

# PE - Outdoor Adventurous Activities (OAA) Curriculum Overview

Year group	Head	Heart	Hands
Year 3 Skills	<b>Head</b> <ul style="list-style-type: none"><li>• follow a map in a familiar context</li><li>• move from one location to another following a map</li><li>• use clues to follow a route</li><li>• listens to instruction from a partner and an adult</li><li>• gives clear and concise instructions</li></ul>	<b>Heart</b> <ul style="list-style-type: none"><li>• positive attitude towards solving problems</li><li>• discuss thoughts with others</li></ul>	<b>Hands</b> <ul style="list-style-type: none"><li>• follow a route safely</li></ul>
Year 4 Skills	<b>Head</b> <ul style="list-style-type: none"><li>• follow a map in a familiar context</li><li>• move from one location to another following a map</li><li>• use clues to follow a route</li><li>• follow a route accurately, safely and within a time limit</li></ul>	<b>Heart</b> <ul style="list-style-type: none"><li>• shows resilience in solving problems</li><li>• demonstrates how to be a good role model show resilience in solving problems</li><li>• take the lead when working with a partner or group.</li></ul>	<b>Hands</b> <ul style="list-style-type: none"><li>• run over a long distance</li></ul>
Year 5 Skills	<b>Head</b> <ul style="list-style-type: none"><li>• follow a map in a more demanding familiar context</li><li>• move from one location to another following a map</li><li>• use clues to follow a route</li><li>• follow a route accurately, safely and within a time limit</li></ul>	<b>Heart</b> <ul style="list-style-type: none"><li>• persevere to overcome difficult challenges</li><li>• listen to others’ ideas and follow their instructions</li><li>• lead others in a simple activity</li></ul>	<b>Hands</b> <ul style="list-style-type: none"><li>• run to complete an orienteering course in competition with others</li></ul>
Year 6 Skills	<b>Head</b> <ul style="list-style-type: none"><li>• follow a map in an unknown location</li><li>• use clues and compass directions to navigate a route</li><li>• change route if there is a problem</li><li>• plan a route and series of clues for someone else</li><li>• change plan on receipt of new information</li></ul>	<b>Heart</b> <ul style="list-style-type: none"><li>• plan with others taking account of safety and danger.</li><li>• persevere with stamina to overcome difficult challenges</li></ul>	<b>Hands</b> <ul style="list-style-type: none"><li>• run to complete an orienteering course in competition with others</li></ul>