

Progression of skills and knowledge in Physical Education - Orienteering

Foundation Stage

Negotiate space and obstacles safely, with consideration for themselves and others. (Gross motor skills)

Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. (Gross motor skills)

Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. (Self regulation)

Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. (Managing self)

Y1/2

I know that there are safety rules and procedures for taking part in orienteering events.

I know that there are some basic features on a map and what they represent.

I know that there is a competitive element to orienteering.

I know that there are direction points on a compass and what they are used for.

I know that working together is important in group activities.

I know which route to select on a map.

I know how to move in different directions and a variety of different ways.

I know how to map read to solve problems.

I know how to take part in an orienteering event following rules and playing fairly.

I know how to participate with others.

Y3/4

I know the importance of safety rules and procedures for taking part in orienteering events.

I know that there are physical aspects needed for orienteering.

I know that maps are scaled down to make them accessible.

I know when activities need thinking through and planning.

I know how to recognise where I am on a map.

I know how to move with agility, balance, and coordination.

I know how to participate in competitive orienteering events, following instructions of the game.

I know how to apply basic map reading/making skills and apply these skills and techniques in games.

Y5/6

I know that planning strategies can help achieve success.

I know that communication is vital to achieving success in team activities.

I know when to move a map and when to move myself to orientate.

I know what appropriate skills and approaches to choose for the challenge.

I know when relevant techniques and elements are required to navigate to and from controls.

I know how to use a map confidently.

I know how to design a route to the controls.

I know how to take part in orienteering events, such as picture orienteering and control orienteering, with success.

I know how to build a detailed map.

I can work well as part of a team, contributing effectively.