Key Stage 3 Outdoor & Adventurous Activities 2024 Onward



N A T	Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques				Students will analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best				Pupils should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity			
P A T H	Est -	Est	Est +	Dev -	Dev	Dev +	Mast -	Mast	Mast +	Exc -	Ехс	Exc +
I N T E N T	Health & Safety	3 laps In 20 mins	4 laps In 20 mins	5 laps In 20 mins	5.5 laps In 20 mins	6 laps In 20 mins	Win a competitive race	Use technology	Solo orienteering	Pairs orienteering	Relay orienteering	Course setting
S H O W	Identify hazards presented by the performance area Identify hazards presented by the equipment Identify hazards presented when playing	Efficiently adjust personal pace to complete the set number of laps in 20 minutes Appreciate how recording Personal Bests can be motivating	Efficiently adjust personal pace to complete the set number of laps in 20 minutes Appreciate how recording Personal Bests can be motivating	Efficiently adjust personal pace to complete the set number of laps in 20 minutes Appreciate how recording Personal Bests can be motivating	Efficiently adjust personal pace to complete the set number of laps in 20 minutes Appreciate how recording Personal Bests can be motivating	Efficiently adjust personal pace to complete the set number of laps in 20 minutes Appreciate how recording Personal Bests can be motivating	Efficiently adjust personal pace to beat another Dev+ student in a race over 6 laps Employ a set tactic during the race	Make use of technology eg headphones or the Strava app	Use a map to collect 10 codes from around the school site Return to base after each code is collected Quickly correct errors to minimise time taken	Work as a pair to collect 10 codes from around the school site using a map Stay within 5m of each other at all times Employ tactics that minimise time taken	Work as a pair to collect 10 codes from around the school site using a map One person must remain at base whilst the other collects	Set an order of collection for an opponent Set a course that you believe will be slow Head to Head, first to finish wins
K N O W	YEAR 7 STUDENTS WILL APPLY KNOWLEDGE OF THE SKELETAL MUSCLES TO THE MOVEMENTS TAUGHT IN LESSONS YEAR 8 STUDENTS WILL APPLY KNOWLEDGE OF THE COMPONENTS OF FITNESS TO THE MOVEMENTS TAUGHT IN LESSONS YEAR 9 STUDENTS WILL APPLY KNOWLEDGE OF THE PRINCIPLES OF TRAINING TO THE SPORT OF BADMINTON											
V I R T U E S	Determination Perseverance Resilience											