

PE KNOWLEDGE ORGANISER - OUTDOOR AND ADVENTUROUS ACTIVITIES - YEAR 4/5

<p><b>Prior Knowledge &amp; Skills—Year 3 OAA</b></p> <p>Work with a partner to complete a task</p> <p>Work with a group to complete a task</p> <p>Use compass directions (North, South, East, West)</p> <p>Use a basic map to find check points</p> <p>Develop communication skills with a partner</p> <p>Use communication and teamwork skills in a large group.</p>	<b>Key Vocabulary</b>		<p><b>OAA Games</b></p> <p>Battle ships: children split into teams and stand on their co-ordinate grid facing away from one another. Taking turns they try to sink a ship (child) by guessing the coordinate. If a child sinks, they sit down.</p> <p>Radio-active drop off: Place a number of items in a hoop with another hoop 10m away. Without touching the items, and using only a skipping rope and 2 tennis rackets children must move the ‘radio-active’ objects into the ‘safety’ hoop. If an item is dropped, it is returned to the radio-active hoop.</p> <p>Paint by compass; in pairs, children create lists of instructions using compass directions to create a shape. This should include what direction the person should travel in and how many steps. example: East 5 steps, South 5 steps, West 5 steps, North 5 steps will create a square.</p> <p>Capture the flag: in teams children attempt to steal a flag from another team’s territory and then return it to their own. Children can guard their own flag by tagging the opposition if they enter their quarter of the territory. Children who are tagged must return to their base before attempting to capture again. If a child captures the flag they can be tagged anywhere on the pitch (if tagged the flag is returned). To guard their flag children must stand 5m away.</p>
	<b>Word</b>	<b>Definition</b>	
	<b>Verbal communication</b>	Use of sounds and words to express yourself	
	<b>Non-verbal communication</b>	To communicate without using language	
	<b>Teamwork</b>	Effective and efficient work within a group	
	<b>Cardinal directions</b>	North, East, South and West	
	<b>Ordinal directions</b>	North East, South East, North West and South West	
	<b>Tactical</b>	Thinking and planning strategically to achieve something	
<p><b>Key Knowledge &amp; Skills</b></p> <p><u>Year 4:</u></p> <p>Work with different partners to complete a task</p> <p>Work with a large group to complete a task</p> <p>Use compass directions (North, South, East, West)</p> <p>Use a basic map with a key</p> <p>Develop communication skills within a team</p> <p>Use communication and teamwork skills in a large group.</p> <p><u>Year 5:</u></p> <p>Work with different partners to complete a teamwork task</p> <p>Work with a group to complete a task</p> <p>Use ordinal and cardinal compass directions</p> <p>Plot and follow coordinates</p> <p>Develop communication skills within a large team Paralympic game</p> <p>Use communication and teamwork skills in a large group.</p>	<b>Leadership</b>	The act of leading a group.	<p><b>Local Clubs</b></p> <p><u>Norfolk Orienteering Club</u> have a junior section. They can be contacted here <a href="https://www.norfolkoc.co.uk/join-the-club/">https://www.norfolkoc.co.uk/join-the-club/</a></p>
			<p><b>Future Learning—Y6 OAA</b></p> <p>Work with different partners to complete a synchronisation task</p> <p>Communicate effectively with a group to complete tasks at speed.</p> <p>Use ordinal and cardinal compass directions to give instructions</p> <p>Combine the use of coordinates and compass directions</p> <p>Develop knowledge of challenges for disabled athletes</p> <p>Use communication and tactics to be successful within a large team.</p>