

# Outdoor & Adventure Exemplification

## Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

## Key stage 2

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.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- 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.

Objective	Skills	Agility & Balance	Coordination	Running & Jumping	Evaluation
Become increasingly confident and competent					
Compete Against themselves					
Compete against others					
<b>Master Basic movements:</b>					
Running					
Jumping					
Throwing					
Catching					
<b>Develop:</b>					
Agility					
Balance					
Coordination					
Participate in Team Games					
Develop simple tactics for attacking and defending.					
Perform Dances					
Learn simple dance movements					
<b>National Curriculum Objective</b>	<b>Technical Skills</b>	<b>Orienteering</b>	<b>Teamwork</b>	<b>Equipment &amp; Planning</b>	<b>Evaluation</b>
Communicate, collaborate and Compete against others	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Pupils should be taught to use in combination and isolation:</b>					

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Running		<b>X</b>			
Jumping					
Throwing					
Catching					
Plat competitive games such as:					
Basketball, Cricket, Football, Hockey, Netball, Rounder's and Tennis					
Apply Basic Techniques for Attacking and Defending					
Develop Flexibility, Strength, Control and Balance					
Perform Dance Using a Range of Movement Patterns					
<b>Take Part in Outdoor and Adventurous Activity Challenges:</b>					
Individually	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
As Part of a Team	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>

As a result – this is not taught in KS1

U ~ c ã [ [ !Á		FS2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	
	<b>Tec hnic al Skill s</b>					Can Identify Symbols used on a key	Match the symbols on a key to the environment	Understands 'the most efficient path'	Can build basic shelters and tents
						Knows what an orienteering tag looks like	Can use 4 figure grid references	Can use 6 figure grid references	Can use contour lines on a map
						Can use a compass to locate north	Can use a compass to locate north, south, east and west	Can use 8-point compass directions with a map	Can use 6 figure grid references, 8-point compass directions, contour lines, symbols and keys (OS maps) to navigate

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B A C E Ç ^ } C ^ A	Orient eering				Can orientate themselves around a short trail	Can orientate themselves around a short trail within a set time	Can orientate themselves and others around a trail with increasing accuracy in the most efficient way	Can orientate themselves and others around a trail with increasing accuracy in the most efficient way when under time pressure
	Teamwork				Can suggest which direction to go within a small team.	Knows and can assign roles within a team	Can use clear, precise communication to quickly relay information to a team	Can use clear, precise communication to suggest ideas and reply to others.
	Equipment & Planning				Can identify equipment that is appropriate for an activity	Can select the most useful equipment to a task	Choose the best equipment needed to match with the variable environment and weather conditions.	Can select required equipment that may be needed considering unforeseen potential hazards.
					Can keep equipment safe during a task	Can look after the equipment required by a specific role		
Evaluation				Can describe what worked well and what could be better next time	Can explain their success using clear language and vocabulary	Can explain how they could have improved the time they completed a course in and the success of their equipment planning	Can evaluate their success of a course, how they could have worked better as a team, most efficient path and likely survival in extreme circumstances.	

Most useful and appropriate knowledge to be passed onto the next year group

	FS2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Technical Skills				Can Identify Symbols used on a key	Can use 4 figure grid references	Can use 6 figure grid references	Can use contour lines on a map
				Can use a compass to locate north	Can use a compass to locate north, south, east and west	Can use 8-point compass directions with a map	Can use 6 figure grid references, 8-point compass directions, contour lines, symbols and keys (OS maps) to navigate

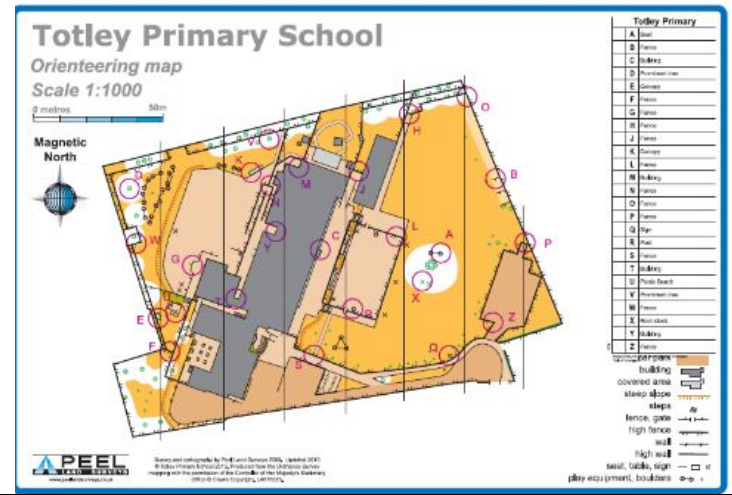
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<b>Orie ntee ring</b>				Can orientate themselves around a short trail	Can orientate themselves around a short trail within a set time	Can orientate themselves and others around a trail with increasing accuracy in the most efficient way	Can orientate themselves and others around a trail with increasing accuracy in the most efficient way when under time pressure
<b>Tea mw ork</b>					Can assign roles within a team		
<b>Equi pme nt &amp;  Plan ning</b>				Can identify equipment that is appropriate for an activity	Can select the most useful equipment to a task	Choose the best equipment needed to match with the variable environment and weather conditions.	Can select required equipment that may be needed considering unforeseen potential hazards.
<b>Eval uati on</b>				Can describe what worked well and what could be better next time	Can explain their success using clear language and vocabulary	Can explain how they could have improved the time they completed a course in, discussing 'the most efficient path'	Can evaluate their success of a course, how they could have worked better as a team, most efficient path and likely survival in extreme circumstances.

Year 3	Objective	Tier 2 Vocab	Tier 3 Vocab	Example
<b>Te ch ni ca l Sk</b>	<b>WALT</b>		Symbols Key Map Object	<p>Children can recognise that drawing each object on a map would become confusing and too detailed. So we use symbols to represent different things. Teach children to always look for the key on a map to tell them what each symbol means.</p> <p>Show children the symbols and an orienteering map of school, can they find an example of each of these symbols and circle them on their map as they find them?</p> <p><b>Children could have a table – what the symbol looks like, what I think the object might look like, what the object actually looks like.</b></p>
	Identify Symbols used on a key			
	Prior Knowledge			
	How Knowledge is progressive			

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<b>ills</b>	WALT		Needle Magnetic North Compass Direction Align	-Does the symbol always look the same? -Does the actual object always look the same? <a href="https://www.ordnancesurvey.co.uk/blog/2015/11/map-reading-skills-understanding-map-symbols/">https://www.ordnancesurvey.co.uk/blog/2015/11/map-reading-skills-understanding-map-symbols/</a>		
	'b X'3nx(a'nl 'MMhk uMy'			Show children a compass. The needle is magnetized to the Earth's North Pole. It will always point North so you have to turn the compass to align the needle to the 'N' marking.		
	Prior Knowledge			Give children a challenge can they find an object or marker that is north. <b>For Example</b> – find a human feature that is North of 'Marker F' or which marker is furthest north marker 'A' or 'E'?		
<b>ills</b>	How Knowledge is progressive			Children could make their own compasses to help complete a course or use standard compasses.		
	WALT			orienteeing marker	Children to know that an orienteeing marker will always have orange and white triangles.	
	Knows what an orienteeing tag looks like				The markers can be flags or signs stuck onto objects.  Around school we have a set of markers that look like this.  Using the map to guide them, how many can children find?	
<b>Or ie nt ee ri ng</b>	Prior Knowledge		Orientate Navigate Orienteeing Symbol Key	Children can complete a quick course such as the orienteeing course around school.  There are 20 plans to choose from in the folder.  Children to complete these individually and in teams. Challenge – working in pairs, 1 child is blindfolded and carefully led to a starting point. They must then orientate themselves and begin to complete the course.		
	How Knowledge is progressive					
	WALT					
<b>Te a m w o r k</b>	WALT		Direction Suggest	When working in teams, children need to agree which direction they are going to travel before they set off.  Children need to take it in turns to suggest which was to go to find the next marker. This prevents the group just following 1 person. -Which person in the team suggested the most correct directions? -Sometimes people in a group will disagree which direction to go so they must discuss the reasons for their thinking and decide as a group which way to go.		
	'b X'3nx(a'nl 'MMhk uMy'					
	Prior Knowledge					
How Knowledge is progressive						

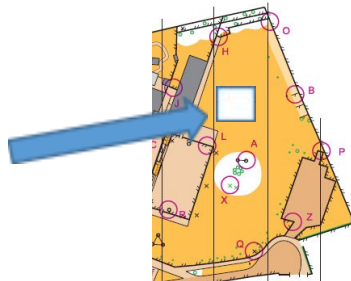

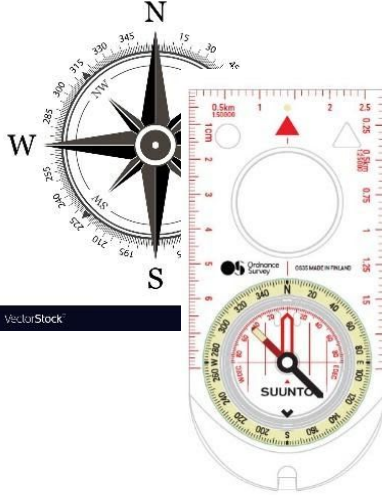
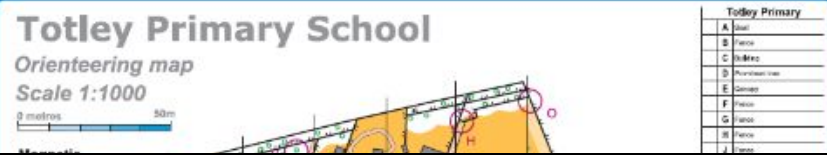


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<b>Eq ui p m e n t &amp; P l a n n i n g</b>	<b>WALT</b>		Equipment Safety Successful	Children are learning to prepare for a walk and outdoor experience. What could happen? What might they need to bring to ensure they are successful and safe?  <b>For example –</b> Map, pencil, something to protect the map if it rains suitable footwear, coat, first aid kit
	*XZI {b} ZvY luk ZI {aM}ly MluxnuxMz_rxiMI MWbqf'			
	Prior Knowledge			
	How Knowledge is progressive			
<b>Ev a l u a t i o n</b>	<b>WALT</b>		Successful Improve Evaluate	Children to recognise things that they did successfully and things they can improve next time. They are recognising that they do some things well and with practise will get better at everything.  <b>For Example-</b>
	Can describe what worked well and what could be better next time			
	Prior Knowledge			
	How Knowledge is progressive			

Year 4	Objective	Tier 2 Vocab	Tier 3 Vocab	Example
<b>Te ch ni</b>	<b>WALT</b>	Environment Map	Symbol	Children are using their developing understanding of symbols on maps to recognise features in the environment around them.  This will be completed simply by practising reading maps and symbols to complete courses.
	2 MNa ytk Uhjy{n}aZl fbnl k Zl { Prior Knowledge			

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<b>ca I Sk ill s</b>	<p><i>f abjXxZI aMzjZNA ZX{n I XZxy{MIX</i> <i>UNyWytK Uhjynl MI 5@k MhMIX</i> <i>nxZI {ZZxb` Vh xyZ`</i></p>			<p>When children are looking at a map can they fill in missing squares with the correct symbol to match the environment? In pair children to put stickers on a map can their partner work out what is missing?</p>
	<p><b>How Knowledge is progressive</b></p>			<p style="text-align: center;"></p>
	<p><i>f abjXxZI MZjZNA b` {n`k MVA</i> <i>ytk Uhjynl Mk Mh{n`aZ</i> <i>ZI fbnl k ZI {n`azju{azk I Mb MZ`</i></p>			
	<p><b>WALT</b></p>			
	<p>Use 4-figure grid references`</p>			
<p><b>Prior Knowledge</b></p>				
<p><i>f abjXxZI aMzjZNA ZX{n yZ MUMyV</i> <i>k MhMIX ytk Uhjy</i></p>			<p><a href="https://www.ordnancesurvey.co.uk/blog/2015/11/map-reading-skills-how-to-read-a-grid-reference/">https://www.ordnancesurvey.co.uk/blog/2015/11/map-reading-skills-how-to-read-a-grid-reference/</a></p> <p>"</p> <p>A four-figure grid reference gives the square on the map in which the feature you're finding is."</p> <p>Ask an, <i>Mh</i>l` S{aZi` an, <i>M</i>/u. Like in Year 2, you use the bottom left corner of the square you need."</p> <p>That's why the four-figure grid reference for Swanage train station is 02,78."</p> <p>We use a comma between the horizontal and vertical reference."</p>	
<p><b>How Knowledge is progressive</b></p>			<p style="text-align: center;"></p>	
<p><i>f abjXxZI MZjZNA b` {n`b`X,` aZxZ</i> <i>{aZt MhXnUzVY MZ/ yb` Y`b` xZ</i> <i>`xX xZ ZxZI VZy</i></p>				
<p><b>WALT</b></p>				
<p>Use 4-figure grid references`</p>				
<p><b>Prior Knowledge</b></p>				
<p><i>f abjXxZI aMzjZNA ZX{n`b`X`3nx{a</i> <i> yb` MhK uMfy</i></p>			<p>Children to go on a local walk around Topley in small groups, Using an OS map to direct them and questions to answer such as what road/building could you find in square 83 28.</p>	
<b>Or ie nt</b>	<p><b>WALT</b></p>			<p>Show children a compass. The needle is magnetized to the Earth's North Pole. Children know the needle always points North and they need to align the needle to the 'N' Marking.</p>
	<p>Use a compass to locate North, East, South and West`</p>			<p style="text-align: center;"></p>
	<p><b>Prior Knowledge</b></p>			
	<p><i>f abjXxZI aMzjZNA ZX{n`b`X`3nx{a</i> <i> yb` MhK uMfy</i></p>			
	<p><b>How Knowledge is progressive</b></p>			
<p><i>f abjXxZI MZjZNA b` {n`b`X`{aZ`Y</i> <i>UNyWytK uMfy XbzV{bnl y</i></p>			<p>Teach children the 4 basic compass directions (North, East, South and West) Using this knowledge and their ability to use a compass to find North can children find:</p> <ul style="list-style-type: none"> <li>-hidden objects (Go East 5steps from marker 'F')</li> <li>-objects (what is immediately South of marker 'C')</li> <li>-markers (what marker is West of marker 'W')</li> </ul> <p><a href="https://www.ordnancesurvey.co.uk/blog/2015/11/map-reading-skills-how-to-use-a-compass-2/">https://www.ordnancesurvey.co.uk/blog/2015/11/map-reading-skills-how-to-use-a-compass-2/</a></p>	
<p><b>WALT</b></p>				<p>Children can complete a quick course such as the orienteering course around school.</p>
<p>Can orientate themselves around a short trail within a set time`</p>				<p style="text-align: center;"></p>
<p><b>Prior Knowledge</b></p>				

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<p style="text-align: center;"><b>ee ri ng</b></p>	<p><i>f alixzi 'amzjzma ZX{n'vkh ujz{Z' Vh xyzy'</i></p> <p><b>How Knowledge is progressive</b></p> <p><i>f alixzi 'amzjzma b` {n'vkh ujz{Z' Vh xyzyb 'M{tk Zjtk k', k'a unb {y_nx' b byab` , k'a yuZZX'</i></p>	<p>Symbol Key Timer Base</p>	<p>Children to complete these individually and in teams but with a timer set. For Example – 10 minute timer, on my whistle start, on my second whistle finish and come back to base. Points awarded for 1<sup>st</sup> team back to base 2<sup>nd</sup>, 3<sup>rd</sup> etc. to receive diminishing points.</p> <p>Which team has the highest score? (Number of markers found + finishing score)</p>
<p style="text-align: center;"><b>Te a m w o r k</b></p>	<p><b>WALT</b></p> <p><i>a n, 'MIX'nyb l {aZ'xjzy, k'ab 'M {ZM'</i></p> <p><b>Prior Knowledge</b></p> <p><i>f alixzi 'amzjzma ZX{n'vhjMun'AMZ' Ny'M{ZM'</i></p> <p><b>How Knowledge is progressive</b></p> <p><i>f alixzi 'amzjzma b` {n, nx' Ny'M {ZM' {n_j_b {aZ'UNy'xjzy'a'</i></p>	<p>Map Holder Compass Holder Data Logger Time Keeper Role</p>	<p>For a team to work effectively it is best to give each person a job to do instead of 1 person trying to do everything.</p> <p><b>Map Holder</b> – This person is responsible for reading the map and ensuring the group is travelling in the correct direction. <b>Compass Holder</b> – This person is responsible for ensuring the group is travelling in the correct direction. <b>Data Logger</b> – This person is responsible for writing down the information they find (For example what picture is on marker 'C?'). <b>Time Keeper</b> – This person is responsible for making sure the team knows how long they have left to complete the course.</p> <p>When children are more accomplished at knowing and completing the roles they may begin to share these within a pair.</p>
<p style="text-align: center;"><b>Eq ui p m e n t &amp; Pla nn ing</b></p>	<p><b>WALT</b></p> <p><i>@jzV {aZ'k ny{   yZ_j Zv' luk ZI { {n' M{Myi'</i></p> <p><b>Prior Knowledge</b></p> <p><i>f alixzi 'amz'</i></p> <p><b>How Knowledge is progressive</b></p> <p><i>f alixzi 'amz'</i></p>	<p>Equipment Safety Successful Essential Non-essential</p>	<p>Children are learning to prepare for a walk and outdoor experience. They need to decide which pieces of equipment or essential and which pieces of equipment are non-essential. Teach children that</p> <p><b>Essential items</b> - are there for safety and success of an adventure. <b>Non-essential items</b> – are there for luxury and aren't going to affect the safety or success of an adventure.</p> <p><b>For example –</b> Lay out these objects map, picnic, pencil, sweets, bottle of water, sketching pencils, camera, something to protect the map if it rains suitable footwear, coat, first aid kit.</p> <p>Can children sort these pieces of equipment into <b>essential item</b> and <b>non-essential items</b>?</p>
<p style="text-align: center;"><b>Eq ui p m e n t &amp; Pla nn ing</b></p>	<p><b>WALT</b></p> <p><i>1nni 'M{Zx{aZ'Zv' luk ZI { xZv' bZ'Ut' MyuZv'xjz'</i></p> <p><b>Prior Knowledge</b></p> <p><i>f alixzi 'amzjzma ZX{aZ' tk unx'MVZ'n_Zv' luk ZI { 'MIX{ZM' xjzy'</i></p> <p><b>How Knowledge is progressive</b></p> <p><i>f alixzi 'amzjzma b` {n {MIZ' xZy'nl yb'k' n_Zv' luk ZI { b'Xy'X Nj'f'MIX'Ny'M{ZM'</i></p>	<p>Equipment Safety Successful Team roles</p>	<p>Teach children they are responsible for the equipment they take as a group. Individuals have a responsibility to their team to look after the equipment they carry whilst they perform a specific role but the whole group is responsible for making sure that each member of the team is doing their job successfully.</p>
<p style="text-align: center;"><b>Ev alu ati on</b></p>	<p><b>WALT</b></p> <p><i>".ujNb {aZ'xy  WZyy  yb` VZM' jM'   MZ'MIX'fnVWU  jM'</i></p> <p><b>Prior Knowledge</b></p> <p><i>f alixzi 'amzjzma ZX{n'bxzi {b'f' , aM{aZ'X'X, Zj'</i></p>	<p>Precise Equipment Safety Successful Team roles</p>	<p>Children are describing the success of their performance by using the correct vocabulary learned above. This could be done at the end of each lesson for them to build their confidence to describe each element to a partner, within a group or to another group.</p> <p><b>For Example</b></p> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; width: fit-content; margin: 10px auto;"> <p style="text-align: center;">We were successful because our <b>time keeper</b> constantly reminded us how long we</p> </div>



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	<b>How Knowledge is progressive</b> <i>f n W W j n X t { n X b y y a n , { a z b y   W z y n W x z X</i>		Map Holder Compass Holder Data Logger Time Keeper	
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Year 5	Objective	Tier 2 Vocab	Tier 3 Vocab	Example
<b>Techni</b>	<b>WALT</b>		Path Efficient	The most efficient path is the shortest route.  If children were trying to reach all 26 markers on the school field, it would not be productive to keep travelling from one side of school to the other.
	Understands 'the most efficient path'			
	Prior Knowledge			







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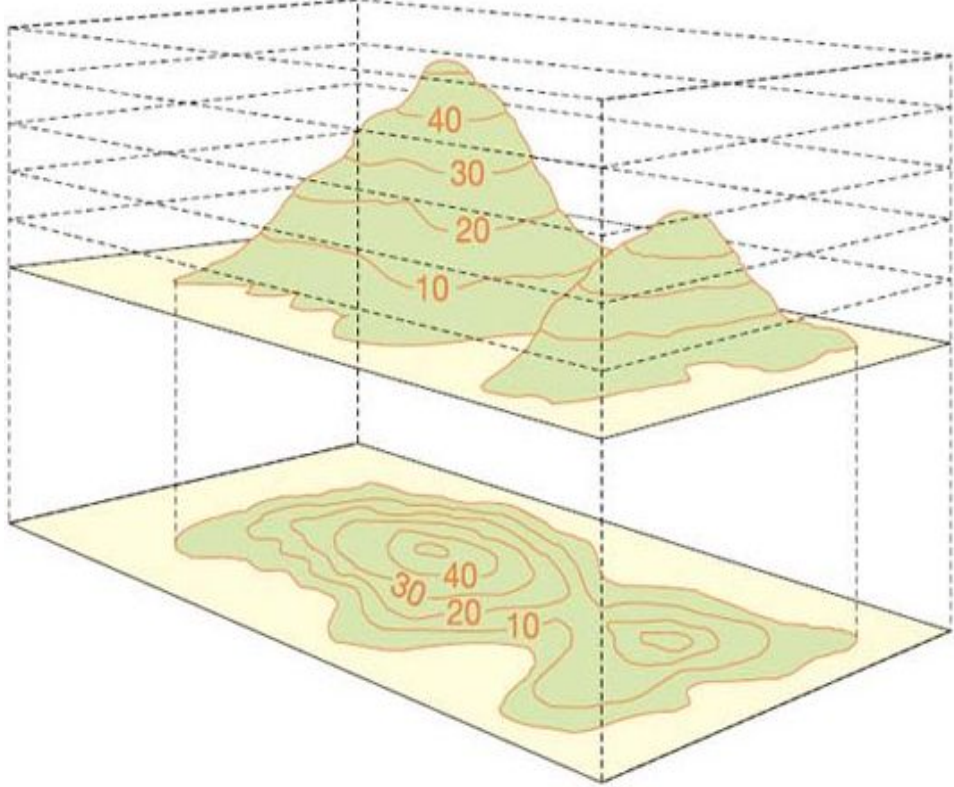
	<p>WALT</p> <p>Prior Knowledge</p> <p>How Knowledge is progressive</p>			<p>For Example – 10 minute timer, on my whistle start, on my second whistle finish and come back to base. Points awarded for 1<sup>st</sup> team back to base 2<sup>nd</sup>, 3<sup>rd</sup> etc. to receive diminishing points.</p> <p>Which team has the highest score? (Number of markers found + finishing score)</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Teamwork</p>	<p>WALT</p> <p>Prior Knowledge</p> <p>How Knowledge is progressive</p>		<p>North South East West North East North West South East South West</p>	<p>Children could play team building games to start with to show what happens when we don't use clear language to communicate with each other.</p> <p>We have learned new skills to help us give precise information to each other to navigate easily. Children could work with a partner. Partner A navigates using a map and has to use clear information to instruct partner B where to go.</p> <div style="display: flex; justify-content: space-around; align-items: center;">     </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;">    </div>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Equipment &amp; Planning</p>	<p>WALT</p> <p>Prior Knowledge</p> <p>How Knowledge is progressive</p>	<p>Variable Conditions</p>	<p>Essential Non-Essential</p>	<p>Whilst children are planning their walk/orienteering course:</p> <p><b>Put the weather forecast on the board</b> - What does this tell them about the equipment they are likely to need?  <b>Ask where they are going</b> – What terrain are they going to be walking on? What features and obstacles might they encounter? What preparations are they going to need to make to overcome these?</p> <p>What shoes will they need? Will they need to carry equipment? What clothing will they need to take? How long will they be out for? Will it be hot and therefore need a drink?</p> <p>Children could score points for taking items they require. They could lose points for taking items they didn't use unless they can justify why they took it.</p> <p>Review each groups planning at the end. Was it successful?</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Evaluation</p>	<p>WALT</p> <p>Prior Knowledge</p>		<p>Efficiency Accuracy Precise</p>	<p>Children are learning to evaluate their performance against the skills they have learned.</p> <p>Was their route efficient? Could it have been improved so they finished quicker? How?</p> <p>Did they correctly use 6-figure grid references to locate and navigate? Was it accurate or did they have to look around them for guidance?</p> <p>Did they correctly use the 8-figure compass directions to plan the route? Did they go of course at any point? How did this affect their time?</p>

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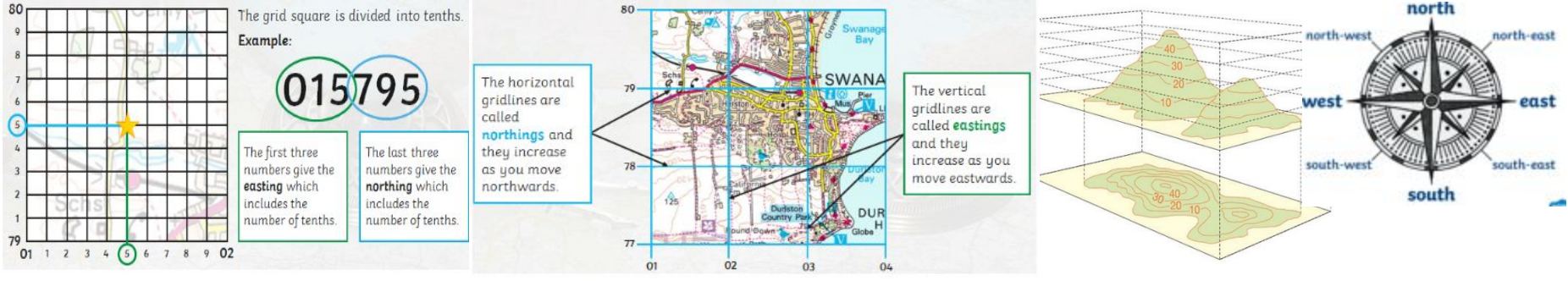

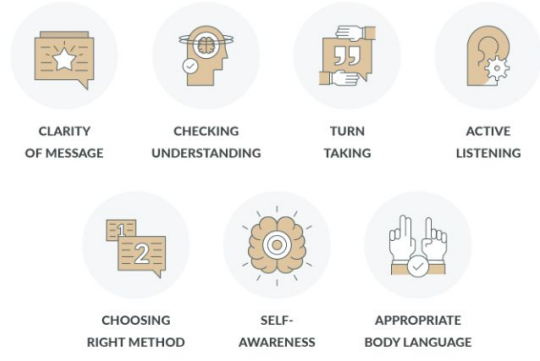
f a b X x z l ' a M z j z n a i z x { n z . u j n b ' ' a M ' n y y   w z y y _ j   y b ' v z n a ' j m i '   m z m i x ' f n v w u   j n a t '			Did they use precise language to communicate? Did this make their decision making quicker/slower? Did it help complete the course quicker?
<b>How Knowledge is Progressive</b>			
f a b X x z l ' n z j z n a i b ' { n z f n j m z ' { a z b u z x n x m i v z b ' { z k y n _ b y ' n w   x w t s z _ b z i v t m i x u j n i i b '			

Year 6	Objective	Tier 2 Vocab	Tier 3 Vocab	Example
<b>Tech</b>	<b>WALT</b> E   b X ' U y b y a z j { z y ' M i x { z i { y		Shelter A Frame	Children are learning the basic requirements of a shelter- <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;">   </div>

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<b>ni ca l Sk ill s</b>	<b>Prior Knowledge</b> f abjXxZI aMfZjZM ZX,, aMf Zv\ buk Zl {k b a{UZl ZZZX{ni ZZU {aZk yMZ'	<b>Tarp</b>	<b>Roof</b> – To protect you from rain, snow etc. and keep you dry <b>Waterproof</b> – The materials need to be able to keep you and your equipment dry.  Children are learning to create a basic A-Frame tarp shelter using rope, trees and pegs. <a href="https://www.youtube.com/watch?v=0ellixim0U">https://www.youtube.com/watch?v=0ellixim0U</a>	 <p>Children to also put up a simple tent using poles.</p>
	<b>How Knowledge is progressive</b> f abjXxZI MZjZM b` {n VxMZM UNy\ yaZj{Zxnx{Zl {n aZju {aZk ujMI _nxy\ XXZl VaMI Zy'b ,, ZMaZx'		If children are confident can they explore making other shelters such as a tripod tap shelter? <a href="https://www.youtube.com/watch?v=UVjmn05Ptgs">https://www.youtube.com/watch?v=UVjmn05Ptgs</a>	
<b>WALT</b> ByZ Vhl {n/ xjb Zy'nl Mk Mli'	<b>Contours</b>	Contours are shown on Ordnance Survey maps as thin orange or brown lines with numbers on them that show you the height above sea level of any point on the line. The contour lines join points of equal height together. Contour lines very close together indicate a steep slope and contours further apart show a gentle slope.		
<b>Prior Knowledge</b> f abjXxZI aMfZjZM ZX{n' yZ' ZM  xZy' nl Mk Mli'y  Va My' B' b   xZ' xX' xZ_ZxZI VZy{n aZju  I XZxy{MIX{aZ' Zl fbnl k Zl {		<p><b>Contour lines give you a mental picture of the shape of the ground.</b></p> <p>The numbers on contour lines are always displayed in ascending height, so if the numbers increase it denotes an uphill slope, and if they decrease it's a downhill slope.</p> <p>The relationship between higher and lower contours and the distance between them can give you valuable clues about what the real surface of the ground is like:</p> <p>Smaller circles show a summit or basin, but the inside of a contour circle is normally higher ground.</p> <p>Flat areas like river valleys and the sea have very few or no contours.</p> <p>Contours are only ever on top of one another if it's a vertical cave or cliff.</p>		
<b>How Knowledge is progressive</b> f abjXxZI MZjZM b` {n' yZ Vhl {n/ x' jlb Zy{n aZju  I XZxy{MIX{aZ' Zl fbnl k Zl {b UZ yn {aZt VMI ujMI {aZ yMZy{ uny\y\jZ xn  {Z'		<p><a href="https://www.ordnancesurvey.co.uk/blog/2015/11/map-reading-skills-how-to-read-a-grid-reference/">https://www.ordnancesurvey.co.uk/blog/2015/11/map-reading-skills-how-to-read-a-grid-reference/</a></p>		

# Outdoor & Adventure Exemplification

	<p><b>WALT</b>  <i>ByZ B_b   xZ` xX xZ ZxZI VZySá'untb {`          Vnk uVlyXbxZV{bnl ySvhl {n  xjlb ZyS          ytk UnjyMIX'i Zty;5@k MdyA{n`          I Mfb MZ`</i></p> <p><b>Prior Knowledge</b>  <i>t abjXxZI aMfZjZNM ZX{n`  XZxy{MIX`          B_b   xZ` xX xZ ZxZI VZySá'untb {`          Vnk uVlyXbxZV{bnl ySvhl {n  xjlb ZyS          ytk UnjyMIX'i Zty;5@k MdyA{n`          I Mfb MZ`</i></p> <p><b>How Knowledge is progressive</b>  <i>t abjXxZI MZ Vnk Ub lb` {aZyZ {n`          Vnk ujZ{ZM, Mj` xnk M bZl`          jnVMbnl UMV {n yVannj`          .          .</i></p>	<p>6-figure grid references</p> <p>contour lines</p> <p>compass directions</p> <p>key</p> <p>symbol</p>	 <p>Children have learned to use these skills to help understand the environment and to successfully navigate maps such as this.</p>  <p>Can children navigate where they are on maps</p> <ul style="list-style-type: none"> <li>-to complete a walk to school from a given location?</li> <li>-when on school trips?</li> <li>-during local walks?</li> <li>-going to sports day at Abbeydale?</li> <li>-gong to the duck race at Milhouses Park?</li> </ul>
<p><b>O r i e n t e e r i n g</b></p>	<p><b>WALT</b>  <i>5xZl {Mz'n  xyZjZyMIX'n{aZxy`          Mh  I X'M{xMj,` kfa`b VxZMjlb`          NMV xMw'tb {aZ'k ny{Z` bMzI {` M`          „ aZl`   I XZx{tk Z'uxZyy  xZ`</i></p> <p><b>Prior Knowledge</b>  <i>t abjXxZI aMfZjZNM ZX{n,` nxi MjM`          {ZM` {n Vnk ujZ{Z'nxZl {ZZxb`          VaMjZl` Zytb {aZ'yVannj` xn  I Xy`</i></p> <p><b>How Knowledge is progressive</b>  <i>t abjXxZI MZ jZNM lb` {n,` nxi`b` yk Mj`          {ZM` y{n' I Mfb MZ {aZk yZjZy'tb`          Vnk uz{qbnl` „ kfa`n{aZx{ZM` y`</i></p>		<p>Children are learning to compete against each other individually and in teams when orienteering.</p> <p>Over a series of weeks children could receive a score for the time or position they finished a course in.</p> <p>The winner could be:</p> <ul style="list-style-type: none"> <li>-an overall shortest time completing all the courses.</li> <li>-the most improve score or time.</li> <li>-the average score over time etc.</li> </ul>
<p><b>T e a m w o r k</b></p>	<p><b>WALT</b>  <i>t Ml`  yZ VZMAsuxZVgyZ`          Vnk k   I bMbnl {n'y ` ` Zy{ bZMjMIX`          xZujt {n'n{aZxy`</i></p> <p><b>Prior Knowledge</b>  <i>t abjXxZI aMfZjZNM ZX{n`  yZ'uxZVgyZ`          NMV xMz jMl`   MZ`</i></p> <p><b>How Knowledge is progressive</b>  <i>t abjXxZI MZ jZNM lb` {aMl`{aZ'w'p'bm Zx`          {aZt xZjM'lb` nxk Mbnl` MlX,` kfa`          ` xZMz xNMV xMw't XbxZVjt` MZM'y{aZ`          {tk Z`{aZt {MIZ {n Vnk ujZ{Z'Mh  xyZ`</i></p>	<p>Communication</p> <p>Precise</p> <p>Accurate</p> <p>Concise</p> <p>Clarity</p> <p>Active Listening</p>	<p>Children are learning that when competing against others the information they relay to each other needs to be concise and precise.</p> <p>The longer they deliberate over decisions and to explain their thoughts, the longer it takes for them to complete the course.</p> <p>If each interaction is cut by 30 seconds, after 10 interactions the team has saved themselves 5 minutes at the end of the course.</p> <p>Children to practice team building games and obstacle courses to help improve their communication skills.</p> <p>-This could be a speed drill, setting up a shelter or tent as quick as possible.</p> <p>-It could be completing team building challenges</p> <p><a href="https://www.mindtools.com/pages/article/team-building-communication.htm">https://www.mindtools.com/pages/article/team-building-communication.htm</a></p> 

## Outdoor & Adventure Exemplification

<b>Eq ui p m e n t &amp; Pl an ni ng</b>	<b>WALT</b>		variable conditions  Locality  Hazards	<p>Children are completing walks around their known locality – they need to prepare and organise their own equipment that they will require to take with them to overcome variables such as weather.</p> <p>Children are also going to complete a walk beyond their locality and will need to use their technical skills to navigate. Alongside this children will need to prepare the equipment they will take with them. They will need to plan for the following:</p> <p><b>Environment</b> – by analysing the map beforehand (shoes/trainers/wellies?)  <b>Variable weather</b> – can they remember to check a weather forecast and plan equipment (Coat, shorts, gloves, sun cream etc)  <b>Length of time</b> – food and drink requirement.  <b>Safety</b> – what will they need to take if someone hurts themselves/ medication they require.  <b>Navigation</b> – what tools will they need to take with them (map, compass , pencil, waterproof map protector)</p>
	@jZV{xZvY bZX'ZvY luk ZI { {aMk M' LZ1 ZZZX'VhI yXZb`  I_nxZyZZI` un{ZI {bYIaVbXy'			
	<b>Prior Knowledge</b>			
	f aljXxZI aMz jZM ZX{n VannyZ' ZvY luk ZI { {aZ,, ljj xZvY bZ Ut' ujMI b` NaZNX_nxMI n,, I` jnVyt'f'			
	<b>How Knowledge is progressive</b>			
f aljXxZI NaZ ujMI b` NaZNX_nxM ,, NjI b` MI  I I n,, I ZI fbnl k ZI {  yb` k Mi yi ljjy{n ujMI_nxun{ZI {bYI aVbXyMIX,, ZMaZx_nxZVyt'y{n ujMI_nx'fVbXy'VhI Xl'bnl y'				
<b>Ev al ua ti on</b>	<b>WALT</b>		Efficiency Communication Team roles Planning Hazards Evaluate	<p>Children to evaluate their plans against other's to ensure everybody has planned effectively <b>before and after an unknown walk</b>. Can they suggest ideas to help others make improvements?</p> <p>Children to evaluate their performance as a team using their knowledge of sharing roles, effective communication and working as a team to achieve success as a group and not leaving a team member behind.</p>
	f MI ZfVjI MZ {aZbxY  WZyy'n_M Vh  xyZSan,, {aZt Vh  jX'aMz,, nxi ZX' LZ{{Zx'VjM'ZNX Sk ny{Z_bZi {uMa' MIXujMI b` _nx'aVbXy'			
	<b>Prior Knowledge</b>			
	f aljXxZI aMz jZM ZX{n ZfVjI MZ' {aZbxuZx_nxk MIVZ MNb y{ {aZ_yuZZX' MIX_Z_bZi Vt'n_{aZbx'n  {Z MIX'an,, {aZt Vhk k  I bMz'			
	<b>How Knowledge is progressive</b>			
f aljXxZI NaZ jZM b` {n ZfVjI MZ' {aZbxujMIyMIXn{aZxyujMI y ` Zy{b` an,, {n tk unfZ {aZbx' ujMI b` Svhk k  I bMbnl NyM'ZNX' MIX{aZ_Z_bZi Vt'n_{aZbx'n  {Z'				