



Overview and aims of this unit:

Outdoor Adventurous Activities (OAA) in PE give children the opportunity to get outside, have an adventure and work on their physical skills. This unit allows children to develop their problem-solving skills whilst working in small teams and acquiring new leadership skills. Whilst taking part in these OAA PE lessons, children will learn how to navigate around both a familiar and unfamiliar space, whilst developing basic map-reading skills. Embracing a love of the outdoors has never been so important and is widely recognised as having fantastic benefits for emotional and mental well-being, as well as that of benefiting up physically.

School Games Values:



The six School Games values are: **Determination**, **Passion**, **Respect**, **Honesty**, **Self-Belief** and **Teamwork**, which were designed to reflect the 'spirit' of the School Games. We encourage all children to adopt and demonstrate the 'Spirit of the Games' in all PE lessons and sporting events we attend.

Key vocabulary:

Determination- this is a core value in OAA, as children will need to persevere and try a range of strategies before solving problems or completing tasks. If you are determined, you will not give up!

Problem solving- being able to overcome an obstacle or barrier by thinking of different strategies to solve a problem. Although this can be mentally or physically challenging, the sense of achievement can be very rewarding.

Orienteer-moving a map by rotating it so that physical features in the landscape are in the same place as shown on the map.

Navigate- to be able to find your way around an obstacle course, an outdoor space or around a challenge involving groups of other children.

Mental Health and Wellbeing:

Engaging in physical activity can help us take care of our mental wellbeing. Here are some questions for you to think about?

How does OAA make you feel physically?

How does OAA make you feel mentally?

Does working in a team support your well-being? Why?



OAA

Outdoor Adventure Activities

Communication with your team is so important- some activities include being guided by a friend whilst you are blindfolded!

