

<b>Y5/6 Compete &amp; Perform</b> Offer a detailed & effective evaluation of both personal performances & activities with an aim of increasing challenge & improving performance.		<b>Y5/6 Compete &amp; Perform</b> Listen to feedback & improve an orienteering course from it.		<b>Y5/6 Evaluate</b> Thoroughly evaluate their own & others' work, suggesting thoughtful & appropriate improvements.		<b>Y5/6 Health &amp; Fitness</b> Understand the importance of warming up & cooling down.		<b>Y5/6 Health &amp; Fitness</b> Carry out warm ups and cool downs safely & effectively.		<b>Y5/6 Health &amp; Fitness</b> Understand why exercise is good for health, fitness & well-being.		<b>Y5/6 Health &amp; Fitness</b> Know ways they can become healthier.					
	<b>Y5/6 Preparation &amp; Organisation</b> Choose the best equipment for an outdoor activity		<b>Y5/6 Problem solving</b> Use a range of map styles & make an informed decision on the most effective.		<b>Y5/6 Problem Solving</b> Use clear communication to effectively complete a particular role in a team.		<b>Y5/6 Problem Solving</b> Compete in orienteering activities both as part of a team & independently.		<b>Y5/6 Problem Solving</b> Implement & refine strategies		<b>Y5/6 Problem Solving</b> Plan strategies to solve problems/plan routes/follow trails/build shelters etc.		<b>Y5/6 Compete &amp; Perform</b> Complete an orienteering course on multiple occasions, in a quicker time, due to improved performance.				
<b>Y5/6 Communication</b> Work effectively as part of a team, demonstrating leadership skills when necessary.		<b>Y5/6 Communication</b> Successfully use a map to complete an orienteering course.		<b>Y5/6 Communication</b> Use a compass for navigation		<b>Y5/6 Communication</b> Organise an event for others.		<b>Y5/6 Communication</b> Plan & share roles within the group based on each others' strengths		<b>Y5/6 Communication</b> Understand individuals' roles & responsibilities.		<b>Y5/6 Communication</b> Adapt roles or ideas if they are not working.		<b>Y5/6 Communication</b> Recognise & talk about the dangers of tasks.		<b>Y5/6 Communication</b> Recognise how to keep themselves & others safe.	
	<b>Y5/6 Swimming</b> Swim competently, confidently & proficiently over a distance of at least 25 metres		<b>Y5/6 Swimming</b> Use a range of strokes effectively (e.g. front crawl, backstroke & breaststroke)		<b>Y5/6 Swimming</b> Perform safe self-rescue in different water-based situations		<b>Y5/6 Orienteering &amp; Trails</b> Orientate themselves with confidence & accuracy around an orienteering course when under pressure.		<b>Y5/6 Orienteering &amp; Trails</b> Design an orienteering course by drawing maps & plans that is clear to follow & offers challenge to others.		<b>Y5/6 Orienteering &amp; Trails</b> Use navigation equipment (compasses, maps) to improve the trail. Use the 8 points of the compass to orientate.		<b>Y5/6 Communication</b> Communicate clearly & effectively with others under pressure				