

Outdoor and Adventurous Activities

Marlborough Road Academy

The National Curriculum states that all KS2 children should “take part in outdoor and adventurous activities which challenge both individually and as a team.” At Marlborough Road, we deliver this aspect of the PE curriculum mainly through our lunchtime program; each child participates in this program on at least a weekly basis.

	AUTUMN 1: Teambuilding	AUTUMN 2: Orienteering	SPRING 1: Marlborough Wheelies	SPRING 2: The Lowdown	SUMMER 1: Den Building	SUMMER 2: Outdoor Cooking
YEAR 3/4	Children work as a mixed – age team to complete a series of challenges such as “Crossing the Swamp” and Rollerball”. They are encouraged to listen to each other’s ideas before deciding, as a small group, on the strategy they should apply and they adjust this strategy in the light of its results.	Children participate in “Woodland search” and “Amazing Maze” activities. This involves them using simple co-ordinates to play a game and using strategy to complete challenges as quickly as possible. They work individually and in pairs/small teams.	Children learn to successfully ride, steer and control the speed of wheeled toys such as go-karts and scooters. They take part in individual and team races and are encouraged to support each other and offer suggestions for improvement.	Children work individually to complete a series of challenges using equipment such as space hoppers, balance boards and spinners.	Children are guided by the adult to use the den building kits to build simple structures. They are given time to play imaginatively in them.	Children assist with preparation of food and cooking on the barbecue/outdoor camping stoves. They should serve each other and enjoy social time eating outdoors.
YEAR 5/6	Children work as a mixed – age team complete a series of challenges such as “Crossing the Swamp” and Rollerball”. The difficulty level of the challenges is increased by e.g. Increasing the size of the group, adapting the equipment etc. They are encouraged to persevere when the challenge is hard and to consider the feelings of the other members of the group.	Children orientate a simple map/visual representation of school to complete a trail and find markers. They work individually and in pairs/small teams.	Children devise courses and challenges for each other to compete in both individually and as a team. Leaders are encouraged to devise and discuss tactics which lead to improvements in performance.	Children work individually to complete a series of challenges using equipment such as space hoppers, balance boards and spinners. The difficulty level of the challenge is increased by linking the equipment to form courses and imposing time challenges,	Children use the den building kits and other scavenged materials to build more complex structures. They are given time to play imaginatively in them.	Children are involved in drawing up risk assessment for outdoor cooking. They suggest a menu and cook and serve their friends, enjoying social time cooking outdoors.

In addition to this program, Year 6 take part in an adventure day in which they experience archery, climbing and a range of other activities.