

**Prior Learning:** If children took part in KS1, they were introduced to some activities in pairs, learning how to work together with a partner and in small groups. They were encouraged to work as a team to solve problems/tasks. They were also introduced to orienteering and used the co-ordinates North, South, East and West.

## Key Skills

### Physical Me

**Co-ordination**

**Jump, step, hop**

**Balance**

**Walk, run, jog**

### Value Me:

- Teamwork
- Leadership
- Responsibility

### Social Me

- Co-operation
- Organisation
- Good listener
- Encouraging others
- Supporting others
- Collaborate
- Communicate

### Thinking Me

- Problem solving

## Key Vocabulary

Communication

Collaboration

Teamwork

Trust

Orienteering

Compass Point

Co-ordinates

Supportive

Decision

## Key Knowledge

### Orienteering:

Is an exciting outdoor adventure sport that exercises mind and body. The aim is to navigate between checkpoints or controls marked on a special orienteering map. There is no set route so the skill and fun come from trying to find the best way to go.

### Compass Points:

**Directions-** North, South, East, West,  
North East, North West, South East, South West



## Play Leader

Outdoor and adventure activities are mainly non-competitive and offer alternative ways to enjoy a healthy approach to recreation and outdoor activities.

The outdoor and adventure activities strand has many links with the Geography curriculum.