## PE Medium Term Plans - Outdoor adventure activities.

**Useful links**: https://www.youtube.com/watch?v=Pgm6WIOn-K8 How to use a compass.

https://www.britishorienteering.org.uk/images/uploaded/downloads/development\_schoolgames\_secondary\_scorecompetition.pdf STAR orienteering activity.

	Autumn 1									
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6				
LKS2	Throughout lessons, pupils are									
	<ul> <li>Show resilience when</li> </ul>									
	<ul> <li>Support others to see</li> </ul>									
	Show an ability to lead									
	Remain aware of chan	I								
Y3 working towards milestone	Arrive properly equipped for outdoor and adventurous activity.	Arrive properly equipped for outdoor and adventurous activity.	Arrive properly equipped for outdoor and adventurous activity.  Use maps, compasses and digital devices to	Arrive properly equipped for outdoor and adventurous activity.  Use maps, compasses and digital devices to orientate themselves.	Arrive properly equipped for outdoor and adventurous activity.	Design an orienteering course for another group to complete.				
2	Show resilience when plans do not work and initiative to	Use maps, compasses and digital devices to orientate themselves.	orientate themselves. POP task: Counting cones. Use a cone	Use a map of the school grounds to	Understand how to use a compass.	Complete an orienteering course using the school grounds.				
objectives.	try new ways of working. Show an ability to lead and to form part of a team. POP task: Team building.	Complete an orienteering STAR activity.	orienteering map to complete a course and fill in a control card.	orientate themselves and complete a simple course, filling in a control card.	Complete simple challenges, using a compass to orientate themselves.	Assessment.				
Y4 working towards milestone 2 objectives.	Arrive properly equipped for outdoor and adventurous activity. Show resilience when plans do not work and initiative to try new ways of working. Show an ability to lead and to form part of a team. POP task: team building.	Arrive properly equipped for outdoor and adventurous activity. Use maps, compasses and digital devices to orientate themselves. Complete an orienteering STAR activity.	Arrive properly equipped for outdoor and adventurous activity. Use maps, compasses and digital devices to orientate themselves. POP task: Counting cones. Use a cone orienteering map to complete a course and fill in a control card. Extension: Create a cone orienteering course.	Arrive properly equipped for outdoor and adventurous activity. Use maps, compasses and digital devices to orientate themselves. Use a map of the school grounds to orientate themselves and complete a simple course, filling in a control card.	Arrive properly equipped for outdoor and adventurous activity. Understand how to use a compass. Design and complete simple challenges using a compass.	Design an orienteering course for another group to complete.  Complete an orienteering course using the school grounds.  Assessment.				
UKS2	Throughout lessons, pupils are taught and encouraged to:  Select appropriate equipment for outdoor and adventurous activity.  Embrace both leadership and team roles and gain the commitment and respect of a team.  Empathise with other and offer support without being asked. Seek support from experts if needed.  Remain positive, even in challenging circumstances.  Assess changing conditions and adapt plans to ensure safety comes first.									
Y5 working	Identify possible risks and	Identify possible risks and ways	Identify possible risks and ways to manage	Identify possible risks and ways to	Identify possible risks and ways	Work as a team to complete an				
towards milestone 3	ways to manage them, asking for and listening carefully to expert advice. POP tasks: team building	to manage them, asking for and listening carefully to expert advice.  Use a range of devices in order	them, asking for and listening carefully to expert advice. Use a range of devices in order to orientate themselves (coordinates).	manage them, asking for and listening carefully to expert advice. Use a range of devices in order to orientate themselves (compasses).	to manage them, asking for and listening carefully to expert advice.  Plan and organise a simple	orienteering course. Assessment.				
objectives.	activities e.g River crossing, adapted to include non-verbal communication and no physical contact.	to orientate themselves (maps). POP task: Pitch orienteering.	Use a map with coordinates to play a team game.	Understand and remember how to use a compass to follow instructions and find the treasure on an orienteering course.	orienteering trail using map reading, compass skills and coordinates.					

Y6 working	Identify possible risks and	Identify possible risks and ways	Identify possible risks and ways to manage	Identify possible risks and ways to	Identify possible risks and ways	Work as a team to complete an
towards	ways to manage them,	to manage them, asking for and	them, asking for and listening carefully to	manage them, asking for and	to manage them, asking for and	orienteering course.
milestone	asking for and listening	listening carefully to expert	expert advice.	listening carefully to expert advice.	listening carefully to expert	Assessment.
milestone	carefully to expert advice.	advice.	Use a range of devices in order to orientate	Use a range of devices in order to	advice.	
3	POP task: team building	Use a range of devices in order	themselves (coordinates).	orientate themselves (compasses).	Plan and organise a simple	
objectives.	activities e.g River crossing,	to orientate themselves (maps).	Use a map with coordinates to play a team	Understand and remember how to	orienteering trail using map	
	adapted to include non-	POP task: Pitch orienteering.	game.	use a compass to follow instructions	reading, compass skills and	
	verbal communication and no			and find the treasure on an	coordinates.	
	physical contact.			orienteering course.		