



Links to PE National Curriculum

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success
- Take part in outdoor and adventurous activity challenges both individually and within a team

Key Vocabulary

Trust	Decide	Plan	Discuss
Orientate	Navigate	Create	Key

Key skills

Physical

- Guiding others
- Navigating using a map
- Completing orienteering courses

Social & Emotional

- Communication
- Collaboration
- Challenging ourselves
- Developing leadership

Thinking

- Problem solving
- Navigating
- Memory development

Developing essential life skills through OAA

OAA is much more than map reading! It develops essential **life skills** such as:

- Problem solving and decision making
- Communication
- Teamwork and inclusion
- Leadership
- Sharing and listening

These are all transferrable into every day life, can you make links to these life skills throughout your delivery of this unit?



Key questions

1. Can we explain the words navigate, key and orientate?
2. Who can explain the importance of communication in OAA?
3. How do we navigate using a map?

By the end of the unit I should...

- Have a basic understanding of why OAA is important in developing transferrable life skills
- Be able to navigate short courses using a map
- Be able to work cooperatively with others to complete team based tasks, challenges and courses

Glossary

Key

A key is a small table at the side of our map, explaining what each symbol means.

This helps us orientate our map correctly.

Orientate

Orientating out map means to turn so we are facing the right direction and the map lines up with the key focal points around us

Navigate

Once orientated, we can then use our map to navigate and find our control points



Whole child criteria: **Head** | **Hand** | **Heart**

Year 2 (problem solving)

- I can complete tasks and challenges with others
- I can start to link actions together to complete tasks and challenges
- I can demonstrate and start to master a range of basic fundamental movement skills including running, jumping & hopping
- I can demonstrate agility, balance and coordination
- I can work cooperatively with others to complete tasks and challenges
- I can demonstrate sharing, kindness and teamwork with others
- I can display resilience and patience when completing tasks and challenges

Year 3

- I can start to think strategically to complete tasks
- I understand and can explain what is meant by a 'key'
- I can start to plot points on a map
- I can start to navigate using a simple, short map
- I can coordinate my body to complete more difficult tasks and challenges
- I can start to suggest components for a successful warm up
- I can work well with others to complete tasks and challenges
- I can display resilience and patience when completing tasks and challenges

Year 4

- I can start to navigate basic trails using a map and key
- I can suggest improvements for myself and for others
- I can collaborate with others to solve tasks and challenges
- I can work individually and with partners/groups to complete physical challenges
- I can display agility, balance, coordination and fluency in my movements
- I can start to lead short warm ups to a partner
- I can work well with others to complete more complex tasks and challenges
- I can demonstrate a range of communication techniques
- I can support and encourage others when needed

Other prior learning units (with similar transferrable skills)

- Problem solving and team building
- Fundamental movement skills

Progression of physical skills

Year 2

- Running (M)
- Galloping (M)
- Side stepping (M)
- Jumping (M)
- Hopping (M)
- Throwing (M)

Year 3

- Orientating a map
- Navigating courses safely
- Navigating and trusting others
- Balancing
- Running
- Guiding others

Year 4

- Creating and orientating a map
- Plotting points
- Navigating courses safely
- Navigating and trusting others
- Travel and balance safely when completing tasks