

Half term	Unit/Topic	Skills	Knowledge	Vocabulary	Supporting Texts	Theory Concepts	Extra-curricular opportunities	Careers	Homework
	Netball	<i>Progression from Invasion Games [Y5], FMS [Y5], Handball [Y5 and 6] and Netball [Y6]</i> Hands Retention Footwork - stopping/landing and pivoting Passing - chest, bounce and overhead Catching whilst stationary Dodging Progression Passing - shoulder Shooting Catching on the run Marking a player - shadowing and intercepting	Rules High 5 netball rules, GK, GD, C, GA, GS, pass or shoot within 3 seconds, footwork rule, double bounce, can't touch ball if held by an opponent, can't throw ball over centre third, defensive player must be at least 1m away from ball, no contact allowed, can only shoot inside shooting circle Progress to 7 aside netball - add WA and WD - offside rule, centre pass rule and how this is applied in a game Heart How can you show kindness in our games of netball? (Hr1) What would a kind teammate do if a player was struggling to play the game at the same level as them? (Hr1) If someone on the opposing team got injured, what could you do? Why is this important? (Hr1) Give an example of a scenario when you have the opportunity to show great sportsmanship? Why is it important to take these opportunities? (Hr3) Which sports have the most respectful players? Why do you think the levels of respect are different in different sports? (Hr3) Head Can you show an understanding of when to pass / shoot / dodge? Are you able to make good decisions in terms of which pass to make in a given scenario? Do you know the attacking positions on court and can you apply the offside rule successfully in games? What are the similarities between netball and handball, which we did in Y5 and 6? What transferable skills and knowledge did you learn in handball, which can be used in netball? Do you understand what is meant by player to player marking and do you know who you should be marking in any given position? What defensive tactics might you employ in a game of netball? What are the advantages and disadvantages of each tactic? Can you explain the preferred defensive qualities of each netball position? Eg. Should the GK be tall or short? Why?	Footwork Pivot Stopping Chest Pass Bounce Pass Overhead Pass Catching Dodging Goal Keeper Goal Defence Centre Goal Attack Goal Scorer Offside Contact Obstruction Transferable Shoulder Pass Shooting Shadowing Interception Shooting Circle Wing Attack Wing Defence Centre Pass Respectful Sportsmanship Position Defensive	https://www.englandnetball.co.uk/support/support-for-organisations/teachers/secondary/ https://www.englandnetball.co.uk/support/support-for-organisations/teachers/primary/ Coaching Youth Netball: An Essential Guide for Coaches, Parents and Teachers, by Anita Navin	Factors affecting participation in physical activity Pupils should consider how the following factors may have a positive or negative impact on participation in		Police Officer Link to video shared via	

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1	Sportshall Athletics	<i>Progression from FMS [Y5] and Sportshall Athletics [Y5 and 6]</i> Hands Retention Pupils compare their scores in the events listed below to their performance in KS2 1 and 2 lap Chest push Soft javelin Speed bounce Standing long jump Standing triple jump Vertical jump Progression 4 lap Relay - 4 x 1 lap, 4 x 2 lap and paarlauf Indoor shot put	Rules Correct starting procedures for track events, what constitutes a no throw/jump, how to measure each of the field events properly, how to time a track event properly - use of the stopwatch Relay rules - baton change over zones. How to perform shot technique correctly and what constitutes a no throw Heart Why might somebody argue that resilience is more important in individual sports when compared to team sports? (Hr2) How can you demonstrate resilience in athletics events? (Hr2) Respect is integral to everything we do in PE at VGMS, how can you show respect in your PE lessons? Think about equipment, facilities, peers, staff (Hr3) In this unit, you have a great opportunity to demonstrate your work ethic. Everyone can do their best in PE lessons regardless of how confident you are. Are you producing your best work? (Hr4) How can you show good independence in this unit of work? (Hr6) The 4 lap run requires resilience in order to perform at your best. How can you show high levels of resilience in this event? (Hr2) How do you ensure that your effort levels are as high as possible even if you don't feel very motivated? (Hr4) Head How do you measure running, throwing and jumping events in Sportshall Athletics? What decisions do you have to make when competing in athletics events? What can you do to improve your own performance? Observe somebody else, what are the strengths and how could they improve their performance? Would you expect your performance to get better and better each year? Why? Why might this not happen? Which components of fitness are the most important for each of the events? Can you explain why? Is it always the fastest who wins a race? Is it always the strongest who wins a throwing event? Explain your answer? Are you better at running, jumping or throwing? How could you get better at an event that you are not very good at?	Track Field Event Sprint Throw Jump Javelin Speed Bounce Standing Long Jump Standing Triple Jump Vertical Jump Measure Evaluate Compare Personal Best Performance Relay Change over zone Baton Paarlauf Shot put Cardiovascular Endurance Strength Speed Flexibility Power	https://www.sportshall.org/primary/secondary-sportshall-competition https://www.sportshall.org/primary/secondary-sportshall-competition/secondary-sportshall-competition-teacher-downloads	physical activity: Role models Accessibility Media coverage Sexism/Stereotyping Culture/Religion Family commitments Available leisure time Education Cost Inclusiveness		Activities Director	shared via google classroom - Netball

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2	Rugby	<i>Progression from FMS [Y5] and Rugby [Y6]</i> Hands Retention Passing to the left Passing to the right Running Forward Catching in two hands Side Step Two handed tag Moving towards correct technique for passing from Hip Progression Introduce 1 man lineout One man scrum Avoiding of Tag Hip movement to avoid tag Running lines into gap Introduction to close contact from the front in size groups	Rules Passing Backwards, Tag rules , basic offside rules for open play and at restarts, try scoring , Ball inbounds. Non Contact, Pitch boundaries. Extend offside rule to going to ground, Knock ons, add in ball on ground change possession, Begin to look at rules for close contact, emphasis on safety and how to stay safe. Heart How to do your best ? Why it is important in team games to do your best ? Who Relies on you ? What is sportsmanship and How do we apply it ? How does contact change reliance? Where is resilience tested in rugby ? How do you know if you are not giving your best ? Whose responsibility is it to keep everybody active on the team How do you create a good or bad atmosphere ? What is integrity ? How is the referee treated in rugby ? Head How do we keep possession ? What is a good decision and how do we know ? The etiquette of Rugby as a sport (Cultural Capital) ? What options are available ? Which is the best choice in a given situation ? Decision making when you have the ball Basic Principles of attack-Creating Space, Moving forward whilst passing backwards, Making the pitch bigger by movement wide Introduce principles of defence .Line discipline, Denying space, Going Backwards, How does defence in rugby differ from other invasion games ? Decision making off the Ball Speed of decision making Metacognition - Self reflection questions Was that the correct decision ? How do I know it was the correct decision ? What did I do wrong and how will I put it right next time ? Who is the best person to help me learn ? Who is the second best person to help you learn ? What reference points can you use from other invasion games to help you decide Proportionate increase in challenge through changes in conditions applied	Attacking Possession Metacognition Invasion Games Reflection Self correction Inbound Offside Open play Sportsmanship Etiquette Decision Making Options Choice Reliance Head Hands Heart Lineout Scrum Running Lines Contact Tackle Ruck Knock-on Possession Space Defence	https://www.teachpe.com/sports-coaching/rugby https://www.englandrugby.com/participation/coaching/coach-resources https://keepyourbootson.co.uk/e-learning-courses/ Rugby Drills: 125 Activities to Improve Your Coaching Sessions, by Eamonn Hogan Coaching Youth Rugby: An Essential Guide for Coaches, Parents and Teachers, by Keith Richardson	Short term effects of exercise		Sports Coach	Link to video shared via google classroom - Rugby

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	Badminton	<i>Progression from Net Games [Y5] and Badminton [Y6]</i> Hands Retention Ready position Basic grip of racket Forehand and backhand shots Up taps Underarm serve (including backhand serve) Overhead forehand drive Progression Short and long serve Clear Drop shot Introduce doubles play	Rules Winning a point, in and out, basic scoring rules, 'love' instead of 'zero' Rules for the serve, let, how to score a badminton match correctly, not allowed to touch the net Badminton court markings, service box and introduce in games, order of serve (even on right and odd on left) Heart What is resilience and how can you develop it in net games? (Hr2) Why is it important to never give up in games? (Hr2) Can you use the correct terminology when discussing your games? (Hr5) Imagine you are losing a game, what thoughts might be going through your head and how can you improve your performance? (Hr2) When might an elite badminton player need to demonstrate resilience? Give examples (Hr2) Can you keep score accurately and communicate this with others? (Hr5) When have you shown resilience in this unit of work? How did this make you feel? (Hr2) How do you communicate effectively with your doubles partner and when is this most important? (Hr5) Head How can you create space and why is this important? What makes a successful shot in net games? What do you need to do differently in order to be more successful? How can you outwit your opponent in badminton games? When playing on a narrow court, how will you increase your chances of winning a point? What do you need to consider when playing doubles, which isn't a factor in singles? When playing doubles, where might be a good place to hit the shuttle?	Court Net Racket Grip Ready position Forehand Backhand Serve Volley Point Rally 'Love' Service line Let Fault Underarm Overhead Drive Match Short serve Long serve Clear Drop shot Doubles Singles Feint Outwit Opponent Service box Baseline Tramline Midcourt line Odd Even	https://www.teachpe.com/badminton https://thepehub.co.uk/lesson-category/badminton-year-6/ https://www.badmintonengland.co.uk/on-court/school-resource-hub/			Marketing	

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3	Hockey	<i>Progression from G4U [Y5] and Hockey [Y6]</i> Hands Passing to the right onto strong side, <i>Passing to the left and reverse stick,</i> Block stop <i>Movement of stick backwards to take pace off</i> Dribble on strong side Change direction and Stopping ball at pace, <i>Use of reverse stick to bring ball back onto strong side,</i> Tackling on strong side.	Link and cross reference to invasion games from year 5 and 6 , Football, Basketball, Handball for Head decision making Strengthen both retention and metacognition Rules Safety- High sticks winning ball clearly, no lifting , holding the stick hands apart for control. Reverse stick (progression from both sides) <i>Rules for the D</i> <i>Long corners</i> Inbounds Head Principles of attack (Very Similar and reinforced from all other invasion games with the exception of rugby) Shape of a 4 a side . Diamond, <i>5 a side Keeper and Diamond , 5 a side keeper and square</i> Movement forward and <i>outwards</i> to create space Ahead of Ball when have possession <i>When do we need to go backwards and what are the advantages</i> Moving forward as a unit from the goalkeeper First ball from the back always out wide <i>Second ball down the line</i> Attacking the box in oppositions half Heart Principle of working harder in a team as others rely on you <i>Roles and most importantly responsibility</i> Working as hard in defence as attack Competition and resilience in similar ability games <i>Leadership and communication in mixed ability games</i> Metacognition <i>Making adjustments according to score and performance</i> <i>Tactical time outs</i> Appropriate level of challenge to ensure metacognition opportunities in similar ability games <i>Opportunities for different challenge in mixed ability games , problem solving , getting best out of team</i> Self correction on decisions, How do you know if you have made a bad decision and what would you do next time in a similar position Can you call on previous reference points from familiar invasion settings	Block stop Dribble Tackling Invasion Principles of Attack Shape Diamond Space Unit Safety Responsibility Resilience Leadership Metacognition Challenge <i>Reverse Stick</i> <i>Strong Side</i> <i>Long Corner</i> <i>Inbounds</i> <i>Roles</i> <i>Responsibility</i> <i>Communication</i> <i>Tactical Time Outs</i>	Hockey Steps to Success Hockey Drills Malcolm Alexander Field Hockey Techniques and Tactics Field Hockey , Understanding the Game Christopher Maloney Rules of Hockey www.englandhockey.co.uk	SMART Targets		Performance Sports Scientist	Link to video shared via google classroom - Hockey

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	Dance	<i>Progression from Dance [Y5]</i> Hands Retention Choreography of a short warm up routine to music Use of space, levels and flight Development of movement skills and following set choreography showing improved flair and rhythm Core skills to include: Leaps and jumps Balances Turns and travelling Step patterns Progression Development of motifs showing improved creativity Improved aesthetics of movement - body tension/extension and coordination of body parts Use of different formations to add originality	Heart Adopting a responsible approach in lessons is a key indicator of your respect in PE lessons, how do you ensure that you enjoy PE lessons without displaying irresponsible behaviours? (Hr3) Dance is different to a lot of the activities we have covered so far in Y5, how will you ensure that your effort levels remain high in this unit? (Hr4) In dance you have the opportunity to use non-verbal communication to show expression in a routine. What does this mean and why is it important in dance? (Hr5) A boy who decides to take part in dance classes might be targeted or bullied by their peers. Why do you think people might do this and what could be done in this scenario? (Hr1 and 3) Why might a professional dancer need resilience? (Hr2) When teaching other people, what leadership skills do you think are necessary? Which leadership skills are most important and why? (Hr5) Head Why is it important to push ourselves out of our comfort zones from time to time? Dance is an aesthetic activity, what does the term aesthetic mean and how do you achieve it when dancing? Imagine you have just watched an amazing dance, how would you describe what you had just seen? Watch another performance, pick out their strengths and areas for improvement. When you create your own dance routine, what do you need to consider in order to make it successful? Analyse another performance by highlighting their strengths, areas for improvement and suggest ways that their performance could be improved. Consider your own performances in dance, how can you improve? What do you need to do better?	Space Levels Flight Choreography Flair Rhythm Leaps Jumps Balances Turns Travelling Performance Evaluate Motif Creativity Aesthetic Body tension Extension Coordination Formation Stereotyping	Dance Teaching Methods and Curriculum Design, by Gayle Kassing The Dance Teacher's Survival Guide: Teaching Dance in Schools from Key Stage 1-key Stage, by Kathryn Sexton https://www.bbc.co.uk/teach/school-radio/dance-ks1--ks2-home/zjn3xyc			Exercise Physiologist	

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4	Football	<i>Progression from Invasion Games and G4U [Y5] and Football [Y6]</i> Hands Passing on strong side Passing with different parts of the strong foot Receiving with strong foot Receiving with the strong foot by stopping the ball Receiving on the strong foot by withdrawing the foot Dribbling with ball in front away from the body Shooting from close range Forward movement and change of pace Dribbling with ball close to feet Heading Crossing Tackling- block tackle Running into space Receiving on weak side Receiving on strong side	Link and cross reference to invasion games from year 5 and 6 , Hockey, Basketball, Handball for Head decision making Strengthen both retention and metacognition Rules Safety- Tackling and fouls Inbounds Restarts Pitch dimensions Throw ins Centre Goalkick from hands and from the floor Corners Etiquette Refereeing and respect Head Principles of attack (Very Similar and reinforced from all other invasion games with the exception of rugby) Shape of a 4 a side . Diamond, 5 a side Keeper and Diamond , 5 a side keeper and square, 6 a side keeper , square and one up front Movement forward and outwards to create space Ahead of Ball when have possession When do we need to go backwards and what are the advantages Moving forward as a unit from the goalkeeper First ball from the back always out wide Second ball down the line Attacking the box in oppositions half Defensive line Basic principles of defence Heart Principle of working harder in a team as others rely on you Roles and most importantly responsibility Working as hard in defence as attack Competition and resilience in similar ability games Leadership and communication in mixed ability games Metacognition Making adjustments according to score and performance Tactical time outs Appropriate level of challenge to ensure metacognition opportunities in similar ability games Opportunities for different challenge in mixed ability games , problem solving , getting best out of team Self correction on decisions, How do you know if you have made a bad decision and what would you do next time in a similar position Can you call on previous reference points from familiar invasion settings	Block tackle Dribble Tackling Invasion Principles of Attack Shape Diamond Space Unit Safety Responsibility Resilience Leadership Metacognition Challenge Inbounds Roles Responsibility Communication Tactical Time Outs Problem solving Reference points	Football steps to success Teaching games for understanding - Linda Griffin Metacognition EEF Learning through games , Ministry of football Integrity soccer, Teaching games for Understanding	Functions of the skeleton		PR Specialist	
									Link to video shared via google classroom - Volleyball

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	Volleyball	<i>Progression from Net Games [Y5]</i> Hands Retention Ready position Footwork Progression Footwork - being in the right place to play the shot Volley - using the volley to pass the ball Dig - defensive shot if can't play a volley Underarm serve	Rules Winning a point, in and out, basic scoring rules, 'love' instead of 'zero' How to score a volleyball match, not allowed to touch the net, number of touches, 2 consecutive touches Heart Why is it important to ensure that all players contribute in volleyball matches? (Hr1) How can you ensure that all players get a touch of the ball? (Hr1) If somebody on your team makes a mistake, how would you deal with this situation and why? (Hr1) Head Where is the best place to hit the ball over the net? Why? How can you outwit your opponent in a volleyball game? What is a set and why might it be used to increase a teams chances of scoring a point? Why might it be better for a team to take two or three touches instead of just one?	Court Net Ready position Footwork Volley Point Rally 'Love' Dig Underarm Serve Match Touches Technique Set Pass	Coaching Volleyball For Dummies, by National Allian Coaching Volleyball Successfully (Coaching Successfully Series, by Sally Kus https://www.sswwww.com/blog/volleyball-activities-for-physical-education/ https://primecoachingsport.wordpress.com/tag/volleyball/		Badminton Netball Multi Sports Girls' Football Boys' Football Basketball Rugby Yoga Fitness Dance Gymnastics	Leisure Centre Manager	
	Basketball	<i>Progression from Invasion Games [Y5], Handball [Y5], Netball [Y6 and 7]</i> Hands Footwork - jump stop and pivot Basic types of passing - chest, bounce, overhead and javelin Dribbling - strong hand, weak hand and cross over Basic shooting technique - set shot	Rules Travelling, double dribble, when is the ball in/out?, out of bounds restart, points scoring, number of players on a team, length of a game, rules of half court Heart What is a good teammate like? [teamwork] How can you ensure that all of your teammates are involved in the game? [teamwork] How can you show good sportsmanship in basketball games? [respect] Head Basic principles of attack - creating space, let the ball do the work, limit dribbling, pass to somebody closer to the basket, shoot from closer to the basket to increase chance of scoring How to keep possession of the ball and avoid turnovers Using feints to outwit an opponent Identify different parts of the court	Assist Foul Rebound Set shot Travelling Footwork Double Dribble Pivot Jump stop Chest pass Bounce pass Overhead pass Javelin pass Attack Teamwork Sportsmanship Possession Turnover Baseline Free throw line	Basketball Steps to Success Basketball Skills and drills Jerry Krause Survival Guide for Coaching Youth Basketball Basketball Basics for Kids https://www.sswwww.com/blog/10-basketball-lesson-ideas-for-pe/ https://www.teachpe.com/sports-coaching/basketball			Sports Development Officer	

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5	Athletics	<i>Progression from Athletics [Y5 and 6]</i> Hands Retention 60m sprint 400m run Standing LJ Cricket ball throw 75m sprint 600m run Standing LJ Vortex howler throw 4 x 50m relay Progression 100m sprint* 800m run* Standing triple Jump High Jump - Frosbury Flop Shot put Backwards overhead heave	Rules Track - correct starting commands and how to time properly Field - what constitutes a no throw/jump and how the field events are measured Safety procedures for throwing events, eg. ensuring there is a safety line Track - staying in lane for sprint events, when to break out of line for middle distance events, rules for the relay Field - landing zone for throwing events, measure to where object lands not where it ends up Track - crouch sprint start and what each part of the starting commands means Field - correct performance of triple jump phases, technique of shot put to ensure it is a good throw Heart In which athletics events do you need to demonstrate the most resilience? (Hr2) Imagine you are in a race which you know you won't win. How do you approach this situation? (Hr4) In individual sports such as athletics, it is often said that the athlete is competing against themselves. What do you think this means and how can we use this in our lessons? (Hr4) How can you show kindness to yourself in our athletics unit of work? (Hr1) How might an athlete kindness to one of their opponents? (Hr1) Over the years, Athletics has provided us with some of the best examples of sportsmanship and kindness ever seen in elite sport. Can anyone give examples or think about what might've happened here? (Hr1) How could you help one of your peers in our athletics lessons? (Hr5) What could you do to demonstrate good sportsmanship in our athletics lessons? (Hr3) Head What are the most important components of fitness for each of the different athletics events? Explain your answer If you were teaching somebody else how to run/jump/throw, what would you tell them to do? What is tunnel vision and why do athletes use it? In middle distance events, what tactics might you use to gain an advantage over your opponents? A lot of athletes use visualisation, what do you think this is and how might it help them? Multi event athletes are called heptathletes and decathletes. How many events do they do and can you identify them?	Track Field Event Sprint Middle distance Pace Throw Jump Technique Cardiovascular Endurance Strength Speed Flexibility Power Standing Long Jump Howler throw Relay Personal Best Landing zone Measure Tunnel vision Standing Triple Jump Shot Put Overhead Heave Sprint Start Phases Visualisation Multi-event Heptathlon Decathlon	Athletics Challenges, A Resource Pack for Teaching Athletics, by Kevin Morgan Track & Field Omnibook, by Ken Doherty Ph.D. https://www.englandathletics.org/young-athletes-and-schools/run-jump-throw/	Balanced diet		Sports Nutritionist	Link to video shared via google classroom - Basketball

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6	Striking & Fielding	<i>Progression from Striking and Fielding [Y5 and 6]</i> Hands Retention Basic principles of striking and fielding activities Rules of rounders and cricket Basic hitting technique Basic throwing technique Basic catching technique Fielding - Throwing, catching, retrieving ball Fielding tactics - eg. Relay fielding Progression Underarm bowling action for rounders Overarm bowling action for cricket Roles of the backstop and wicket keeper	Rules Rounders - scoring, basic bowling rules, basic hitting rules Cricket - scoring and various ways a player can be given out Rounders - rules regarding players at a base, what happens if the ball is hit behind the batting square Cricket - rules regarding a run out, boundaries Rounders - bowling square, where the ball must be bowled to, no ball, 2 consecutive no balls Cricket - no balls and wides Heart How can you show kindness towards to teammates in striking and fielding activities? (Hr1) Do you think teamwork is more important when you are batting or fielding? Can you give examples to back up your answer? (Hr6) We've talked about teamwork a lot in Y5, how does teamwork in striking and fielding activities differ from teamwork that you have shown in other team sports? (Hr6) When have you shown good teamwork when fielding in today's lesson? (Hr6) Why is good communication an important factor to consider in order for a team to be successful when fielding? (Hr5) Can you give an example of when good communication would help in a cricket or rounders match? (Hr5) The cricket bowling action is difficult to master, why is it important to show resilience when learning this skill? (Hr2) Why might an elite cricket bowler need to show resilience? What can we learn from this? (Hr2) Head What tactics can you use when batting, bowling and fielding? What are the similarities and differences between cricket and rounders? What components of fitness do you need in striking and fielding activities? Explain your answer As a fielder in rounders/cricket, where do you think you should position your team so make it as difficult as possible for the batter? What does the term relay fielding mean and why is it important? 'Backing up' is an important fielding tactic, why do you think this is a good thing to do when fielding? If you are playing backstop/wicket keeper, what qualities do you need to have and why? What are the important things to think about when you are bowling in rounders/cricket? Why might bowlers have to be the most mentally tough players on a cricket team?	Striking Fielding Batting Hitting Bowling Throw Catch Rounders Cricket Tactics Fitness Component Retrieving ball Pick up Long barrier Relay fielding Positioning Batting square Run out Boundary Underarm Overarm Backstop Wicket Keeper No ball Wide Crease Stumps Bowling square	https://www.playsport.net/skill/strkingfielding https://schools.specialolympics.com.au/wp-content/uploads/2021/02/Striking-Fielding-Games_Program-Planner-Cards.pdf	Structure of the Heart		Health Improvement Practitioner	Link to website with video clips of instructions for different rules - direct pupils to certain videos to address misconceptions of certain rules, shared via google classroom

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	Orienteering	<i>Progression from Orienteering [Y5]</i> Hands Retention Map orientation Long distance running technique Creating a map Use of grid references Spatial relationship between objects Ability to follow a marked course Progression Effective use of handrails Route planning Measuring distance of a route Use of 6 figure grid references	Heart How will you show resilience if you can't locate a control straight away? (Hr2) Some of the routes will require a degree of cardiovascular endurance in order to complete them, why will resilience also be important? (Hr2) Have you demonstrated good teamwork when completing the challenges? How do you know that this is the case? (Hr6) Is the teamwork you have shown in orienteering the same or different to teamwork you have demonstrated in other activities? (Hr6) Are you demonstrating a high level of independence by being in the right place, at the right time and doing the right thing? (Hr6) Why is it important to maintain a high level of effort in your orienteering lessons? (Hr4) If one person in your team isn't working to the best of their ability, how might this impact the rest of the group? (Hr4) Head What are the key features of a map and how can you use them to help you locate controls? Can you identify different things on a map using the map symbols key? Can you identify the symbols used for start, control and finish? Why is it important to ensure that you orientate the map correctly? What is a handrail and how might it be used to locate controls? When planning a route, what are the important things to consider to get the best possible outcomes? Why is it important to measure the distance of a route and estimate how long it might take to complete it? Describe how to create a 6 figure grid reference. How might this be used in map reading and orienteering?	Map Orientation Technique Spatial relationship Course Control Cardiovascular Endurance Features Symbols Checkpoint Start Finish Handrails Route Planning Measuring Distance Grid Reference Compass Points North South East West	https://www.yourschoolgames.com/active-recovery/tri-o-introductory-orienteering-activities/ https://betterorienteering.org/teaching/ http://www.bsoa.org/docs/misc/Teaching%20Orienteering%20in%20Schools.pdf			Outdoor Adventure Instructor	
			PE Assessment Statements						