



# Outdoor Adventurous Activities

Year 3	Year 4	Year 5	Year 6
Trails			
Orientate themselves with increasing confidence and accuracy around a short trail	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 by others with an element of challenge Begin to use navigation equipment to orientate around a trail	Orientate themselves with confidence and accuracy around an orienteering course Design an orienteering course that is clear to follow with an element of challenge Use navigation equipment (maps, compasses etc.)
Problem-solving			
Identify and use effective communication to begin to work as a team Identify symbols on a key	Communicate clearly with other people in a team, and people in others. Have experience of a range of roles within a team and begin to identify the 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 as part of a team 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 Complete orienteering activities as part of a team and independently Use a range of map styles and make an informed decision on the most effective
Preparation and organisation			
Begin to choose equipment that is appropriate for an activity	Try a range of equipment for completing an activity Make an informed 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 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 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	Communicate clearly and effectively with others Work effectively as part of a team	Communicate clearly and effectively with others, even when under pressure Work effectively as part of a team, demonstrating leadership skills when necessary Organise an event for others
Compete			
Begin to complete timed activities Begin to offer an evaluation of personal performances and activities	Complete an activity more than once and begin to offer ways of improving Offer an evaluation of personal performances and activities Increase challenge in activities	Complete an activity more than once, in improved time, due to improved technique Offer a detailed and effective evaluation Increase the challenge of activities	Complete an activity more than once, in improved time, due to improved technique Offer a detailed and effective evaluation, with the aim of increasing challenge and improving performance Listen to feedback and improve
Evaluate			
Watch, describe and evaluate effectiveness of performance	Watch, describe and evaluate effectiveness of performance, giving ways of improving	Choose and use own criteria to evaluate own and others' performances	Thoroughly evaluate own and others' performances, suggesting thoughtful and appropriate improvements

Describe how performance has improved over time	Modify their use of skills or techniques to improve performance	Explain why they have used particular skills or techniques, and the effect they have had on performances	
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