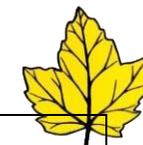




Key Stage 2: Progression of Knowledge and Skills through Outdoor and Adventurous Activities

	Year 3	Year 4	Year 5	Year 6
<p>Aim of Outdoor and Adventurous Activities In Outdoor and Adventurous Activities as a whole, children follow maps and trails, try to solve physical problems and challenges, and learn how to work safely in a range of situations.</p>	<p>Children tackle part in simple trust and orientation activities using maps and diagrams. Working on their own and in small groups children will learn to use simple maps and follow simple trails.</p>	<p>Children will be set physical challenges and problems to solve. They will take part in a range of communication activities to develop problem solving skills in some adventure games.</p> <p>The problem-solving tasks they tackle will require more teamwork, with clearly defined roles and responsibilities.</p>	<p>Children develop their orienteering and problem-solving skills in familiar and unfamiliar situations and environments. Throughout, there is an emphasis on building trust and working as a team.</p>	<p>Children will take part in more complex orienteering events. They will learn to read maps more accurately, and to adapt their skills to meet challenges set in their new environments. They will research and undertake a journey safely, and will develop the skills and understanding to become more self-reliant. They will take on more demanding leadership roles and will learn to take initiative more often.</p>
<p>Progression of Performance Skills</p>	<p>Master most fundamental skills from KS1 and start to develop specific skills and perform them with some accuracy and extension.</p>	<p>Master fundamental movement skills and start to develop specific skills performing them with consistency, accuracy and some control.</p>	<p>Continue to develop specific skills and perform them with consistency, accuracy, confidence and control.</p>	<p>Continue to develop specific skills and perform them with consistency, accuracy, confidence, control and speed.</p>
<p>Developing Skills</p>	<p>Orientate a map Use a control card Navigate a course safely</p>	<p>Travel and balance safely when carrying out challenges Demonstrate team work skills during planning, doing and reviewing.</p>	<p>Know how to keep the map 'set' or 'orientated' when they move around a simple course Know the eight points of a compass Record information accurately at the control marker Navigate to a control marker on a score event course</p>	<p>To set a map using a compass To practice and refine thumbing the set map (orientated) To set a direction of travel from the map, using a compass. To follow instructions in order to complete an orienteering course</p>
<p>Application of Skills</p>	<p>To orientate a map and complete the Counting Cones Challenge. To know where they are on a map at all times using a variety of different routes.</p>	<p>To complete a series of challenges i.e. Crossing the Swamp, Millipede Carry, Shepherd and Sheep, Electric Fence and Hula Hula challenge</p>	<p>Working in pairs or small groups, complete an orienteering course (netball numbers/score orienteering) using a map.</p>	<p>Take part in different competitive orienteering activities, balancing, speed and accuracy (Sprint Races, Relay Race or Norwegian Event).</p>



<p>Residential Opportunities/Enhanced OAA Provision</p>	<p>Residential at Great Wood Primary are designed in cooperation with external providers to allow staff to be involved in their design and delivery, ensuring they meet the specific needs and learning objectives of <i>all</i> our pupils. This in turn allows teachers to reinforce and build on these experiences back in school. We work in partnership with Tower Wood and Borwick Hall to provide Outdoor Adventurous Activity as part of our curriculum.</p> <p>Children have the opportunity to take part in an overnight residential during their time in KS2: Year 4: Children in Year 4 have the opportunity to attend a day of Canoeing and A Local Hillside Adventure at Borwick Hall Year 5: Children in Year 5 have the opportunity to attend a day of Orienteering, High Challenges and Raft Building at Borwick Hall Year 6: Children in Year 6 have the opportunity to attend a residential to Tower Wood (3 nights, 4 days).</p>
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Key Stage 2: Progression of Knowledge and Skills through Swimming

	Beginners (non-swimmers and developing swimmers)	Developing and Competent Swimmers
<p>Aim of Swimming In all Swimming activities, children have to keep afloat and propel themselves through water. Learning to swim enables them to take part in a range of water-based activities.</p>	<p>In this unit, children learn to enjoy being in water and become more confident. They learn how to keep afloat, move in the water, meet challenges and breathe when swimming. At first, they use swimming aids and support – in time, some children will manage without these.</p>	<p>In this unit children focus on swimming more fluently, improving their swimming strokes, and learning personal survival techniques.</p>
<p>Expectations</p>	<p>In this unit children will learn how to swim between 10 and 20 metres unaided in shallow water, using their arms and legs to propel themselves. They will use one basic method to swim the distance, making sure that they breathe. They will start by using floats, swim over longer distances and periods of time with a more controlled e.g. kick. They will explore freely how to move in and under water; recognise how the water affects their temperature and identify and describe the differences between different leg and arm actions.</p>	<p>In this unit, children will learn to swim between 50 and 100 metres and keep swimming for 45 to 90 seconds: use three different strokes, swimming on their front and back. They will control their breathing and swim confidently and fluently on the surface and under water.</p> <ul style="list-style-type: none"> ← Children should know the dangers of water locally and nationally ← Learn how and why to use appropriate survival and self-rescue skills if they fall in by accident, or get into difficulty and knowing what to do if others get into trouble