

Outdoor Adventurous Activities

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can participate in different OAA activities	I can use my skills to suit different types of OAA	I can select and use different OAA skills in various challenges	I can work on OAA whilst under pressure	I can use tactics when performing in different OAA activities	I can employ tactics to help succeed in a pressurised competitive OAA situation
I can begin to solve problems on my own and in teams	I can solve challenges on my own and in teams and communicate with my team	I can use order to solve problems on my own and in teams. I can share ideas effectively	I can solve different problems in isolation and in a team, taking on different roles	I can think logically in challenges, working cooperatively and begin to take on leadership roles	I can take upon a leadership role in different OAA strategies
I can talk about how to take part in OAA safely	I can talk about the differences between my own and others work and suggest improvements	I can use comparisons between my own and others work to improve my performance	I can use the information from my evaluation to improve performance	I can change and refine skills and techniques to improve my performance	I can create new challenges with my team to develop different aspects of OAA
I can talk about how my body feels during an OAA activity	I can show how to exercise safely and how my body feels during different OAA activities	I can give reasons why OAA is good for healthy lifestyles	I can explain safety rules and describe how different OAA affect my body and fitness	I can explain how the body reacts to different OAA and why it is good for a healthy lifestyle	I can explain the effects a healthy and unhealthy lifestyle has on the body



Knowledge



Spark



Humanity



Grit



Team