

Y7 Outdoor Pursuits Curriculum Summary

Name of unit	Outdoor Pursuits
Why do we study this unit?	Outdoor Pursuits involve activities that present intellectual and physical challenges. Outdoor Pursuits encourages individuals to work in a team. Activities in Outdoor Pursuits are excellent for developing fundamental motor skills, enhancing team skills & team work. Team or individual activities that help stimulate social skills used in everyday life.
By the end of the unit, students will be able to....	Students will develop a basic understanding of the skills used to participate in Outdoor Pursuits. They will learn skills, rules and tactics surrounding these activities.
Links to previous units	Pupils will learn the relevant skills, rules, fitness tests and tactics surrounding each sport within the PE curriculum. Pupils will follow this same structure throughout each sport as this builds the relevant knowledge that will maximise pupils progress and success. Additionally the sporting characteristics will be linked throughout so that pupils can adapt and demonstrate these values within school and in later life.
Key vocabulary	Self - Belief, Orienteering, Coordination, Respect, Aerobic Endurance, Pacing, Intensity, Heart Rate, Teamwork, Communication.
Week and summary topic	Knowledge and skills learned
1: Skill	Trust: Orienteering (Map Skills)
2: Skill	Cross Country
3: Fitness	Aerobic Endurance <ol style="list-style-type: none"> 1. Continuous/ Interval/Fartlek Training 2. Multi-stage fitness test Multi Stage Fitness Test <ol style="list-style-type: none"> 1. Measuring Heart Rate 2. Intensity - Rating of Perceived Exertion 3. Maximal and Submaximal tests
4: Strategy / Tactics	Trust: Team Building Activities Trust: Capture the flag

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Week and summary topic	Knowledge and skills learned
5: Competition	Interhouse