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# OUTDOOR ADVENTUROUS ACTIVITY SKILLS AND PROGRESSION

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	Year 3	Year 4	Year 5	Year 6
Trails	Orientate themselves with increasing confidence and accuracy.	Orientate themselves with accuracy around a short trail. Create a short trail for others with a physical challenge. Start to recognise features of an orienteering course.	Start to orientate themselves with increasing confidence and accuracy around an orienteering course. Design an orienteering course that can be followed and offers some challenge to others. Begin to use navigation equipment to orientate around a trail.	Start to orientate themselves with confidence and accuracy around an orienteering course when under pressure. Design an orienteering course that is clear to follow and offers challenge to others. Use navigation equipment (maps, compasses) to improve the trail.
Problem Solving	Identify and use effective communication to begin to work as a team. Identify symbols used on a key.	Communicate clearly with other people in a team and with other teams. Have experience of a range of roles within a team and begin to identify key skills required to succeed at each. Associate the meaning of a key in the context of the environment.	Use clear communication to effectively complete a particular role in a team. Complete orienteering activities both as part of a trail and independently. Identify a key on a map and begin to use the information in activities.	Use clear communication to effectively complete a particular role in a team. Compete in orienteering activities as both part of a team and independently. Use a range of map styles and make an informed decision on the most effective.
Preparation & Organisation	Begin to choose equipment that is appropriate for an activity.	Try a range of equipment for creating and completing an activity. Make an informal decision on the best equipment to use for an activity. Plan and organise a trail that others can follow	Choose the best equipment for an outdoor activity. Create an outdoor activity that challenges others. Create a simple plan of an activity for others to follow. Identify the quickest route to accurately navigate an orienteering course.	Choose the best equipment for an outdoor activity. Prepare an orienteering course for others to follow. Identify the quickest route to accurately navigate an orienteering course. Manage an orienteering event for others to compete in.
Communication	Communicate with others.	Communicate clearly with others. Work as part of a team. Begin to use a map to complete an orienteering course.	Complete an orienteering course on multiple occasions, in a quicker time due to improved technique. Offer a detailed and effective evaluation of both personal performances and activities. Improve a trail to increase the challenge of the course.	Communicate clearly and effectively with others when under pressure. Work effectively as part of a team, demonstrating leadership skills when necessary. Successfully use a map to complete an orienteering course. Use a compass for navigation. Organise an event for others.
Compete & Perform	Begin to complete activities in a set period of time. Begin to offer an evaluation of personal performance and activities.	Complete an orienteering course more than once and begin to identify ways of improving completion time. Offer an evaluation of both personal performances and activities Start to improve trails to improve the challenge of the course	Complete an orienteering course on multiple occasions, in a quicker time due to improved techniques.	Complete an orienteering course on multiple occasions, in a quicker time due to improved techniques. Offer a detailed and effective evaluation of both personal performances and activities with an increasing challenge and improvement of performance Listen to feedback and improve an orienteering course from it

Evaluate	Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.	Watch, describe and evaluate the effectiveness of a performance giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.	Choose and use criteria to evaluate own and other's performances. Explain why they have used particular skills or techniques, and the effect they have had on their performance.	Thoroughly evaluate their own and others work, suggesting thoughtful and appropriate improvements.
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