

Year Group: KS3 (Year B)

Term: Summer 2

Outdoor Education: Adventure & Critical Thinking

Key Concepts	SMSC & British Values	Lesson Objectives	Key Vocabulary
<p>Take part in outdoor and adventurous activities that present intellectual and physical challenges Work in a team and build trust Develop and apply problem-solving skills individually and in a group Follow rules, routines and safety procedures Analyse performance against previous attempts Demonstrate improvement and achieve a personal best</p> <p>Prior Knowledge Experience of engaging in competitive sports and activities Prior participation in team and individual activities Basic understanding of listening, following instructions and working with others Some awareness of keeping safe during physical activity</p> <p>Cross-Curricular Links Maths: counting, measuring, timing, distance and direction English: listening, speaking, following instructions Science: movement, forces, balance and the body PSHE: teamwork, resilience, managing risk and self-regulation Geography: maps, routes, symbols and navigation Computing: recording, reviewing and evaluating performance</p>	<p>Spiritual: reflection, perseverance and challenge Moral: fairness, honesty, responsibility and safe decision-making Social: teamwork, cooperation, trust and communication Cultural: participating respectfully with others in shared activities Democracy: respecting group decisions Rule of law: following safety rules and instructions</p> <p>Assessment Observe teamwork, communication and problem-solving during tasks Check safe participation in outdoor and adventurous activities Assess ability to analyse performance compared to previous attempts Assess ability to show improvement and move towards a personal best</p> <p>Adaptations Reduce task complexity Break instructions into small steps Use visual prompts and demonstrations Provide clear routines and predictable structure Allow extra processing time Use paired or supported roles Offer shorter tasks with frequent success points Provide sensory-aware and emotionally safe options Use scaffolded risk management and simplified equipment where needed Provide repetition of key language and modelled responses</p>	<ol style="list-style-type: none"> 1. Take part in outdoor and adventurous activities that present intellectual and physical challenges, following routines and safety expectations 2. Work in a team, building on trust and using communication to support shared success 3. Develop skills to solve problems, either individually or as a group, in a structured outdoor context 4. Analyse performance compared with previous attempts and identify one or two clear areas for improvement 5. Demonstrate improvement by applying feedback and making better decisions in an adventurous activity 6. Achieve a personal best in a range of activities by combining teamwork, problem-solving, trust and reflection <p>Links to Future Learning Continued participation in outdoor and adventurous activities Improved problem-solving in team and individual tasks Greater independence in safe decision-making Further development of personal best and performance analysis in physical education</p>	<p>outdoor and adventurous activities</p> <p>intellectual challenge</p> <p>physical challenge</p> <p>team</p> <p>trust</p> <p>problem-solving</p> <p>group</p> <p>analyse</p> <p>performance</p> <p>improvement</p> <p>personal best</p>

Possible Enrichment:

Onsite challenge course. Local area navigation walk. Problem-solving trail. Cooperative team challenge.