

PE - Outdoor Adventurous Activities (OAA) Skill Progression (End Point)

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