



KS1

PE

OAA



### Key Vocabulary

Trail	Partner
Problem	Solve
Environment	Challenge
Familiar	Unfamiliar
Rules	Safety
Choices	Skills
Trail	

### Pupils should be taught to:

Master basic movements including running, jumping & throwing, as well as developing balance, agility & coordination & begin to apply these in a range of activities. Participate in team games (working as a team).

#### Team Work

- To work with others
- To work with a partner
- To help others solve OAA problems

#### Problem Solving

- To solve simple problems in a familiar environment
- To know what to do when set a problem
- To make sensible choices to approach a challenge
- To choose sensible skills to approach challenges

#### Skills

- To follow a simple marked trail
- To follow unfamiliar trail
- To identify where you are on a trail
- To use skills with coordination with support

#### Safety

- To follow rules to stay safe
- To begin to work safely without being told
- To prepare self for OAA activity with and without support



### Forest School

Set up trails in familiar & unfamiliar environments

Ensure children follow FS rules to stay safe (eg not walking through the fire pit area)

### Therapy (SALT/OT)

Symbols for directions/movements

Gross motor skills programme

### Equipment/Apparatus

Orienteering cards	Maps
Compass	Blind folds

### Outcomes (from the DfE PE Programme of Study)

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.