

Outdoor Adventure Activity Year 4

National Curriculum subject content:
<ul style="list-style-type: none"> ✓ Use running jumping, throwing, and catching in isolation. ✓ Play competitive games and apply basic principles of attacking and defending. ✓ Compare their performance with previous ones and demonstrate improvement to achieve their personal best. ✓ Take part in outdoor and adventurous activity challenges both individually and within a team.
National Curriculum theme:
<ul style="list-style-type: none"> ✓ Outdoor Adventure Activity ✓ Orienteering ✓ Links with Geography/ Multi skills and communication skills. ✓ Teamwork



Key Vocabulary:	
Birds eye view	View from above
Communication	Send and receive messages
Compass point	The direction on a compass
Course	A route
Direction	The course in which something moves along
Location	Certain of a place
Orienteering	Competitive sport participants find their way
Position	A place something is
Route	A way or course taken
Strategy	A plan
Symbols	A mark or sign
Defending	Resist an attack

Sequence of Learning:					
Objectives (key knowledge):					
To learn to give and receive verbal instructions to complete a course.	To learn to collaborate with others when working towards a common goal. To learn to play competitive games using basic attacking and defending tactics.	To learn to recognise and interpret symbols on a map	To learn to locate position using an orienteering map.	To learn to use simple orienteering skills. To use running in isolation.	To learn to work as a team to achieve common goal. To use knowledge of orienteering to complete a course.
Key events timeline Suggested Activities					
Games to get from A to B	Games to collect objects. Use tactics to block opponents.	Funny faces Build a scarecrow	Simple orienteering games using map of school grounds	Introduce skills as a whole class. Use picture/ photos of locations around school grounds	Teams race to locations collecting punching the orienteering card. Links previous weeks orienteering.

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National Curriculum Cross Curricula links with Geographical skills and fieldwork

- ✓ Use maps.
- ✓ Use eight points of a compass, four and six - figure grid references, symbols, and key (including the use of Ordnance Survey maps) to build their knowledge of the United Kingdom and the wider world.
- ✓ Use fieldwork to observe, measure, record and present the human and physical features in the local area using a range of methods.

National Curriculum theme:

- ✓ Outdoor Adventure Activity
- ✓ Orienteering

The children will also experience Outdoor Adventurous Activity as part of the annual residentials/ field trips.