



Physical Education



KS2 Outdoor Adventure Activities Progression Grid

KS2 National Curriculum Aims

The main KS2 national curriculum aims covered in Outdoor Adventure Activities are:

- To take part in outdoor and adventurous challenges both individually and within a team.
- To compare their performances with previous ones and demonstrate improvement to achieve their personal goal.

Year 3

Outdoor Adventure Activities delivered and evaluated by, trails, problem solving, and preparation and communication skills.

I can recognise and describe the effects of exercise on the body.

I know the importance of strength and flexibility for physical activity.

I can explain why it is important to warm up and cool down.

I can orientate myself with increasing confidence and accuracy around a short trail.

I can identify and use effective communication to begin to work as a team.

I can identify symbols used on a key.

I can begin to choose equipment that is appropriate for an activity.

I can communicate with others.

I can begin to offer an evaluation of personal performances and activities.

Year 4

Outdoor Adventure Activities delivered and evaluated by, trails, problem solving, and preparation and communication skills.

I can explain why exercise is good for your health.

I can describe how the body reacts at different times and how this affects performance.

I can orientate myself with accuracy around a short trail.

I can create a short trail for others with a physical challenge.

I can start to recognise features of an orienteering course.

I can communicate clearly with other people in a team, and with other teams.

I can begin to identify the key skills required to succeed within a team.

I can plan and organise a trail that others can follow.

I can communicate clearly with others,

I can work as part of a team.

I can begin to use a map to complete orienteering courses.

I can modify my skills or techniques to achieve a better result.

Year 5

Outdoor Adventure Activities delivered and evaluated by, trails, problem solving, and preparation and communication skills.

I can explain some safety principles when preparing for and during exercise.

I can start to orientate myself with increasing confidence and accuracy around an orienteering course.

I can design an orienteering course that can be followed and offers some challenge to others.

I can begin to use navigation equipment whilst completing a trail.

I can identify the quickest route to accurately navigate an orienteering course.

I can communicate clearly and effectively with others.

I can work effectively as part of a team.

I can begin to use a compass.

I can improve a trail to increase the challenge for others.

I can evaluate my own and others' performances.

Year 6

Outdoor Adventure Activities delivered and evaluated by, trails, problem solving, and preparation and communication skills.

I understand why exercise is good for health, fitness and wellbeing.

I can orientate myself with confidence and accuracy around an orienteering course under pressure.

I can use equipment such as a map and a compass to improve a trail.

I can use clear communication in a particular role within a team.

I can confidently compete in orienteering activities both as part of a team and independently.

I can choose the best equipment for an outdoor activity.

I can manage an orienteering event for others to compete in.

I can communicate clearly and effectively with others when under pressure.

I can work effectively as part of a team, demonstrating leadership skills when necessary.

I can use a compass to navigate.

I can listen to feedback and improve an orienteering course from it.

I can thoroughly evaluate my performance and others' suggesting thoughtful and appropriate improvements.