

# **Outdoor Adventurous Activities**

**Progression Grid** 

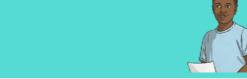
## **KS2 National Curriculum Aims**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- 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.







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Year 3

a short trail.

Identify symbols used on a key.

#### Health a Id Fitness

Trails

Year 5

Recognise and describe the effects of exercise on the body.

Know the importance of strength and flexibility for physical activity.

Explain why it is important to warm up and cool down.

Orientate themselves with increasing confidence and accuracy around

Describe how the body reacts at different times and how this affects performance.

Explain why exercise is good for your health.

Know some reasons for warming up and cooling down.

Know and understand the reasons for warming up and cooling down.

Explain some safety principles when preparing for and during exercise.

Understand the importance of warming up and cooling down.

Carry out warm-ups and cool-downs safely and effectively.

Understand why exercise is good for health, fitness and wellbeing.

Know ways they can become healthier.



Orientate themselves with accuracy around a short trail.

Create a short trail for others with a physical challenge.

Start to recognise features of an orienteering course.

Start to orientate themselves with increasing confidence and accuracy around an orienteering course.

Design an orienteering course that can be followed and offers some challenge to others.

Begin to use navigation equipment to orientate around a trail.

Orientate themselves with confidence and accuracy around an orienteering course when under pressure.

Design an orienteering course that is clear to follow and offers challenge to others.

Use navigation equipment (maps, compasses) to improve the trail.



# **Problem-Solving**

Identify and use effective communication to begin to work as a team.

Communicate clearly with other people in a team, and with other teams.

Have experience of a range of roles within a team and begin to identify the key skills required to succeed at each.

Associate the meaning of a key in the context of the environment.

Use clear communication to effectively complete a particular role in a team.

Complete orienteering activities both as part of a team and independently.

Identify a key on a map and begin to use the information in activities.

Use clear communication to effectively complete a particular role in a

Compete in orienteering activities both as part of a team and independently.

Use a range of map styles and make an informed decision on the most effective.





## **Compete and Perform**

Begin to complete activities in a set period of time.

Complete an orienteering course more than once and begin to identify ways of improving completion time.

Begin to offer an evaluation of personal performances and activities.

Offer an evaluation of both personal performances and activities.

Start to improve trails to increase the challenge of the course.

Complete an orienteering course on multiple occasions, in a quicker time due to improved technique.

Offer a detailed and effective evaluation of both personal performances and activities.

Improve a trail to increase the challenge of the course.

Complete an orienteering course on multiple occasions, in a quicker time due to improved technique.

Organise an event for others.

Offer a detailed and effective evaluation of both personal performances and activities with an aim of increasing challenge and improving performance.

Listen to feedback and improve an orienteering course from it.



### Evaluate

Watch, describe and evaluate the effectiveness of a performance.

Describe how their performance has improved over time.

Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.

Modify their use of skills or techniques to achieve a better result.

Choose and use criteria to evaluate own and others' performances.

Explain why they have used particular skills or techniques, and the effect they have had on their performance.

Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.