PE

Y5/6 Cycle A - Autumn 2

Bushcraft and Survival Skills

FOCUS-

Communication and

Planning

What should I already know?

- Identify what I have done well and how I can improve.
- Compare my performance to previous performances.
- Understand the positive impact physical activity has on physical and mental health.

Gems of Knowledge

Procedural Knowledge -

- · Develop my physical endurance.
- Use resources available to me to find solutions to problems.
- Plan and create my own warm ups and cool downs before and after exercise..

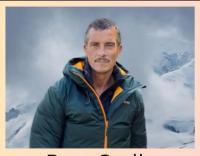
Declarative Knowledge -

- · Listen to others and use their ideas.
- Lead others and be lead by others.
- Consider how I can improve my performance and compare to others.

Superb Survivalists!



Steve Backshall



Bear Grylls

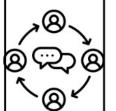
Vocabulary

Communication

Giving and

receiving

information.



Adventure -

Taking risks to reach success.



Collaborate

Share and listen to ideas to achieve the most successful solution to a problem.



Risk taking -

Doing something to achieve success even if the outcome is uncertain.



Persistence -

Not giving up, even when things get tricky.



Survival -

Consider how to use the resources around me.

