KS3 Core PE — Unit Title: Outdoor and Adventurous Activities

Unit Overview

The OAA unit is studied in Years 7&8. Over the two years the content becomes more challenging as students develop and build on their skills, communication styles and techniques.

What your child needs to <u>know</u> and be able to <u>do</u> by the end of this unit of work:

Year 7	Year 8
• how to understand the expectations of the PE department and work with other peers • how to use communication to aid team building • how to analyse a basic performance of sport • how to problem solve in athletics, striking and fielding and accurate replication.	• how to erect and stabilise a tent • how to draw and read maps • how to use maps to orientate • how to find specific points on a map • How to plot their own maps • how to identify and the importance of individual strengths within a team. • how to use these strengths to improve the outcome of the team.

The <u>key vocabulary</u> your child needs to <u>understand</u> in order to access this unit of work

- problem solving, communication, analyses, aid, orientation, cooperation