




Cycle B PE Whole School Summer 1 Indoor

Summer 1	Y1/2	Y3/4	Y5/6
Area of learning	Health & Wellbeing	OAA: Problem Solving	OAA: Orienteering
			
Skill outcomes	<p>Week 1: Consolidate understanding of agility in sports</p> <p>Week 2: Develop balancing skills on apparatus</p> <p>Week 3: Introduce coordination (feet-eye coordination)</p> <p>Week 4: Understand the importance of agility</p> <p>Week 5: Perform a circuit to improve balance</p> <p>Week 6: Perform a circuit to improve coordination</p>	<p>Week 1: Focus on cooperation and responsibility in team development.</p> <p>Week 2: Emphasize communication in effective teamwork.</p> <p>Week 3: Highlight collaboration and communication in team effectiveness.</p> <p>Week 4: Continue to focus on collaboration and communication in team building.</p> <p>Week 5: Strengthen collaboration and communication skills for team success.</p> <p>Week 6: Emphasize the importance of motivating each other in unfamiliar team environments.</p>	<p>Week 1: Introduction to maps and keys for navigation.</p> <p>Week 2: Introduction to orienteering and following routes on a map.</p> <p>Week 3: Challenge students to orientate a map, locate points, and record findings.</p> <p>Week 4: Challenge students to locate points on a map in a specific order.</p> <p>Week 5: Challenge students to locate points on a map in a specific order within a time limit.</p> <p>Week 6: Bring orienteering skills together in a competition.</p>