



Progression in PE

Outdoor and Adventurous

Orienteering

	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
	<i>Practicing the skills</i>	<i>Taking part in the game Applying the skills Evaluation of skills</i>	<i>Positive contribution to physical and mental health</i>	
Y1	<p>Introduction to a compass and directions (N, E, S, W.)</p> <p>Move in different directions and a variety of different ways.</p>	<p>Understand how communication can help to solve problems with others</p> <p>Work independently, as well as cooperatively in small groups.</p> <p>Participate in games following rules and playing fairly.</p> <p>Begin to plan how to solve problems.</p> <p>Participate in competition with others, completing a simple orienteering event.</p>		<p>Teamwork</p> <p>Together</p> <p>Compass</p> <p>Map</p> <p>Route</p> <p>Directions</p> <p>Safety</p> <p>Orienteering</p> <p>Problem solving</p> <p>Challenge</p>
	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
Y2	<p>Understand what a compass is used for and be able to use the direction points.</p> <p>Has knowledge of safety rules and procedures for taking part in orienteering events.</p> <p>Introduction to map reading.</p> <p>Be able to use some basic</p>	<p>Begin to problem solve with others.</p> <p>Work well in big groups, sharing, taking turns, and cooperating with others.</p> <p>Begin to understand the competitive side of</p>		<p>Teamwork</p> <p>Together</p> <p>Compass</p> <p>Map</p> <p>Route</p> <p>Directions</p> <p>Safety</p> <p>Orienteering</p> <p>Problem solving</p>

	features on a map to select and plan a route.	<p>orienteeing and take part in a picture orienteeing event.</p> <p>Meets challenges effectively working as part of a team.</p>		Challenge
	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
Y3	<p>To make a map with symbols and be able to recognise where you are on a map, using basic techniques.</p> <p>Move confidently in different ways, developing agility, balance, and co-ordination.</p>	<p>Participate in competitive orienteeing events, following instructions of the game</p> <p>Recognise that activities need thinking through and planning.</p> <p>Evaluate your performance and recognise what went well and what could be improved.</p> <p>Participate in team games, working cooperatively, solving problems with others.</p> <p>Communicate effectively with other people and discuss plans to achieve success.</p>		<p>Teamwork</p> <p>Map Skills</p> <p>Picture Orienteering</p> <p>Control Plotting</p> <p>Indoor Mapping</p> <p>Communication</p>
	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
Y4	<p>Have knowledge of safety rules and procedures for taking part in orienteeing event.</p> <p>Develop a basic understanding of map reading/making and apply these skills and techniques in games.</p>	<p>Work as a team to plan and decide what approach to use to meet the challenges.</p> <p>Explain how you could improve your performance.</p>		<p>Teamwork</p> <p>Map Skills</p> <p>Indoor mapping</p> <p>Picture Orienteering</p> <p>Control Plotting</p> <p>Communication</p>

	<p>Recognise where you are on a map.</p> <p>Demonstrate all the physical skills needed for orienteering: agility, balance, and co-ordination.</p>	<p>Work cooperatively and successfully as part of a team, improving communication skills.</p>		
	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
Y5	<p>Understand relevant techniques to navigate to and from control points.</p> <p>To orientate themselves and map correctly keeping track of their position with increasing accuracy.</p> <p>Develop communication skills and use these skills to achieve success.</p> <p>Make a map with symbols and legend and begin to understand scale.</p>	<p>Identify what they have done well and adapt plans for future challenges.</p> <p>Work within a team trusting and valuing each other.</p> <p>Compete in orienteering events, problem solving with team members.</p>		<p>Teamwork</p> <p>Map Skills</p> <p>Indoor mapping</p> <p>Picture Orienteering</p> <p>Control Plotting</p> <p>Communication</p>
	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
Y6	<p>Understand elements and scaling confidently.</p> <p>Use a map to confidently orientate yourself around - Use previous knowledge to navigate</p>	<p>Identify what they have done well and adapt plans for future challenges.</p> <p>Plan strategies to complete tasks. Choose sensible skills</p>	<p>Develop physical fitness and be able to describe its importance in orienteering.</p>	<p>Teamwork</p> <p>Map Skills</p> <p>Indoor mapping</p> <p>Picture Orienteering</p> <p>Control Plotting</p> <p>Communication</p>

	<p>and design a route to the controls.</p> <p>Develop map reading and map building skills.</p>	<p>and approaches for the challenge.</p> <p>Build confidence during team activities.</p> <p>Takes part in orienteering events, such as picture orienteering and control orienteering, with success.</p>		
--	--	---	--	--