|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Unit / topic | Working towards the skills and knowledge needed | Acquiring the skills and knowledge needed | On track with the skills and knowledge needed | Advancing the skills and knowledge needed | Extending the skills and knowledge needed |
|  | I can describe the importance of a warm up.  I can label 2 muscles on the body.  I can describe the importance of working as a team.  I can describe the three different types of communication.  I can identify five symbols and point them out on a map.  I can explain my plan to my team.  I can describe why I think I am at the start location on the map.  I can use two key words about OAA in a sentence. | I can explain why we warm up and the effects it has on our body.  I can label 3 muscles on the body.  I can explain the importance of working as a team.  I can explain the three different types of communication.  I can identify seven symbols and point them out on a map.  I can lead my plan to my team.  I can lead a basic route from A to B.  I can use three key words when describing a route.  I can plan tactics and identify them to my team to reach success. | I can lead stretches to a small group.  I can label 4 muscles on the body.  I can start to visualise routes.  I can use the three different types of communications to allow success.  I can identify eight symbols and point them out on a map.  I can describe a basic route from A to B.  I can use four key words when describing a route.  I can describe my tactics and explain them to my team to achieve success.  I can draw my own map of an area. | I can plan a warm up and lead stretches to a small group.  I can label 5 muscles on the body.  I can develop my visualisation and memory of routes followed.  I can go to two control points by myself.  I can explain a basic route from A to B to C.  I can use 5 key words when explaining a route.  I can create a friendly competition with other groups to create a race.  I can develop map interpretation.  I can draw my own map of an area and apply symbols to the drawing. | I can lead a warm up and stretches to a small group.  I can label 10 muscles on the body.  I can go to control points by myself.  I can explain how to get to any route picked at random.  I can use a number of key words when explain different routes.  I understand that competition can be a positive learning curve.  I understand that competition can also have a negative effect.  I have taken part in a OAA competition outside of school.  I can list my strengths and weaknesses and then follow a plan of how to improve them.  I can use my expertise to help other pupils and in extra- curricular session. |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Unit / topic | Working towards the skills and knowledge needed | Acquiring the skills and knowledge needed | On track with the skills and knowledge needed | Advancing the skills and knowledge needed | Extending the skills and knowledge needed |
| 4. |  |  |  |  |  |
| 1. 5. |  |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Unit / topic | Developing the skills and knowledge needed | Consolidating the skills and knowledge needed | Securing the skills and knowledge needed |  | Extending the skills and knowledge needed |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |