


Forest Hall Primary School PE Skills Progression Map (Outdoor Adventure Activities)

	Outdoor Adventure Progression Grid		
		<p>KS2 National Curriculum Aims</p> <p>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.</p> <p>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. Pupils should be taught to:</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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Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health & Fitness						
			<p>Recognise and describe the effects of exercise on the body.</p> <p>Know the importance of strength and flexibility for physical activity.</p> <p>Explain why it is important to warm up and cool down.</p>	<p>Describe how the body reacts at different times and how this affects performance.</p> <p>Explain why exercise is good for your health.</p> <p>Know some reasons for warming up and cooling down.</p>	<p>Know and understand the reasons for warming up and cooling down.</p> <p>Explain some safety principles when preparing for and during exercise.</p>	<p>Understand the importance of warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Know ways they can become healthier.</p>
Problem Solving						
<p><u>Games</u></p> <p>Explore activities, making their own decisions in response to a task.</p>	<p><u>Team Building</u></p> <p>Suggest ideas in response to a task.</p> <p>Understand that working collaboratively with others will help to solve challenges.</p> <p>Understand the rules of the game and suggest ideas to solve simple tasks.</p>	<p><u>Team Building</u></p> <p>Begin to plan and apply strategies to overcome a challenge.</p> <p>Understand how listening to each other's ideas might give them an idea they hadn't thought of.</p> <p>Try different ideas to solve a task.</p> <p>Understand when a challenge is solved</p>	<p>Discuss how to follow tails and solve problems.</p> <p>Work with others to select appropriate equipment for the task.</p> <p>Understand that trying ideas before deciding on a solution will help to come up with the best idea.</p>	<p>Plan independently and in small groups, implementing a strategy with increased success.</p> <p>Understand that discussing the advantages and disadvantages of ideas will help guide to a conclusion about which idea to use.</p>	<p>Explore tactical planning within a team to overcome increasingly challenging tasks.</p> <p>Recognise that there may be more than one way to solve a challenge and that trial and error could help guide to the best solution.</p>	<p>Pool ideas within a group, selecting and applying the best method to solve a problem.</p> <p>Use critical thinking skills to form ideas and strategies, selecting and applying the best method to solve a problem.</p>

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		successfully and begin to suggest simple ways to improve.	Plan and attempt to apply strategies to solve problems. Reflect on when and why challenges are solved successfully, and use others' success to help them improve.	Plan and apply strategies to solve problems.	Plan and apply strategies with others to more complex challenges.	
Navigation Skills						
<u>Games</u> Explore moving in space and following a path. Make decisions about where to move in space.	<u>Team Building</u> Follow a path and lead others. Understand that knowing which way to go before starting will help me. Copy a simple map/diagram.	<u>Team Building</u> Follow and create a simple diagram/map.	Identify where they are on a simple map. Use and begin to create simple maps and diagrams to follow a trail. Orientate and follow a diagram/map.	Identify key symbols on a map and follow a route Understand how to use a key and use the cardinal points on a map to orientate it. Identify key symbols on a map and use a key to help navigate around a grid.	Develop navigational skills and map reading in increasingly challenging tasks. Use a key to identify objects and locations. Orientate a map confidently, using it to navigate around a course.	Orientate a map efficiently to navigate around a course with multiple points. Confidently and efficiently orientate a map, identifying key features to navigate around a course.
Communication						
<u>Games</u> Develop confidence in expressing myself. Talk to a partner to solve challenges.	<u>Team Building</u> Communicate simple instructions and listen to others. Use short, clear instructions to help a partner. Follow instructions.	<u>Team Building</u> Work co-operatively with a partner and in a small group. Follow instructions accurately. Work co-operatively with a partner and a small group,	Follow and give instructions, and accept other people's ideas. Take turns when giving ideas. Follow instructions from a peer, and give simple instructions.	Confidently communicate ideas and listen to others. Understand that there are different types of communication. Understand and know how to	Explore a variety of communication methods with increasing success. Use clear communication when working in a group and taking on different roles.	Inclusively communicate with others, share job roles and lead when necessary. Communicate with others clearly and effectively when under pressure. Confidently lead others and show consideration of

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Follow simple instructions. Share ideas with others.	Begin to work with a partner and a small group. Identify their own and others' success.	taking turns and listening to each other.	Work collaboratively with a partner and a small group, listening to and accepting others' ideas.	communicate without talking. Accurately follow instructions given by a peer. Give clear and usable instructions to a peer. Confidently communicate ideas and listen to others before deciding on the best approach. Watch, describe and evaluate the effectiveness of their team strategy, giving ideas for improvements.	Explain why a particular strategy worked and alter methods to improve.	everyone within the group or team. Accurately reflect on when challenges are solved successfully, and suggest well thought out improvements.
Compete/Perform						
			Begin to complete activities in a set period of time. Begin to offer an evaluation of personal performances and activities.	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.	Complete an orienteering course on multiple occasions, in a quicker time due to improved technique. Offer a detailed and effective evaluation of both personal performances and activities.	Offer a detailed and effective evaluation of both personal performances and activities with an aim of increasing challenge and improving performance. Listen to feedback and improve an orienteering course from it.

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				Start to improve trails to increase the challenge of the course.	Improve a trail to increase the challenge of the course.	
Evaluate						
			<p>Watch, describe and evaluate the effectiveness of a performance.</p> <p>Describe how their performance has improved over time.</p>	<p>Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better result.</p>	<p>Choose and use criteria to evaluate their own and others' performances.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>	<p>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p>