



Kirkoswald

C of E Primary School

Primary PE – Curriculum Plan

OAA 2024 -25

Progression in Knowledge, Skills and Understanding: OAA

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> • Work with others to solve problems • Listen and share ideas • Understand symbols on a simple map • Use a simple map to find easy locations 	<ul style="list-style-type: none"> • Show teamwork when solving problems • Try out other people ideas • Understand more symbols on a simple map • Use a simple map to find harder locations 	<ul style="list-style-type: none"> • As part of a team, sustain effort to meet challenges set • listen to others & follow their suggestions • Use a more complicated map, with more symbols to find locations 	<ul style="list-style-type: none"> • work with others to discuss appropriate actions & solve a problem • discuss options with others and decide what to do • use appropriate language to describe/interpret & evaluate activity • read & follow a more complicated map & diagrams to orientate myself 	<ul style="list-style-type: none"> • Find ways to solve problems based on the abilities of my group • ask for help from others & use information given to improve further • am able to lead a team and willingly listen to another leader • Find easier control points on an orienteering map & know main compass directions 	<ul style="list-style-type: none"> • I always try my best individually, with a partner, & as part of a team • I am able to lead a team and willingly listen to another leader and help others achieve their best. • Find harder control points on an orienteering map & know & follow main compass directions

			Y1 - OAA					
	Prior Knowledge	Learning Question / Key Questions	National Curriculum Reference	Substantive Knowledge	Disciplinary Concepts	Vocabulary	PAT Assessment strands	Task / Adaptations /Tweaks/Challenges
Week One	<p>No previous curriculum provision.</p> <p>Possible own experience of activities.</p>	<p>What does Team Work mean?</p> <p>How do we show good Teamwork in a task?</p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Can verbally explain and practically demonstrate good Teamwork</p> <p>When taking part in activities</p>	<p>Teacher led activities</p> <p>Teacher sets tasks – students work together to complete the tasks</p>	<p>Team Work</p>	<p>Follow instructions, obey rules and encourage others</p> <p>Work with a partner or group to explore ideas/relationships</p> <p>Say and show how I have improved a skill</p>	<p>Q&A – What is teamwork.</p> <p>Starter: Cups & Cones</p> <p>Stretch: name body parts – head, shoulder</p> <p>Task 1 – cross the swap (carpet tiles)</p> <p>Task 2 – Hoop Pass</p> <p>Task 3 – Parachute</p> <p>Alternative: stuck in mud</p> <p>Plenary – What is teamwork, name body parts.</p>
Week Two		<p>What does improve mean?</p>						<p>Q&A – what does improve mean?</p> <p>Starter: Cat & Mouse</p> <p>Stretch: name body part – Stomach, Back</p> <p>Task 1 – Bench games</p> <p>Task 2 – Hand Football</p> <p>Task 3 – Group Juggle</p>

								Alternative – witches and wizards Plenary – Q & A Improve? Body part name?
Week Three		How do we follow a simple map?				Direction Map Orientate Features		
Week Four		Can you create a simple trail and map for others to follow?				Direction Map Orientate Features		
Week Five								
Week Six								

			Y2- OAA					
	Prior Knowledge	Learning Question / Key Questions	National Curriculum Reference	Substantive Knowledge	Disciplinary Concepts	Vocabulary	PAT Assessment strands	Task / Adaptations /Tweaks/Challenges
Week One	<p>Work with others to solve problems</p> <p>Listen and share ideas</p> <p>Understand symbols on a simple map</p> <p>Use a simple map to find easy locations</p>	<p>What does Team Work mean?</p> <p>How do we show good Teamwork in a task?</p>	Take part in outdoor and adventurous activity challenges both individually and within a team	Can verbally explain and practically demonstrate good Teamwork Communication Resilience When taking part in activities	Teacher led activities Teacher sets tasks – students problem solve to find the solutions	Team Work	<p>Work well with a partner/small group and share ideas</p> <p>Reflect on actions and say what worked well/not so well</p>	<p>Q&A – What is teamwork.</p> <p>Starter: Cups & Cones</p> <p>Stretch: name body parts – head, shoulder</p> <p>Task 1 – cross the swap (carpet tiles)</p> <p>Task 2 – Hoop Pass</p> <p>Task 3 – Parachute</p> <p>Alternative: stuck in mud</p> <p>Plenary – What is teamwork, name body parts.</p>
Week Two		What does reflect mean?	Take part in outdoor and adventurous activity challenges both individually and within a team	Can verbally explain and practically demonstrate Planning Doing Reviewing When taking part in activities	Student led activities Teacher sets tasks – students problem solve to find the solutions	<p>Team Work</p> <p>Reflect</p>	<p>Work well with a partner/small group and share ideas</p> <p>Reflect on actions and say what worked well/not so well</p>	<p>Q&A – what does improve mean?</p> <p>Starter: Cat & Mouse</p> <p>Stretch: name body part – Stomach, Back</p> <p>Task 1 – Bench games</p> <p>Task 2 – Hand Football</p> <p>Task 3 – Group Juggle</p>

								Alternative – witches and wizards Plenary – Q & A Improve? Body part name?
Week Three		How do we follow a simple map?				Direction Map Orientate Features		
Week Four		Can you create a simple trail and map for others to follow?				Direction Map Orientate Features		
Week Five								
Week Six								

			Y3 - OAA					
	Prior Knowledge	Learning Question / Key Questions	National Curriculum Reference	Substantive Knowledge	Disciplinary Concepts	Vocabulary	PAT Assessment strands	Task / Adaptations /Tweaks/Challenges
Week One	<p>Show teamwork when solving problems</p> <p>Try out other people ideas</p> <p>Understand more symbols on a simple map</p> <p>Use a simple map to find harder locations</p>	<p>What does Team Work and Communication mean?</p> <p>How do we show good use of them in a task?</p>	Take part in outdoor and adventurous activity challenges both individually and within a team	Can verbally explain and practically demonstrate good Teamwork Communication When taking part in activities	Teacher led activities Teacher sets tasks – students problem solve to find the solutions	Team Work Communication	<p>listen to others & follow their suggestions</p> <p>as part of a team, sustain effort to meet challenges set</p> <p>identify skills/ areas of play for improvement</p>	<p>Q&A – What is teamwork, communication</p> <p>Starter: Cups & Cones</p> <p>Stretch: name muscles – biceps. Triceps</p> <p>Task 1 – cross the swap (carpet tiles)</p> <p>Task 2 – Hoop Pass</p> <p>Task 3 – Marble run</p> <p>Alternative: stuck in mud</p> <p>Plenary – What is teamwork, muscles names</p>
Week Two		<p>What does Plan, Do, Review Mean?</p> <p>How do we use to help us achieve a tasks?</p>	Take part in outdoor and adventurous activity challenges both individually and within a team	Can verbally explain and practically demonstrate Planning Doing Reviewing When taking part in activities	Teacher led activities Teacher sets tasks – students problem solve to find the solutions Students review what went well/not so well and then repeat task to try and improve.	<p>Team Work Communication</p> <p>Plan Do Review</p>	<p>listen to others & follow their suggestions</p> <p>as part of a team, sustain effort to meet challenges set</p> <p>identify skills/ areas of play for improvement</p>	<p>Q&A – what does plan, do, review mean?</p> <p>Starter: Cat & Mouse</p> <p>Stretch: name muscles Quadricep, hamstrings</p> <p>Task 1 – Bench games</p> <p>Task 2 – Maze</p>

								Task 3 – Group Juggle
								Alternative – witches and wizards
								Plenary – Q & A: plan do review, muscle names.
Week Three		How do we follow a simple map?				Direction Map Orientate Features		
Week Four		Can you create a simple trail and map for others to follow?				Direction Map Orientate Features		
Week Five								
Week Six								

			Y4 - OAA					
	Prior Knowledge	Learning Question / Key Questions	National Curriculum Reference	Substantive Knowledge	Disciplinary Concepts	Vocabulary	PAT Assessment strands	Task / Adaptations /Tweaks/Challenges
Week One	<p>As part of a team, sustain effort to meet challenges set</p> <p>listen to others & follow their suggestions</p> <p>Use a more complicated map, with more symbols to find locations</p>	<p>What does Team Work and Communication mean?</p> <p>How do we show good use of them in a task?</p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Can verbally explain and practically demonstrate good Teamwork Communication When taking part in activities</p>	<p>Teacher led activities Teacher sets tasks – students problem solve to find the solutions</p>	<p>Team Work Communication</p>	<p>Work with others to discuss appropriate actions and solve problems.</p> <p>Discuss options with others and decide what to do.</p>	<p>Q&A – What is teamwork, communication</p> <p>Starter: Cups & Cones</p> <p>Stretch: name muscles – biceps. Triceps</p> <p>Task 1 – cross the swap (carpet tiles)</p> <p>Task 2 – Hoop Pass</p> <p>Task 3 – Marble run</p> <p>Alternative: stuck in mud</p> <p>Plenary – What is teamwork, muscles names</p>
Week Two		<p>What does Plan, Do, Review Mean?</p> <p>How do we use to help us achieve a tasks?</p>						<p>Q&A – what does plan, do, review mean?</p> <p>Starter: Cat & Mouse</p> <p>Stretch: name muscles Quadricep, hamstrings</p> <p>Task 1 – Bench games</p> <p>Task 2 – Maze</p>

								Task 3 – Group Juggle Alternative – witches and wizards Plenary – Q & A: plan do review, muscle names.
Week Three		How do we read and follow a map with symbols and features? How do we orientate the map?				Direction Map Orientate Features		
Week Four		Can you create a simple trail and map with symbols and features for others to follow?				Direction Map Orientate Features		
Week Five								
Week Six								

			Y5 - OAA					
	Prior Knowledge	Learning Question / Key Questions	National Curriculum Reference	Substantive Knowledge	Disciplinary Concepts	Vocabulary	PAT Assessment strands	Task / Adaptations /Tweaks/Challenges
Week One	<p>work with others to discuss appropriate actions & solve a problem</p> <p>discuss options with others and decide what to do</p> <p>use appropriate language to describe/interpret & evaluate activity</p> <p>read & follow a more complicated map & diagrams to orientate myself</p>	<p>What do Team Work Communication and Resilience mean?</p> <p>How do we show good use of them in a task?</p>	Take part in outdoor and adventurous activity challenges both individually and within a team	Can verbally explain and practically demonstrate good Teamwork Communication Resilience When taking part in activities	Student led activities Teacher sets tasks via use of task cards – students assign a leader and problem solve to find the solutions	Team Work Communication Problem Solving	<p>Find ways to solve problems based on the abilities of my group</p> <p>am able to lead a group and willingly listen to another leader</p>	<p>Q&A – What is teamwork, communication, resilience?</p> <p>Starter: Cups & Cones</p> <p>Stretch: name muscles – biceps. Triceps</p> <p>Task 1 – cross the swap (carpet tiles)</p> <p>Task 2 – Bungee Tastic</p> <p>Task 3 – Marble run</p> <p>Alternative: stuck in mud</p> <p>Plenary – What is teamwork, communication, resilience. muscles names</p>
Week Two		<p>What does Plan, Do, Review Mean?</p> <p>How do we use to help us achieve a tasks?</p>	Take part in outdoor and adventurous activity challenges both individually and within a team	Can verbally explain and practically demonstrate Planning Doing Reviewing When taking part in activities	Student led activities Teacher sets tasks via use of task cards – students assign a leader and problem solve to find the solutions Students reflect on task – repeat task	Team Work Communication Problem Solving Plan Do Review	<p>Find ways to solve problems based on the abilities of my group</p> <p>am able to lead a group and willingly listen to another leader</p>	<p>&A – what does plan, do, review mean?</p> <p>Starter: Cat & Mouse</p> <p>Stretch: name muscles Quadricep, hamstrings</p> <p>Task 1 – Bench games</p>

					having made improvements.			Task 2 – Maze Task 3 – Group Juggle Alternative – witches and wizards Plenary – Q & A: plan do review, muscle names.
Week Three		Can we use a map to find basic control points? Do you know the main compass directions?				Direction Map Orientate Features Compass North, South, East, West		
Week Four		Can you pick out symbols and features on a map? Can you read a compass?				Direction Map Orientate Features Compass North, South, East, West		
Week Five								
Week Six								

			Y6 - OAA					
	Prior Knowledge	Learning Question / Key Questions	National Curriculum Reference	Substantive Knowledge	Disciplinary Concepts	Vocabulary	PAT Assessment strands	Task / Adaptations /Tweaks/Challenges
Week One	Find ways to solve problems based on the abilities of my group Ask for help from others & use information given to improve further Am able to lead a team and willingly listen to another leader Find easier control points on an orienteering map & know main compass directions	What do Team Work Communication and Resilience mean? How do we show good use of them in a task?	Take part in outdoor and adventurous activity challenges both individually and within a team	Can verbally explain and practically demonstrate good Teamwork Communication Resilience When taking part in activities	Teacher led activities Teacher sets tasks – students problem solve to find the solutions	Team Work Communication Problem Solving	I always try my best indiv. with a partner and as a team. Use my knowledge & experience to help performance of others. Revise and share strategies making any necessary changes.	Q&A – What is teamwork, communication, resilience? Starter: Cups & Cones Stretch: name muscles – biceps. Triceps Task 1 – cross the swap (carpet tiles) Task 2 – Bungee Tastic Task 3 – Marble run Alternative: stuck in mud Plenary – What is teamwork, communication, resilience. muscles names
Week Two		What does Plan, Do, Review Mean? How do we use to help us achieve a task?	Take part in outdoor and adventurous activity challenges both individually and within a team	Can verbally explain and practically demonstrate Planning Doing Reviewing When taking part in activities	Student led activities Teacher sets tasks – students problem solve to find the solutions	Team Work Communication Problem Solving Plan Do Review	I always try my best indiv. with a partner and as a team. Use my knowledge & experience to help performance of others.	Q&A – what does plan, do, review mean? Starter: Cat & Mouse Stretch: name muscles Quadricep, hamstrings Task 1 – Bench games

							Revise and share strategies making any necessary changes.	Task 2 – Maze Task 3 – Group Juggle Alternative – witches and wizards Plenary – Q & A: plan do review, muscle names.
Week Three		Can you use a map to find more challenging control points? Do you know the main compass directions?				Direction Map Orientate Features		
Week Four		Can you identify symbols and features on a map? Can you follow a compass direction?				Direction Map Orientate Feature Compass North, South, East, West Navigate		
Week Five								
Week Six								