

Springdale First School

P.E Progression Map



Imagine, Believe, Achieve

Progression Map – Outdoor Adventurous Activities

N/A	N/A	<p>NC KS2 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 and sequences of movement. 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.</p> <p>Pupils should be taught to:</p> <p>Year 3</p> <ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team; compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Year 4</p> <ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team; compare their performances with previous ones and demonstrate improvement to achieve their personal best. 		
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EYFS	Year 1	Year 2	Year 3	Year 4
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Vocabulary

		Trail Communication Symbols	Key Informed decisions
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Trails

			<ul style="list-style-type: none"> Orientate themselves with increasing confidence and accuracy around a short trail. 	<ul style="list-style-type: none"> Orientate themselves with accuracy around a short trail. Create a short trail for others with a physical challenge. Start to recognise features of an orienteering course.
Problem solving				
			<ul style="list-style-type: none"> Identify and use effective communication to begin to work as a team. Identify symbols used on a key. 	<ul style="list-style-type: none"> Communicate clearly with other people in a team, and with other teams. Have experience of a range of roles within a team and begin to identify the key skills required to succeed at each. Associate the meaning of a key in the context of the environment.
Preparation and organisation				
			<ul style="list-style-type: none"> Begin to choose equipment that is appropriate for an activity. 	<ul style="list-style-type: none"> Try a range of equipment for creating and completing an activity. Make an informed decision on the best equipment to use for an activity. Plan and organise a trail that others can follow.
Communication				
			<ul style="list-style-type: none"> Communicate with others. 	<ul style="list-style-type: none"> Communicate clearly with others. Work as part of a team. Begin to use a map to complete an orienteering course.
Compete / perform				
			<ul style="list-style-type: none"> Begin to complete activities in a set period of time. Begin to offer an evaluation of personal performances and activities. 	<ul style="list-style-type: none"> Complete an orienteering course more than once and begin to identify ways of improving completion time. Offer an evaluation of both personal performances and activities. Start to improve trails to increase the challenge of the course.
Evaluate				
			<ul style="list-style-type: none"> Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time. 	<ul style="list-style-type: none"> Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.