

# PLAYING EDSTART

## Outdoor Adventurous Activities Unit of Work

Pupils will be taught...

### Overall Learning Outcomes (Endpoints)

Children can:

- **Follow a route within a time limit**
- **Take part in outdoor and adventurous activity challenges both individually and in a team**
- **Cooperate with their peers to solve the problem**
- **Understand and sometimes use directional language to navigate others with some success**
- **Follow directions given to them by peers**
- **Confidently solve problems in unfamiliar environments**
- **Use clues and a compass to navigate a route**
- **Follow a map into an unknown location**

# Outdoor Adventurous Activities

## Unit of Work

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EDSTART

### Learning Objective

### Learning Outcomes

<b>1 To develop outdoor and adventurous activities, both individually and as a team</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Work with others to complete team activities</li><li>• Discuss ideas and come up with a plan to complete a task</li><li>• Communicate in different ways</li></ul>
<b>2 To develop activities where cooperation and listening skills are required</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Establish outstanding listening skills and follow instructions from a teammate during an activity</li><li>• Know how to communicate in different ways</li><li>• Understand communication can be non-verbal and can use these when required</li></ul>
<b>3 To develop activities that require instructions to be followed step by step</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Plan in order to complete a task</li><li>• Follow simple instructions to complete a task</li><li>• Pace themselves when completing a task, in order to not miss a step</li></ul>
<b>4 To develop orienteering and know what it entails</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Understand the basics of orienteering</li><li>• Find familiar landmarks on a map</li><li>• Orientate and follow a map to find control points in timed conditions</li><li>• Find ways to complete a task in the shortest time</li></ul>
<b>5 To develop reading, following and understanding maps</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Read, follow and understand a simple map</li><li>• Find points on a map using their environment as a guide</li><li>• Navigate around an orienteering course, and find several control points</li></ul>
<b>6 To develop map reading skills</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Follow a map in a familiar context</li><li>• Use clues to follow a route safely</li><li>• Work in a team and individually to use a map and solve problems</li></ul>

### Assessment Mark      Requirements

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#### Working Towards

- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)
- Retain key information
- Understand basic ideas of OAA

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#### On Target

- Solve problems individually and as a team
- Find familiar landmarks on a map
- Follow and understand a simple map
- Follow a map in a familiar context

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#### Above Target

- Take the lead in tasks, and support their peers with the objectives
- Follow a map into an unknown location
- Use clues and a compass to navigate a route
- Take part in outdoor and adventurous activity challenges both individually and in a team
- Move the map so the layout of the features on the map matches those around them

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#### Excelling

- Competes/demonstrates an ability to compete at an elite level
- Analyse skills and techniques to modify and improve performance
- Use a map and find the eight different directions on a compass (N, NE, E, SE, S, SW, W, NW)

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.

To achieve **EXCELLING**, pupils must achieve all bullet points from **WORKING TOWARDS**, **ON TARGET** and **ABOVE TARGET** as well as at least 3 bullet points from **EXCELLING**.