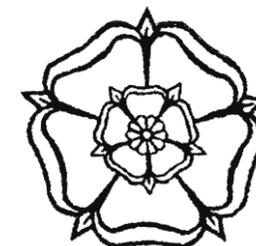




Thornton-in-Craven Community Primary and Nursery School

Cam Lane, Thornton-in-Craven, North Yorkshire, BD23 3SX



PE Key Learning/Progression of Skills

EYFS	KS1	Lower KS2		Upper KS2		
Acquiring and Developing Skills in Gymnastics						
<p>Create a short sequence of movements</p> <p>Roll in different ways with control.</p> <p>Travel in different ways.</p> <p>Stretch in different ways.</p> <p>Jump in a range of ways from one space to another with control.</p> <p>Begin to balance with control.</p>	<p>Create and perform a movement sequence.</p> <p>Copy actions and movement sequences with a beginning, middle and end.</p> <p>Link two actions to make a sequence and repeat.</p> <p>Recognise and copy contrasting actions (small/tall, narrow/wide)</p>	<p>Copy, explore and remember actions and movements to plan and create their own sequence.</p> <p>Link actions to make a sequence.</p> <p>Travel in a variety of ways, including rolling.</p> <p>Hold a still shape whilst balancing on different points of the body.</p>	<p>Choose ideas to compose a movement sequence independently and with others.</p> <p>Link combinations of actions with increasing confidence, including changes of direction, speed or level.</p> <p>Compare and contrasts gymnastic sequences.</p>	<p>Create a sequence of actions that fit a theme.</p> <p>Use an increasing range of actions, directions, shapes and levels in their sequences.</p> <p>Move with clarity, fluency and expression.</p> <p>Show changes of direction, speed and level during a performance.</p> <p>Travel in different ways, including using flight.</p>	<p>Select ideas to compose specific sequences of movements, shapes and balances.</p> <p>Adapt their sequences to fit new criteria or suggestions.</p> <p>Perform jumps, shapes, lifts and balances fluently and with control.</p>	<p>Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, lifts, leaping, swinging, vaulting and stretching.</p> <p>Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</p>

Acquiring and Developing Skills in Gymnastics (cont)

<p>Move around, under, over and through different objects and equipment.</p> <p>Introduction to use simple apparatus confidently.</p>	<p>Travel in different ways, changing direction and speed, controlling body.</p> <p>Hold still shapes and simple balances, tensing, relaxing, curling.</p> <p>Carry out simple stretches</p> <p>Carry out a range of simple jumps, landing safely.</p> <p>Begin to use equipment to balance and climb on.</p> <p>Begin to move with control and care.</p> <p>Develop confidence to simple apparatus and how to use safely.</p>	<p>Jump in a variety of ways and land with increasing control and balance.</p> <p>Climb onto and jump off the equipment safely.</p> <p>Perform a range of balances on equipment safely.</p> <p>Move with increasing control and care.</p> <p>Confident in using simple apparatus safely.</p> <p>Work with a partner to create a simple sequence.</p>	<p>Develop the quality of their actions, shapes and balances.</p> <p>Move with coordination, control and care.</p> <p>Use turns whilst travelling in a variety of ways.</p> <p>Use a range of jumps in their sequences.</p> <p>Begin to use equipment to vault.</p> <p>Create interesting body shapes while holding balances with control and confidence – on and off apparatus or equipment.</p> <p>Begin to show flexibility in movements.</p>	<p>Improve the placement and alignment of body parts in balances.</p> <p>Use equipment to vault in a variety of ways.</p> <p>Carry out balances, recognising the position of their centre of gravity and how this affects the balance.</p> <p>Begin to develop good technique when travelling, balancing and using equipment.</p> <p>Develop control, strength, technique and flexibility throughout performances.</p> <p>Work with partners to create, repeat and</p>	<p>Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of balance.</p> <p>Confidently use equipment to vault in a variety of ways.</p> <p>Apply skills and techniques consistently, performing to different audiences.</p> <p>Develop strength, technique and flexibility throughout performances.</p> <p>Combine equipment with</p>	<p>Confidently use equipment to vault and incorporate this into sequences.</p> <p>Apply skills and techniques consistently, showing precision and control.</p> <p>Develop strength, technique and flexibility throughout performances.</p> <p>Combine own sequences with others.</p> <p>Link their sequences to specific timings.</p>
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			Adapt partners sequences to match their ability.	improve sequences.	movement to create sequences.	
Vocabulary – Gymnastics *red = new vocab introduced for each year group.						
Warm up	Points	High	Pathway	Balance	Bridges	Counter-balance
Cool down	Patches	Low	Flexible	Travel	Balance	Counter-tension
Control	High	Travel	Direct	Shape	Travel	Balance
Balance	Low	Slide	Travel	Extension	Shape	Travel
Move	Travel	Rolling	Stretch	Tension	Roll	Shape
Jump	strong (tension)	Jump	Wide	Direction	Turn	Roll
Land	stretch	Land	Thin	Sliding	Jump	Turn
High	(extension)	Flexible	Long	Rolling	Slide	Jump
Low	control	Tension	Short	Contrasting	Levels	Slide
Shape	Flight	Extension	Curled	Communication	Speed	Lebel
Travel	Bounce	Stretch	Roll	co-operation	Direction	Speed
Health	Jump	Balance	Jump	receiving weight	Sequence	Direction
Explore	Flexible	Spin	Levels	jumping	Extension	Sequence
Diet	Balance	Shape	Speeds	bunny hop	Tension	Extension
Stretch	Stretch	Linking	Sequence	leaping	Strong	Tension
Exercise	Spin	Sequence	Contrasting	cart-wheel	contrasting	Matching
Healthy	Shape	Technique	Acceleration	twisting	communication	Mirroring
Safety	Land	Warm up	deceleration	turning	leadership	contrasting
Space	Wide	Cool down	Direction	speeds	Spin	communication
Copy	Narrow	Leap	forwards	levels	Rotate	leadership
Watch	Curled	Direction	backwards	Spin	Axis	Spin
Equipment	Tense	Plan	sideways	flexibility	Flight	Rotate
Apparatus	Relax	Control	co-ordination	co-ordination	Wheel	Axis
	Climb	Apparatus	leap	Warm up	Spring	Flight
	Warm up	Tense	Spin	Cool down	Leap	Wheel
	Cool down	Relax	side	Apparatus	take-off	Spring
	Apparatus	Climb	step	Control	land	Synchronisation

			tension extension even uneven symmetrical asymmetrical compare contrast balance Apparatus Control		control clock wise & anti clock wise Warm up Cool down Apparatus Lifts	Canon Warm up Cool down Apparatus Lifts control
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Acquiring and Developing Skills in Games

Hit a ball with a bat or racquet. Roll equipment in different ways. Throw underarm. Throw an object at a target. Catch equipment using two hands. Move a ball in different ways, including bouncing and kicking.	Develop hitting skills using bat and ball. Practise basic striking, sending and receiving. Throw underarm and overarm. Catch and bounce a ball with both hands. Use rolling skills in a game. Practise accurate throwing and	Strike or hit a ball with increasing control and use these in a game. Learn skills for playing striking and fielding games. Position the body to strike a ball. Throw different types of equipment in different ways, for accuracy and distance.	Demonstrate successful hitting and striking skills. Develop a range of skills in striking and fielding. Practise the correct batting technique and use it in a game. Strike the ball for distance. Throw and catch with greater control and	Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control. Accurately serve underarm. Build a rally with a partner. Use at least two different shots in a game situation. Use hand-eye coordination to strike a moving	Use different techniques to hit a ball, forehand and backhand. Identify and apply techniques for hitting a tennis ball. Explore when different shots are used. Develop a backhand technique and use it in a game.	Hit a bowled ball over longer distances. Use good hand-eye coordination to be able to direct a ball when striking or hitting. Understand how to serve in order to start a game. Throw and catch accurately and successfully under pressure in a game.
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Use equipment to control a ball.	consistent catching.	Throw, catch and bounce a ball with a partner.	accuracy, when under pressure.	and stationary ball.	Practise techniques for all strokes.	Show confidence in using ball skills in various ways in a game situation and link these together effectively.
Kick an object at a target.	Travel with a ball in different ways.	Use throwing and catching skills in a game.	Practise the correct technique for catching a ball and use it in a game.	Develop different ways of throwing and catching, using one hand.	Consolidate different ways of throwing and catching and know when each is appropriate in a game.	Choose and make the best pass in a game situation and link a range of skills together with fluency. E.g. passing and receiving the ball whilst moving.
Move safely around the space and equipment.	Travel with a ball in different directions (side to side, forward and backwards with control and fluency)	Throw a ball for distance.	Perform a range of catching and gathering skills with control.	Move with the ball using a range of techniques showing control and fluency.	Use a variety of ways to dribble in a game with success.	Keep and win back possession of the ball effectively and in a variety of ways in a team game.
Travel in different ways, including sideways and backwards.	Pass the ball to another player in a game.	Use hand-eye coordination to control a ball.	Catch with increasing control and accuracy.	Pass the ball with increasing speed, accuracy and success in a game situation.	Use ball skills in various ways, and begin to link together.	Demonstrate a good awareness of space.
Play a range of chasing games.	Use kicking skills in a game, variety of kicks.	Vary types of throw used.	Throw a ball in different ways (e.g. high, low, fast, slow)	Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.	Pass a ball with speed and accuracy using appropriate techniques in a game situation.	Think ahead and create a plan of attack or defence, communicating this with others.
Follow simple rules.	Use different ways of travelling in different directions or pathways.	Bounce and kick a ball whilst moving.	Move with the ball in a variety of ways with some control.	Make the best use of space to pass and receive the ball.	Keep and win back possession	
Control their body when performing a sequence of movements.	Use kicking skills in a game.	Use kicking skills in a game.	Use two different ways of moving with a ball in a game.			
Participate in simple games.	Use dribbling skills in a game.	Use dribbling skills in a game.				
	Run at different speeds.	Know how to pass the ball in different ways.				
	Begin to use space in a game.					

	<p>Begin to use the terms attacking and defending.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p> <p>Follow simple rules to play games, including team games.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p> <p>Engage in competitive</p>	<p>Use different ways of travelling at different speeds and following different pathways, directions or courses.</p> <p>Change speed and direction whilst running.</p> <p>Begin to use and choose the best space in a game.</p> <p>Begin to use and understand the terms defending and attacking.</p> <p>Use at least one technique to attack or defend to play a game successfully.</p> <p>Understand the importance of rules in games,</p>	<p>Pass the ball in two different ways in a game situation with some success.</p> <p>Know how to keep and win back possession of the ball in a team game.</p> <p>Find a useful space and get into it to support teammates.</p> <p>Use simple attacking and defending skills in a game.</p> <p>Use fielding skills to stop a ball from travelling past them.</p> <p>Apply and follow rules fairly.</p> <p>Understand and begin to apply the basic</p>	<p>Use a range of attacking and defending skills and techniques in a game.</p> <p>Use fielding skills as an individual to prevent a player from scoring.</p> <p>Vary the tactics they use in a game.</p> <p>Adapt rules to alter games.</p>	<p>of the ball effectively in a team game.</p> <p>Demonstrate an increasing awareness of space.</p> <p>Choose the best tactics for attacking and defending.</p> <p>Shoot in a game.</p> <p>Use fielding skills as a team to prevent the opposition from scoring.</p> <p>Know when to pass and when to dribble in a game.</p> <p>Devise and adapt rules to create their own game.</p>	<p>Apply knowledge of skills for attacking and defending.</p> <p>Work as a team to develop fielding strategies to prevent the opposition from scoring.</p> <p>Follow and create complicated rules to play a game successfully.</p> <p>Communicate plans to others during a game.</p> <p>Lead others during a game.</p>
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	activities and team games.	beginning to follow.	principles of invasion games. Know how to play striking and fielding games.			
Vocabulary – Games *red = new vocab introduced for each year group.						
Throw	Actions	Throw	Dribble	High	Chest pass	Dribble Pass
Catch	Throw	Catch	Send	Low	push pass	Invasion
Pass	Catch	Pass	Pass	Space	space	Signal
Roll	Pass	Receive	Receive	Opponent	opponent	Receive
Bounce	Receive	Bounce	Calling	target	target	Tackle
Stop	Bounce	Roll	Signalling	throw	movement	Defend
Looking	Roll	Control	Space	catch	accurate	Attack
Stopping	Dribble	Dribble	Movement	feed	control	Accuracy
Warm up	Hit	Hit	scoring	aiming	signalling	team work
Cool down	Space	Space	High	Chest pass	balance	strategy
Control	Move	Move	Low	agility	strength	agility
Large movements	Safety	Safety	Tactics	push pass	agility	space
Small movements	Looking	Looking	Space	Bounce pass	Throw	control
Move	stopping	Stopping	Opponent	Opponent	Send	dodging
Health	control	Evaluate	target	Movement	Receive	technique
Explore	target	controlling	throw	Accurate	Catch	Throw
Diet	aiming	defender	catch	dodging	Calling	Send
Exercise	Warm up	attackers	Evaluate	Control	dodging	Catch
Healthy	Cool down	Rules	feed	Signalling	Striking	Calling
Safety	team work	Warm up	aiming	Evaluate	Hitting	Striking
Space		Cool down	striking	Tactics	Fielding	Hitting
Copy		Calling	hitting	Overarm	Chasing	Fielding
Watch		Signalling	Rules	under arm	Rolling	Chasing
Equipment		team work	Overarm	Rules	Movement	Rolling
team work			under arm	Warm up	team work	Bowling
			fielding	Cool down	Overarm	Overarm

			<p>Net games</p> <p>chasing</p> <p>rolling</p> <p>barrier</p> <p>space</p> <p>movement</p> <p>scoring</p> <p>Warm up</p> <p>Cool down</p> <p>team work</p>		<p>under arm</p> <p>scoring</p> <p>Evaluate</p> <p>Health</p> <p>Fitness</p> <p>Well-being</p> <p>Tactical</p> <p>Warm up</p> <p>Cool down</p>	<p>under arm</p> <p>space movement</p> <p>scoring</p> <p>Fitness</p> <p>Well-being</p> <p>Evaluate</p> <p>Warm up</p> <p>Cool down</p>
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Acquiring and Developing Skills in Dance

<p>Join a range of different moves together.</p> <p>Listen to and join in with a range of action songs.</p> <p>Change the speed of their actions.</p> <p>Change the style of their movements.</p> <p>Create a short movement phrase which</p>	<p>Copy and repeat actions.</p> <p>Perform a range of dance moves.</p> <p>Put a sequence of actions together.</p> <p>Vary the speed of their actions.</p> <p>Move around the space safely, travelling in a range of ways.</p> <p>Begin to improvise</p>	<p>Copy, remember and repeat actions.</p> <p>Perform a range of dance moves, using their imagination to create.</p> <p>Respond to music when performing dance moves.</p> <p>Change the speed, rhythm, level and direction within their dance.</p>	<p>Begin to improvise freely with a partner to create a simple dance.</p> <p>Create motifs from different stimuli.</p> <p>Begin to compare and adapt movements and motifs to create a larger sequence.</p> <p>Perform with some awareness</p>	<p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose a dance that reflects the chosen dance style.</p> <p>Confidently improvise with a partner or on their own.</p>	<p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose individual, partner and group dances that reflect the chosen dance style.</p> <p>Show a change of pace and</p>	<p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose individual, partner and group dances that reflect the chosen dance style.</p> <p>Use dramatic expression in dance movements and motifs.</p> <p>Perform with confidence, using a</p>
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<p>demonstrate their own ideas.</p>	<p>independently and create a simple dance.</p>	<p>Dance with control and co-ordination.</p> <p>Make a dance sequence by linking sections together with partners.</p> <p>Link some movements to show a mood or feeling.</p>	<p>of rhythm and expression.</p> <p>Share and create phrases with a partner and in small groups.</p> <p>Repeat, remember and perform phases in a dance.</p> <p>Use simple choreographic devices such as unison, canon and mirroring.</p>	<p>Compose longer dance sequences in a small group.</p> <p>Demonstrate precision and some control in response to stimuli.</p> <p>Begin to vary dynamics and develop actions and motifs in response to stimuli.</p> <p>Demonstrate rhythm and special awareness.</p> <p>Change parts of a dance as a result of self-evaluation.</p> <p>Develop simple choreographic devices such as unison, canon and mirroring.</p>	<p>timing in their movements.</p> <p>Develop an awareness of their use of space.</p> <p>Demonstrate imagination and creativity in the movements they devise in response to stimuli.</p> <p>Use transitions to link motifs smoothly together.</p> <p>Improvise with confidence, still demonstrating fluency across the sequence.</p> <p>Ensure their actions fit the rhythm of the music.</p>	<p>range of movement patterns.</p> <p>Demonstrate strong and controlled movements throughout a dance sequence.</p> <p>Combine flexibility, techniques and movements to create a fluent sequence.</p> <p>Move appropriately and with the required style in relation to the stimulus.</p> <p>Show a change of pace and timing in their movements.</p> <p>Move rhythmically and accurately in dance sequences.</p> <p>Improvise with confidence, still demonstrating</p>
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				<p>Create dances that are clear and fluent.</p> <p>Use dance to communicate and idea.</p>	<p>Modify parts of a sequence as a result of self or peer evaluation.</p>	<p>fluency across their sequence.</p> <p>Dance with fluency and control, linking all movements and ensuring that transitions flow.</p> <p>Demonstrate consistent precision when performing dance sequences.</p>
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Vocabulary – Dance *red = new vocab introduced for each year group.

Warm up	Compose	Compose	Turn	Unison	Turn	Turn
Cool down	Timing	Perform	Gesture	Flow	Gesture	Gesture
Large movements	Gesture	Performance	Jump	Choreograph	Jump	Jump
Small movements	Movement	Pattern	Travel	Bouncy	Stillness	stillness
Move	Dance phrase	Express	Express	Formation	Travel	travel
Health	Choreography	Dance phrase	Explore	Canon	Expression	expression
Explore	Routine	Explore	Mimic	Explore	Clarity	Combine
Performance	Formation	Direction	Mime	Audience	Mimic	clarity
Perform	Explore	Pathways	Timing	Narrative	Mime	mimic
Diet	Rhythm	Music	Music	Character	Formation	mime
Exercise	Performance	Travel	Flow	Transition	Explore	Explore
Healthy	Perform	Slide	Movement	Mirroring	Relationship	timing
Safe	Music	Spinning	Patterns	Music	Timing	movement
Space	Exercise	Turning	Motif	Beats	Music	Structure
Music	Direction	Rolling	Beats	Rhythm matching	Movement	Fluent
Copy	Spinning	Jump	Rhythm	Gestures	Patterns	patterns
Watch	Turning	Spring	Machinery		Motif	Music motif

Equipment	Warm up	Speeds	Robotic	Performance	Music	music beats
Travel	Cool down	Levels	Aesthetic	Perform	Beats	Performance
Spinning	Speeds	Evaluate	Dynamic	Warm up	Rhythm	Perform
Turning	Levels	Tension	Transition	Cool down	Machinery	rhythm
Rolling	Copy	Control	Rotation	Evaluate	Performance	Fitness
Jump	Watch	Extension	Unison	Stimuli	Perform	Health and well
Timing	Describe	Warm up	Cannon	Improvise	Robotic	being Warm up
	Travel	Cool down	Mirroring		Action	Cool down
	Slide	Timing	Performance		Reaction	Evaluate
	Spinning	Beats	Perform		Warm up	Improvise
	Turning		Warm up		Cool down	Unison
	Evaluate		Cool down		Evaluate	Cannon
	Rolling		Evaluate		Improvise	Mirroring
	Jump				Unison	
	Timing				Cannon	
	Beats				Mirroring	

Acquiring and Developing Skills in Athletics

<p>Sports day preparation.</p> <p>Throwing and catching skills – developing good control.</p> <p>Play chasing games adjusting speed and avoiding obstacles.</p> <p>Develop confidence moving in a range of ways jumping, running, hopping, skipping etc.</p>	<p>Can run at different speeds.</p> <p>Practice short distance running.</p> <p>Can jump from a standing position.</p> <p>Perform a variety of throws with basic control.</p>	<p>Can change the speed and direction whilst running.</p> <p>Introduce strategies for long distance running.</p> <p>Hurdle obstacles maintaining a good running style.</p> <p>Can jump from a standing position with accuracy.</p> <p>Introduce the best jumping techniques for distance.</p> <p>Perform a variety of throws with control and coordination.</p> <p>Can use equipment safely.</p>	<p>Run at fast, medium and slow speeds.</p> <p>Change speed and direction when running.</p> <p>Link running and jumping activities with some fluency, control and consistency.</p> <p>Design and repeat a short sequence of jumps.</p> <p>Take part in relay activities, remembering when to run and what to do.</p> <p>Throw a variety of objects, changing their action for accuracy and distance.</p> <p>Perform a basic pull throw.</p>	<p>Run over a long distance, developing pace.</p> <p>Sprint over a short distance, completing relay races.</p> <p>Throw objects in a variety of different ways.</p> <p>Throw with speed and power – push and pull throw.</p> <p>Use objects to hit a target.</p> <p>Jump in a range of different ways.</p> <p>Jump for height and distance with control and balance.</p> <p>Explore different footwork patterns.</p>	<p>Controlled take off and landing when completing a range of jumps.</p> <p>Throw objects with increased accuracy and power.</p> <p>Combine running and jumping – long jump and triple jump.</p> <p>Follow specific rules.</p> <p>Sprint over a short distance with controlled and effective technique.</p> <p>Identify and apply techniques for relay racing.</p>	<p>Sustain pace over long and short distances.</p> <p>Use tactics in a race in relation to my own strength.</p> <p>Run as part of a relay team using maximum speed.</p> <p>Demonstrate stamina.</p> <p>Use a variety of skills in a range of situations.</p> <p>Perform a range of throws and jumps demonstrating increasing power and accuracy.</p> <p>Identify key strengths as a performer when running, throwing and jumping.</p>
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Vocabulary – Athletics *red = new vocab introduced for each year group.

Warm up	Running	Running	Running	Running	Running	Throwing
Cool down	Jumping	Jumping	Jumping	Jumping	Jumping	Control
Control	Throwing	Throwing	Throwing	Throwing	Throwing	Travel
Jumping	co-ordination	Agility	Control	Control	Control	warming up
Running	strength	Control	Travel	Travel	Travel	cooling down
Throwing	power	Travel	warming up	warming up	warming up	heart rate
Speed	control	warming up	cooling down	cooling down	cooling down	space
Health	copy	cooling down	heart rate	heart rate	heart rate	speed
Diet	warming up	strength	strength	space	space	spatial awareness
Stretch	cooling down	power	power	speed	speed	take-off
Exercise	heart rate	heart rate	space	spatial awareness	spatial	landing
Healthy	space	space	speed	push throw	awareness	pathways
Safety	speed	co-ordination	take-off	pull throw	take-off	strength
Space	take-off	speed	landing	sprint	landing	circuit
Copy	distance	take-off	Tactic	height	strength	covert
Watch	direction	pathways	Force	footwork	power	force
Equipment	pick up	Technique	Technique	take-off	force	power
	put down	Aim	Measure	landing	pathways	target
		Landing	Co-ordination	strength	measure	measure
		Force	Pathways	power	target	Angles
		Target	Target	hurdles	tactic	acceleration
		Hurdles	Hurdles	pathways	distance	tactic
		Strategies	Strategies	force	direction	distance
		tactic	distance	target	co-ordination	direction
		distance	direction	measure	pick up	co-ordination
		direction	pick up	distance	put down	apply
		pick up	put down	tactic	down sweep	pick up
		put down	relays	direction	acceleration	put down
			estimating	co-ordination	Well-being	relays
				pick up	take-over	estimating
				put down	upsweep	hurdles
				relays	relays	push throw

				estimating Actions Fitness	hurdles estimating push throw pull throw sprint height footwork long jump triple jump	pull throw sprint height footwork long jump triple jump stamina performer tactics
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Acquiring and Developing Skills in Outdoor & Adventurous

			<p>Develop strong listening skills.</p> <p>Able to follow a map in a familiar context.</p> <p>Ability to move from one location to another following a map.</p> <p>Use clues to follow a route.</p> <p>Ability to follow a route safely.</p>	<p>Develop strong listening skills.</p> <p>Able to follow a map in a more demanding familiar context.</p> <p>Ability to move from one location to another following a map.</p> <p>Use clues to follow a route.</p> <p>Follow a route, accurately, safely and within a time limit.</p>	<p>Develop strong listening skills.</p> <p>Able to follow a map in an unknown location.</p> <p>Use clues and compass directions to navigate a route.</p> <p>Ability to change their route if their route develops a problem.</p> <p>Able to change their plan if they develop new information.</p>	<p>Develop strong listening skills.</p> <p>Confident following a map in an unknown location.</p> <p>Confident using clues, compass directions and map symbols to navigate a route.</p> <p>Can plan a route and series of clues for someone else.</p> <p>They can plan a route with others taking account of safety and danger.</p>
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Vocabulary – Outdoor & Adventurous Activity *red = new vocab introduced for each year group.

			<p>Team Work navigation map reading symbols diagram co-operation sharing lifting carrying obstacles rules Key control copy travel warming up cooling down heart rate space Skills Solve Challenge</p>	<p>Team Work navigation map reading symbols diagram analyse co-operation sharing Spatial awareness evaluate Describe Key lifting carrying obstacles rules control copy travel warming up cooling down heart rate space Skills Solve Challenge</p>	<p>Team Work navigation map reading symbols diagram analyse co-operation sharing spatial awareness lifting carrying Key review Orienteering Problem solving Quickest route obstacles control copy travel warming up cooling down heart rate space evaluate</p>	<p>Team Work navigation map reading symbols diagram analyse co-operation sharing lifting Adapt Compass Estimate Map styles Spatial awareness Key carrying obstacles rules control copy travel warming up cooling down heart rate space Group Orienteering Problem solving</p>
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