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|  | Year 3 | Yea r4 | Year 5 | Year 6 |
| Aims of Outdoor Adventurous activities | Children take part in simple trust and orientation activities using maps and diagrams. Working on their own and in small groups children will learn to use simple maps and follow simple trails | Children will be set physical challenges and problems to solve. They will take part in a range of communication activities to develop problem solving skills in some adventure games.  The problem solving tasks they tackle will require team work with clearly defined roles and responsibilities. | Children develop their orienteering and problem solving skills in familiar and unfamiliar situations and environments. Throughout there is an emphasis on building trust and working as a team | Children will take part in more complex orienteering events. They will learn to read maps more accurately and to adapt their skills to meet challenges set in new environments. They will research and undertake a journey safely and will develop the skills and understanding to become more self reliant. They will take on more demanding leadership roles and will learn to take the initiative more often |
| Progression of performance of skills | Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy | Master fundamental skills and start to develop sport specific skills performing the with consistency and accuracy | Continue to develop sport specific skills performing the with consistency, accuracy, confidence and control | Continue to develop sport specific skills performing the with consistency, accuracy, confidence, control and speed |
| Developing skills through the Lancashire Scheme | Orientate a map  Use a control card  Navigate a course safely | Travel and balance safely when carrying out challenges  Demonstrates team work skills during planning, doing and reviewing. | Know how to keep the map set or “orientated” when they move around a simple course  Know the 8 points of the compass  Record information accurately at the control marker  Navigate to a control marker | To set a map using a compass  To practise and refine thumbing the set map  To set direction of travel using a compass  To follow instructions in order to complete an orienteering course |
| Application of skills through the Lancashire Scheme | Complete the counting cones challenge  To know where they are on a map using a variety of different routes | To complete a series of challenges (crossing the swamp, millipede carry, shepherd and sheep, electric fence and hula hut challenge) | Working in pairs or small groups complete an orienteering course using a map | Take part in different competitive orienteering activities, balancing speed and accuracy. |
| Character Education | Trust, self discipline, communication, resilience  Problems solving | | Respect, co-operation, communication | |