

Year 6 Term 3

**How responsible are we for our own health?
Outdoors and Adventurous Activities**



National Curriculum Links:

Take part in outdoor and adventurous activity challenges both individually and within a team.

Essential Prior Learning:

Children should know how to read a compass.
Children should recognise North, South, East and West.
Children should recognise what a map is and how it can help us.

Progression in Skill:

Use a map and compass to follow a specified pathway.
Work as a team to complete tasks using a compass.
As a group, decide which role each person will play, then work together to find the most efficient strategy to achieve the goal.
Instructors are trained to be able to teach key skills to novices; if those instructions are followed, the risk of injury is minimised – failure to listen/follow can result in injury.
Megan Hine was part of Bear Gryll's survival team; he said she is stronger than 99% of the men he knows; she believes survival is not about how macho you are - that can be what gets you killed.

Express the benefits of regular exercise.

Manage failure and change the focus onto what to improve next time.

Encourage, motivate and celebrate others to achieve their personal best.

Take a lead within a group, ensuring everyone has an active role to play.

Try a range of strategies, critically evaluating each, to persevere to improve.

Long-term Memory Knowledge:

Know how to use a map and compass to follow a route.

Give active roles (including leader) to everyone in the team, as well as encouraging everyone, so that the group works more efficiently.

Understand the importance of listening to and following instructions, which could save lives.

Know who Megan Hine is and talk about why she is inspirational.

Name some of the benefits of regular exercise.

Know that failure can help improve a task, after evaluating and changing strategies.

Key Vocabulary

compass	an instrument that shows magnetic North, which will help you find their bearings
strategy	a plan of action for a long-term aim

Progression in Resources:

maps of the school site
compasses
cones
piping
balls

Relevance

Now	Children will be able to understand that maps and compasses can help them survive on a trip. Furthermore, working as a team can save them time and energy.
Future	Children will be able to encourage and motivate the people they work with to work together as an efficient team; they can plan trips and expeditions such as on their Duke of Edinburgh or during a gap year, without a over-reliance on technology.
Aspiration	As adults, children consider a career in expedition or use these skills in a career which requires teamwork or survival skills; whatever field they choose to work in, they understand the importance of working co-operatively as a team.