




Progression in Outdoor Adventurous Activities through the PE National Curriculum

		Key Stage 1	Key Stage 2
	Pupil Outcomes: 	Develop fundamental movement skills, becoming increasingly confident. Engage in competitive and co-operative activities.	Continue to apply and develop a broader range of skills. Enjoy communication, collaborating and competing with each other and how to improve.
AIMS	Key Process	Key Stage 1	Key Stage 2
Develop competence to excel in OAA	Develop a broad range of skills in OAA	Develop and master fundamental movement skills	Develop a broad range of skills, learning how to link them to make actions and link sequences of movement. Take part in OAA challenges both individually and within a team
	Making and applying decisions in a range of contexts	Apply fundamental movement skills in a range of activities. Develop simple tactics.	Apply basic principles. Evaluate and recognise their own success.
Be physically active for sustained periods of time	Developing improved physical capacity	Apply basic movements in a range of activities	Develop flexibility, strength, technique, control and balance
Engage in competitive sports and activities	Developing improved performance and collaboration	Participate in competitive and cooperative physical activities	Play competitive games. They should enjoy communicating, collaborating and competing with each other. Compare performances with previous ones to achieve and demonstrate improvement.
Lead Healthy, active lives.	Making informed choices about healthy, active lifestyles both in school and beyond		(Link to Science – animals including humans at year 6. Impact of diet, exercise, drugs and lifestyles)