



Outdoor Adventurous Activities Team Building

PE
Year 1

Why is it important to include everyone when working as a team? What make an effective team?

What attributes make a successful team? Using our cooperation and communication skills, can we successfully complete a team challenge?

What is a strategy? Why is it important to have a strategy to be successful?

How can we communicate to create simple strategies to complete a challenge?

What does trust mean? Why is it important to trust our team to be successful?

What are the consequences of not communicating? Why does everyone need to participate to be successful?

Celebration/Evaluation
Take part in the 'Crystal Maze' activities, working together as a team to solve problems.

Key Vocabulary
Teamwork, inclusion, communication, cooperation, trust, team member, fairness, courage, motivation

What to revisit?
Early Years—communication and language; personal, social and emotion development

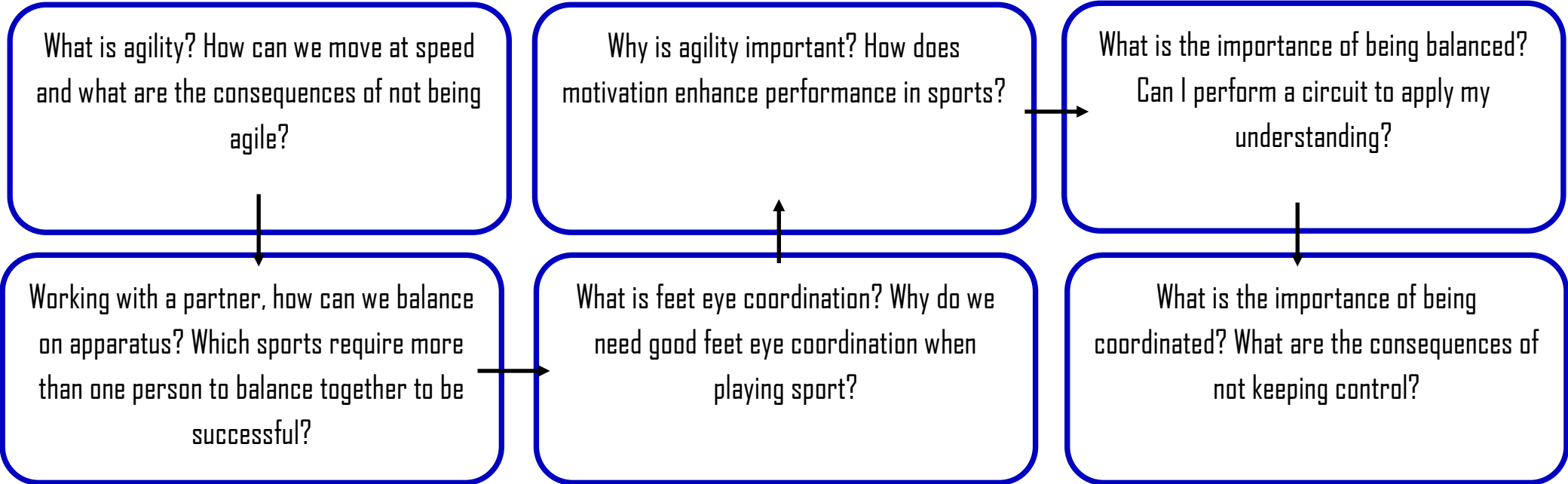


Outdoor Adventurous Activities

Health and Wellbeing



PE
Year 2



Celebration/Evaluation
Explain to a group the importance of agility, balance and coordination

Key Vocabulary
Attacker, defender, agility, balance, coordination, hand-eye coordination, throwing, aiming, dribbling, warm up

What to revisit?
Year 1—teamwork, balance and coordination (gymnastics / dance)
Year 1 Gymnastics—balancing on apparatus
Year 1 ball skills—coordination



PE

Year 3

Outdoor Adventurous Activities—Communication and Tactics

What makes an effective team? Can we create tactics by working together in a team?

How can we solve problems by collaborating and communicating?

Can we develop skills required to make an effective team? Can we create simple tactics considering collaboration and communication?

What skills are required to make an effective team leader? Why does the leader need to listen to all of their team members?

How and why are collaboration and communication important for an effective team?

How can we create simple attacking and defending tactics using our developed collaboration and communication skills?

Celebration/Evaluation

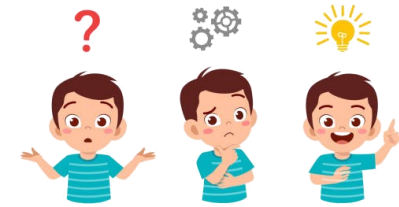
.Successfully lead and play a Capture the Flag game to demonstrate the skills learnt

Key Vocabulary

Communication, tactics, teamwork, strategy, attacker, defender, tag, responsibility, listening, trust, collaboration,

What to revisit?

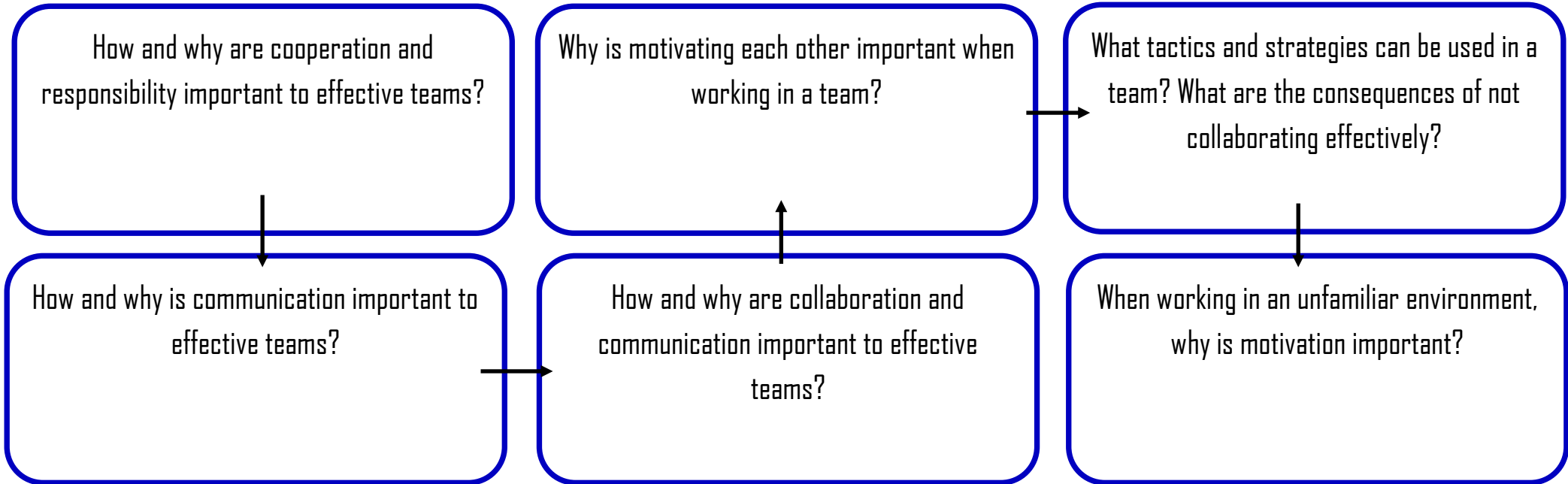
Year 1 and 2—communication techniques, teamwork, attack and defence,



PE
Year 4

Outdoor Adventurous Activities

Problem Solving



Celebration/Evaluation
Take part in the Ultimate Cave challenge to combine and showcase my learning.

Key Vocabulary
Communication, tactics, teamwork, strategy, non-verbal communication, verbal communication, adapt, listening, support

What to revisit?
Year 3—team tactics, attacking and defending, collaboration
Year 1- 3 communication, team work,

PE
Year 5



Outdoor Adventurous Activities



Orienteering

How can a key be used alongside a map correctly, to help us navigate?

Can I follow a route to reach as many points in an allocated time?

Why and how do we need to use our whole team to win? Can we work together to complete a set route, with increased speed and accuracy?

What is orienteering? How can we use a map to follow a route?

Can I orientate a map, locating points and travelling to them and recording findings?

What are the consequences of not collaborating effectively? Can we identify the aspects on the map to help navigation?

Celebration/Evaluation

Participate in a year group orientation interform competition, showcasing the skills learnt.

Key Vocabulary

Teamwork, strategy, tactics, communication, control point, scale, route, out of bounds, symbol, leadership, responsibility, cooperation

What to revisit?

Year 3-5—Geography field work skills (mapping, map symbols and compass directions)
Year 1-4—team work, collaboration, communication



PE
Year 6

Health Related Exercise



Why do we need to keep fit and healthy? How do we keep fit and healthy?

What is meant by strength? How does strength affect our body? Which sports rely on athletes being strong?

Can I plan and complete a 10 station circuit training exercise?

What is the cardiovascular system? How does aerobic fitness affect our body?

What does flexibility mean? Why do we need to be flexible? How does flexibility affect our body?

What do we mean by fitness? What are the dangers of leading an unhealthy lifestyle?

Celebration/Evaluation
Plan and complete a 10 station circuit training plan, explaining the importance of keeping fit and healthy on our body.

Key Vocabulary
Cardiovascular system, strength, flexibility, fitness, circuits,

What to revisit?
Year 6 science—health and fitness, circulatory system and function of the heart
Year 5 PHSE—impact of smoking, drugs and alcohol