



Orienteering Medium Term Plans Key Stage One

Key Stage:	KS1	Unit	Gymnastics
<u>Prior Learning Required – EYFS Progression</u> <ul style="list-style-type: none"> • Can play in a group • Begins to accept the needs of others and can take turns and share sometimes with the support of others. • Keeps play going by responding to what others are saying and doing. • Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles. 			
<u>National Curriculum Links</u>	1a. Master basic movements including running, jumping, throwing and catching as well as developed balance, agility and coordination and begin to apply these in a range of activities. 1b. To participate in team games, developing simple tactics for attacking and defending.	<u>Pillars of Progression</u>	<ul style="list-style-type: none"> • Development of Motor Competence and Fundamental Movement Skills. • Making safe decision in contact with equipment and classmates.
<u>Key Unit Objectives</u>	<ul style="list-style-type: none"> • Step 1: To move in different ways. • Step 2: To work with others. • Step 3: To use a basic map. • Step 4: To plan a route on a map. • Step 5: To solve problems on your own and with others. • Step 6: To participate in an orienteering event. 	<u>Progression</u>	<u>Declarative Knowledge</u> <ul style="list-style-type: none"> • Understand what a compass is used for and be able to use the direction points. • Has knowledge of safety rules and procedures for taking part in orienteering events. • Begin to problem solve with others. <u>Procedural Knowledge</u> <ul style="list-style-type: none"> • Move in different directions and a variety of different ways. • Introduction to map reading. Be able to use some basic features on a map to select and plan a route. • Begin to understand the competitive side of orienteering and take part in a picture orienteering event, following rules and playing fairly. • Begin to plan how to solve problems and problem solve with others. • Participate in competition with others, completing a simple orienteering event .
<u>Resources and Equipment</u>	<ul style="list-style-type: none"> • Hoops, cones, marker spots. 	<u>Key Vocabulary</u>	<ul style="list-style-type: none"> • Teamwork, Map, Together, Route, Safety, Problem solving, Route, Orienteering, Challenge, Compass, Directions

Orienteering Medium Term Plans Lower Key Stage Two

Key Stage:	LKS2	Unit	Orienteering
<u>Prior Learning Required – KS1</u>			
<ul style="list-style-type: none"> • Move in different directions and a variety of different ways. • Introduction to map reading. Be able to use some basic features on a map to select and plan a route. • Begin to understand the competitive side of orienteering and take part in a picture orienteering event, following rules, and playing fairly. • Begin to plan how to solve problems and problem solve with others. • Understand what a compass is used for and be able to use the direction points. • Has knowledge of safety rules and procedures for taking part in orienteering events. • Participate in competition with others, completing a simple orienteering event. 			
<u>National Curriculum Links</u>	2e: Take part in outdoor and adventurous activity challenges both individually and within a team.	<u>Pillars of Progression</u>	<ul style="list-style-type: none"> • Continue Progress of Motor Competence. • Begin to understand and apply Rules, Strategies and Tactics. • Healthy Participation; making safe decision and understanding the relationships between physical activity and its effect on the body.
<u>Key Unit Objectives</u>	<ul style="list-style-type: none"> • Step 1: To work cooperatively as part of a team. • Step 2: To communicate effectively with others. • Step 3: Participate in team games solving problems with others. • Step 4: To understand the different points on a map. • Step 5: To take part in an orienteering event. 	<u>Progression</u>	<u>Declarative Knowledge</u>
			<u>Procedural Knowledge</u>
<u>Resources and Equipment</u>	<ul style="list-style-type: none"> • Hoops, hurdles, cones, beanbags, benches, map symbols, symbol names, clipboards, rulers, pencils, paper, keywords, scoresheets, symbols. 	<u>Key Vocabulary</u>	<ul style="list-style-type: none"> • Teamwork, Map skills, indoor mapping, picture orienteering, control plotting, communication, problem solving.

Orienteering Medium Term Plans Upper Key Stage Two

Key Stage:	UKS2	Unit	Orienteering
Prior Learning Required – LKS2			
<ul style="list-style-type: none"> • Recognise where you are on a map. • Demonstrate all the physical skills needed for orienteering: agility, balance, and co-ordination. • Recognise that activities need thinking through and planning. • Move confidently in different ways, developing agility, balance, and co-ordination. • Participate in competitive orienteering events, following instructions of the game • Develop a basic understanding of map reading/making and apply these skills and techniques in games. • Have knowledge of safety rules and procedures for taking part in orienteering event. 			
<u>National Curriculum Links</u>	2e: Take part in outdoor and adventurous activity challenges both individually and within a team.	<u>Pillars of Progression</u>	<ul style="list-style-type: none"> • Continue Progress of Motor Competence. • Begin to understand and apply Rules, Strategies and Tactics. • Healthy Participation; making safe long term decision and understanding the relationships between physical activity and its effect on the body.
<u>Key Unit Objectives</u>	<ul style="list-style-type: none"> • Step 1: To build confidence during team activities. • Step 2: To work within your team, communicating, trusting, and valuing each other. • Step 3: To plan strategies to complete tasks. • Step 4: To develop map reading skills and confidence. • Step 5: To develop map building skills. • Step 6: To complete an orienteering event. 	<u>Progression</u>	<p><u>Declarative Knowledge</u></p> <ul style="list-style-type: none"> • Understand relevant techniques to navigate to and from control points. • Understand elements and scaling confidently. • Identify what they have done well and adapt plans for future challenges. • Plan strategies to complete tasks. Choose sensible skills and approaches for the challenge. <p><u>Procedural Knowledge</u></p> <ul style="list-style-type: none"> • To orientate themselves and map correctly keeping track of their position with increasing accuracy. • Work within a team trusting and valuing each other. • Develop communication skills and use these skills to achieve success. • Make a map with symbols and legend and begin to understand scale. • Compete in orienteering events, problem solving with team members. • Build confidence during team activities. • Takes part in orienteering events, such as picture orienteering and control orienteering, with success. • Use a map to confidently orientate yourself around - Use previous knowledge to navigate and design a route to the controls. • Develop map reading and map building skills. • Develop physical fitness and be able to describe its importance in orienteering.

<u>Resources and Equipment</u>	<ul style="list-style-type: none">• Hoops, hurdles, cones, beanbags, benches, map symbols, symbol names, clipboards, rulers, pencils, paper, keywords, scoresheets, symbols.	<u>Key Vocabulary</u>	<ul style="list-style-type: none">• Teamwork, Map skills, indoor mapping, picture orienteering, control plotting, communication, problem solving.
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