

GAMES		OUTDOOR ADVENTUROUS ACTIVITY	
<p>Learning Objectives:</p> <ul style="list-style-type: none"> Take part in outdoor and adventurous activity challenges both individually and within a team 			
<p>Theme: OUTDOOR ADVENTUROUS ACTIVITY</p>			
<p>Core Knowledge</p> <p>OAA stands for Outdoor Adventurous Activities and it's an essential unit of the PE curriculum. As a unit, it highlights the need for children to explore the outdoors and develop a range of physical skills they might not be able to indoors.</p> <p>OAA is important in PE because it gives children the chance to experience new and exciting sports and activities, challenging them both mentally and physically. It helps to improve a child's personal and social development through team exercises and activities and teaches them the importance of leading a healthy lifestyle.</p> <p>Through sports and activities, children can develop and build on physical skills such as balance, control, running, throwing, catching etc. They can also learn how to communicate and work effectively with their peers through team building exercises and games, which helps them to develop strong relationships and social skills.</p> <p>OAA PE lessons are often great educational experiences, as well as being good fun you the pupils. This is because it encourages children to draw upon mental as well as physical skills including leadership, critical thinking, and problem-solving.</p>	<p>When and Where?</p> <p>Gilwell Park Scout Centre 3 days residential</p>	  	
<p>Vocabulary</p> <p>Communication - Exchanging information with another person or team</p> <p>Decision - The action: What you are going to do</p>	<p>Development Of Skills</p> <p>Physical Me: (Skills)</p> <p>I can listen carefully to instructions.</p> <p>I can use a simple map.</p> <p>I can demonstrate an understanding of how to stay safe.</p>	<p>Specific Skills</p> <p>Children will be taught:</p> <p>Backwards Cooking</p> <p>3G swing</p>	

<p>Orienteering - A competitive sport where participants travel with the aid of a map and/or compass</p> <p>Problem - A situation in which a current state is separated from an ideal state by obstacles</p> <p>Solution - a means of solving a problem or dealing with a difficult situation</p> <p>Strategy - a plan of action designed to achieve a specific goal or set of goals</p> <p>Teamwork - the combined action of a group, especially when effective and efficient.</p> <p>Archery - shooting with a bow and arrows, especially at a target as a sport.</p> <p>Climbing - the sport or activity of climbing mountains or cliffs or climbing walls</p> <p>Abseiling - the sport or activity of descending a near-vertical surface by using a doubled rope coiled round the body and fixed at a higher point.</p> <p>Zip Line - a cable or rope stretched between two points of different heights, down which a person slides for amusement by means of a suspended harness, pulley or handle.</p> <p>Hike - a long walk or walking tour.</p>	<p>Creative Me: (Applying skills) I can adapt different skills to the environment. I can develop and refine skills independently. I can think activities through and problem solve. I can choose and apply strategies to solve problems with support.</p> <p>Healthy Me: (Healthy lifestyles) I understand how Outdoor and Adventurous activities help my overall health. I know how to improve my health and fitness.</p> <p>Thinking Me: (Evaluation) I can discuss and work with others in my group.</p>	<p>Zipline</p> <p>Rock climbing</p> <p>Abseiling</p> <p>Crate stacking</p> <p>Archery</p> <p>Orienteering</p> <p>Hiking</p> <p>Camp fire</p> <p>Small team building games</p>
Prior Knowledge	Safety	
<p>Year 3 & Y4 Orienteering Year 3 and Y4 teambuilding games</p>	<p>Wear correct safety equipment including helmets as appropriate</p> <p>Wear relaxing sensible clothing for outdoor activity</p> <p>Wear trainers</p> <p>Use correct techniques.</p> <p>Follow safety instructions</p>	
End Point Expectations		