

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

FOCUS -

Communication and Planning

Vocabulary

<p>Communication Giving and receiving information.</p>		<p>Adventure - Taking risks to reach success.</p>	
<p>Collaborate Share and listen to ideas to achieve the most successful solution to a problem.</p>		<p>Risk taking - Doing something to achieve success even if the outcome is uncertain.</p>	
<p>Persistence - Not giving up, even when things get tricky.</p>		<p>Survival - Consider how to use the resources around me.</p>	