

Y3/4 Compete & Perform Start to improve trails to increase the challenge of the course.		Y3/4 Evaluate Describe how their performance has improved over time.		Y3/4 Evaluate Watch, describe & evaluate the effectiveness of performances, giving ideas for improvements.		Y3/4 Health & Fitness Know the importance of strength & flexibility for physical activity.		Y3/4 Health & Fitness Describe how the body reacts at different times & how this affects performance.		Y3/4 Health & Fitness Explain why exercise is good for your health.		Y3/4 Health & Fitness Know some reasons for warming up & cooling down.					
	Y3/4 Communication Recognise that some OAAs can be dangerous.		Y3/4 Communication Follow rules to keep themselves & others safe.		Y3/4 Communication Take responsibility for a role within a group.		Y3/4 Communication Begin to use a map to complete an orienteering course.		Y3/4 Compete & Perform Begin to complete activities in a set period of time.		Y3/4 Compete & Perform Complete an orienteering course more than once & begin to identify ways of improving completion time.		Y3/4 Compete & Perform Offer an evaluation of both personal performances & activities.				
Y3/4 Problem Solving (Y3) Identify symbols used on a key.		Y3/4 Problem Solving Communicate clearly with other people, in a team, and with other teams.		Y3/4 Problem Solving Have an experience of a range of roles within a team & begin to identify the key skills required to succeed at each.		Y3/4 Problem Solving Associate the meaning of a key in the context of the environment.		Y3/4 Preparation & Organisation Try a range of equipment for creating & completing an activity.		Y3/4 Preparation & Organisation Make an informed decision on the best equipment to use for an activity.		Y3/4 Preparation & Organisation Plan & organise a trail that others can follow.		Y3/4 Communication Cooperate & share roles within a group.		Y3/4 Communication Listen to each others' ideas when planning a task & adapt.	
	Y3/4 Orientation Mark control points in the correct position on a map or plan.		Y3/4 Orientation Find the way back to a base point.		Y3/4 Trails (Y3) Orientate themselves with increasing confidence & accuracy around a short trail.		Y3/4 Trails (Y3) Orientate themselves with accuracy around a short trail.		Y3/4 Trails Create a short trail for others with a physical challenge		Y3/4 Trails Start to recognise features of an orienteering course.		Y3/4 Problem Solving (Y3) Identify & use effective communication to begin to work as a team.				