



Objectives and Sticky Knowledge

Previous Knowledge:

know how to follow a map.
 know the importance of being safe when following a map.
 Understand that familiar means something you recognise



Land Objectives and Sticky Knowledge:

Follow a map in a (more demanding) familiar context	Follow a route within a time limit	Be prepared to listen to the ideas of others
1. Know what a demanding context means. 2. Know that following a route requires a map 3. Know how to use a map to get to another location	1. Know that clues help us. 2. Understand that clues need to be clear and concise so they can be used by others. 3. Know how to use clues within a time limit. 4. Know that planning a route makes it easier for us to get to a specific location. 5. Know that writing instructions will help us to follow a map	1. Know that when solving problems, it is important to listen to all group members. 2. Know that it is important to take turns and communicate ideas calmly and clearly.

Sea:

Links with 'Freedom' Golden Thread

Links to CST and CKA Values:

Link to CKA value of respect – valuing others' opinions and working together in a team.

Year 4 P.E Knowledge Organiser

Key Vocabulary

<p>control card</p>	<p>A control card is given to competitors at the start of an orienteering event. It is used to prove that they have visited all the control points correctly. At each control point, there will be some sort of device to mark their card in a certain way as a record that they were there.</p>
<p>control marker</p>	<p>A control marker is a checkpoint on an orienteering course, which can be a coloured flag or sign on a wooden post. Sometimes, it has a code on it (usually numbers and letters), or a recording mechanism attached to it, such as a stamp or hole puncher - the orienteer can use these to mark on their control card.</p>
<p>control point</p>	<p>Control points are a series of checkpoints on an orienteering course, demarcated by control markers. The control points are marked on the map, as well as being visible in the terrain</p>



Teamwork

Working effectively as part of a team involves:

- communicating your thoughts and ideas clearly and concisely, as well as listening to other team members;
- using each team member's strengths and skills to help achieve the goal;
- cooperating and working together, remembering that you are all working towards the same goal;
- staying positive and encouraging each other.

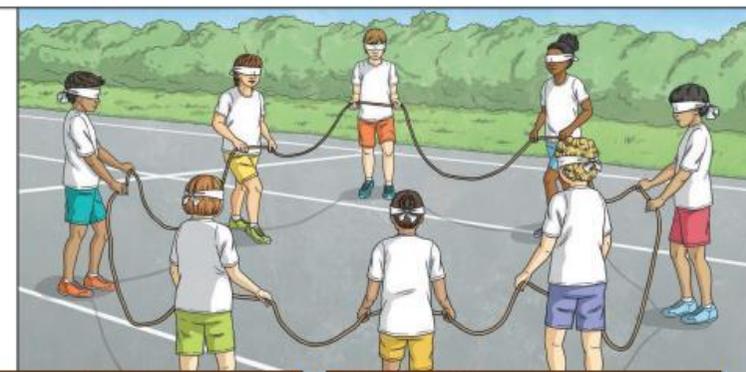


Sky Objectives:

1. Can actively show an understanding of the ABC's.
2. Can encourage other children during a competitive situation when losing.
3. Can identify the role of the heart when exercising.

Teamwork

Teamwork involves a group of people working together towards the same goal. Teamwork is a big part of OAA.



Communication

Communication is the act of transferring information from one place or person to another. Communication involves a sender, a message and a recipient. Communication is an important skill needed for many OAA activities.

Problem-Solving

Problem-solving involves effective communication, teamwork and thinking logically. OAA often involves problem-solving activities, such as getting everyone from one area to another without touching the ground or undertaking blindfolded challenges.