

## PE OAA Long Term Plan – Units linked to Hierarchy of Skills

Year Group	<u>3/4</u>	<u>5/6</u>
<b>Hierarchy linked to Outcomes</b> Year 3 Year 4 Year 5 Year 6	<p>P31: Arrive properly equipped for outdoor and adventurous activity.</p> <p>P32: Understand the need to show accomplishment in managing risks.</p> <p>P37: Remain aware of changing conditions and adapt plans to ensure safety comes first</p> <p>P33: Show an ability to both lead and form part of a team.</p> <p>P34: Support others and seek support if required when the situation dictates.  <i>I can listen to and am accepting of others' ideas.</i>  <i>I can confidently communicate ideas and listen to others.</i>  <i>I can work collaboratively with a partner and a small group.</i>  <i>I can work collaboratively and effectively with a partner and a small group.</i>  <i>I can follow and give instructions.</i>  <i>I can accurately follow and give instructions.</i></p> <p>P35: Show resilience when plans do not work and initiative to try new ways of working.  <i>I can plan and attempt to apply strategies to solve problems.</i>  <i>I can plan and apply strategies to solve problems.</i>  <i>I can reflect on when and why I was successful at solving challenges.</i>  <i>I can reflect on when and why I was successful at solving challenges.</i></p> <p>P36: Use maps, compasses and digital devices to orientate themselves.  <i>I am developing map reading skills.</i>  <i>I can identify key symbols on a map and use a key to help navigate around a grid.</i></p>	<p>P31: Select appropriate equipment for outdoor and adventurous activity.</p> <p>P32: Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</p> <p>P37: Quickly assess changing conditions and adapt plans to ensure safety comes first  <i>I can use critical thinking to approach a task.</i>  <i>I can use critical thinking skills to form ideas and strategies to solve challenges.</i></p> <p>P33: Embrace both leadership and team roles and gain the commitment and respect of a team.</p> <p>P34: Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</p> <p>P35: Remain positive even in the most challenging circumstances, rallying others if need be.  <i>I am inclusive of others and can share job roles.</i>  <i>I am inclusive of others, can share job roles and lead when necessary.</i>  <i>I can reflect on when I was successful at solving challenges and alter my methods in order to improve.</i>  <i>I can reflect on when and how I successful at solving challenges and alter my methods in order to improve.</i>  <i>I can work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy.</i>  <i>I can pool ideas within a group, selecting and applying the best method to solve a problem.</i>  <i>I can use critical thinking skills to form ideas and strategies to solve challenges.</i></p> <p>P36: Use a range of devices in order to orientate themselves.  <i>I can navigate around a course using a map.</i>  <i>I can orientate a map efficiently to navigate around a course.</i>  <i>I can orientate a map confidently.</i></p>
<b>Knowledge</b>	To develop cooperation and teamwork skills. To develop communication skills and work effectively with a partner. To develop trust and team work. To be able to follow and give instructions. To work effectively in small groups. To develop planning and problem solving skills. To involve all team members in an activity and work towards a collective goal. To develop trust and accept support. To be able to listen to others and follow instructions. To be able to identify objects on a map. To be able to draw and follow a simple map. To draw a route using directions. To be able to orientate a map and navigate around a grid.	To build communication and trust whilst showing an awareness of safety. To work as a team to solve problems. To suggest ideas and listen to others. To develop cooperation and teamwork skills. To develop tactical planning and problem solving. To share ideas and work as a team to solve problems. To develop trust in others. To be able to listen to others and follow instructions. To develop navigational skills and map reading. To be able to use a key to identify objects and locations.
<b>Vocabulary</b>	Balance Running Communication Teamwork	Stamina Running Communication Teamwork