5, children will continue to develop specific skills and perform with consistency, accuracy, confidence and control.</i></p> <p><i>These skills will include:</i></p> <ul style="list-style-type: none"> <li>· Knowing how to keep the map 'set' or 'orientated' when they move around a simple course.</li> <li>· Know the eight points of a compass</li> <li>· Record information accurately at the control markers.</li> <li>· Navigate to a control marker on a score event course.</li> </ul>	<p><u>Aim and success criteria for year 5 outdoor and adventurous activities</u></p> <ul style="list-style-type: none"> <li>· Children will develop their orienteering and problem-solving skills in familiar and unfamiliar situations and environments.</li> <li>· Throughout the lessons, the children will work on building trust and working as a team.</li> </ul>
<p style="text-align: center;"><b>Key Knowledge</b></p>	<p style="text-align: center;"><b>Future learning</b></p>	
<p><i>Children need to learn how to work in pairs or small groups, whilst completing an orienteering course using a map.</i></p>	<p><i>In year 6, children will continue to develop specific skills and perform them with consistency, accuracy, confidence, control and speed.</i></p> <p><i>These skills will include:</i></p> <ul style="list-style-type: none"> <li>· To set a map using a compass</li> <li>· To practice and refine thumbing the set map</li> <li>· To set a direction of travel from the map using a compass.</li> </ul>	

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	<i>To follow instructions in order to complete an orienteering course.</i>	
<b>Supporting resources</b>		