

**Complete PE Progression of skills**

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Gymnastics</b>	Move and balance in big and small ways, both on the floor and on apparatus.	Respond to instructions and commands.	Explore and create flow through different pathways and patterns.	Describe own work using simple gymnastics vocabulary.	Begin to use gymnastics vocabulary to describe how to improve and refine performances.	Use more complex gymnastics vocabulary to describe how to improve and refine performances.	Use more complex gymnastics vocabulary to describe how to improve and refine performances.
	Experiment moving their bodies in a variety of ways on the floor and on apparatus.	Move between mats and small apparatus and linking movements.	Use equipment in a variety of ways to create a sequence.	Begin to show flexibility in movements.	Develop strength, technique, and flexibility throughout performances.	Develop strength, technique, and flexibility throughout performances.	Develop strength, technique, and flexibility throughout performances.
	Begin to show self-belief as they travel with confidence, over, under and through apparatus.	Be still in different body shapes and balances and combine different ways of travelling. Handle apparatus safely.	Link movements together to create a sequence.	Begin to develop good technique when travelling, balancing, using equipment etc.	Execute 'excellent' balances and movements within the creating bridges in multiple ways.	Execute 'excellent' balances and movements using counterbalances and tension, accurately applying flow while linking balances with movement.	Create sequences containing both matching and mirroring movements, executed with accuracy and fluidity using a range of apparatus.
	Pupils will begin to develop life skills such as empathy and gratitude as they encourage and congratulate others in their work.	Move in a variety of ways understanding the differences between each type of movement.	Develop short sequences on their own.	Develop life skills such as resourcefulness and evaluation as they create their sequences in pairs, making any adaptations when necessary.	Applying flow, while linking movements and balances together.	Apply life skills such as evaluation and reflection recognising the strengths and weaknesses in their sequences and find ways to improve them.	Effectively apply life skills such as evaluation and decision making when identifying strengths and weaknesses in their sequences and find ways to improve.
	Explore moving and making shapes using different body parts.	Develop balance, agility and co-ordination of travelling, stillness, jumping, timing, changing shape, size, and direction.	Say when a movement or skill is performed well (aesthetic appreciation).	Collaborate showing cooperation skills with a partner and work together to create a sequences and share apparatus space with others.	Apply life skills such as resourcefulness and evaluation when creating sequences in pairs, making adaptations when necessary.	Demonstrate communication skills and show respect when watching others' performances and give feedback on ways to improve.	Demonstrate respect and trust when giving and receiving constructive feedback in order to improve their sequences and performances.
	Explore moving in different directions.	Perform at different levels.	Describe what they have done and what they have seen (Make easier or harder and advise improvements).	Develop resilience and the ability to remain self-motivated striving to improve sequences even when it is hard.	Collaborate applying cooperation skills when working with a partner and work together to create their sequences and suggest ways to improve them.	Apply integrity and self-discipline when performing their sequences and receive feedback.	Consistently apply integrity and self-discipline as they perform their sequences and receive feedback.
	Explore big and small ways of moving and making shapes.	Describe and comment on performances.	Develop balance, agility and coordination of travelling, stillness, jumping, timing, changing shape, size, direction.	Execute 'excellent' balances and movements in both symmetrical and asymmetrical ways.	Develop resilience and the ability to remain self-motivated as striving to improve their sequences even when they find it hard.	Apply feedback to improve their sequences.	Strive to improve their sequences.
	Moving in pairs.	Perform a range of jumps (2 footed jump, hopping on the same foot, jumps for height).		Link movements and balances together.			
	Creating shapes in pairs						
	Move and balance in high and low ways, both on the floor and on apparatus.						

# Dance

<p>Move their bodies with big actions as they explore moving in different ways.</p> <p>Develop curiosity and imagination as they experiment moving in different ways.</p> <p>Demonstrate life skills such as empathy as they listen to ideas and watch others as they perform.</p> <p>Develop their self-belief as they move and travel with confidence.</p>	<p>Copy, explore and remember basic movements and body patterns.</p> <p>Learn basic movements relating to feelings.</p> <p>Show that they have a clear starting and finishing position.</p> <p>Move in relation to sounds and music, creating appropriate actions.</p>	<p>Copy and explore basic movements with clear control.</p> <p>Vary levels and speed in sequence and the size of body shapes.</p> <p>Add change of direction to a sequence. Use and negotiate space clearly.</p> <p>Describe a short dance.</p> <p>Respond imaginatively to stimuli.</p> <p>Evaluate others/ own dance performances suggesting improvements.</p> <p>Remember and perform dances using simple movement patterns.</p>	<p>Use simple dance vocabulary to compare and improve work.</p> <p>Ensure that movements are big and clear, performing with expression and emotion telling a story.</p> <p>Understand what makes an 'excellent dancer'.</p> <p>Apply creativity when trying a range of movement options.</p> <p>Apply life skills such as cooperation and encouragement when working successfully with their partner/group to execute their sequences.</p> <p>Strive to ensure their sequences are performed precisely and accurately showing self-motivation to want to improve.</p>	<p>Use simple dance vocabulary to compare and improve work.</p> <p>Perform with big and clear movements that flow.</p> <p>Perform with expression and be able to stay in character.</p> <p>Refine the ability to evaluate their own and others' performances.</p> <p>Use problem solving and resourcefulness when constructing their sequences.</p> <p>Apply life skills such as cooperation and communication as they work successfully with others to execute their sequences.</p> <p>Demonstrate integrity as when continually striving to ensure the sequences are executed to the highest standard.</p>	<p>Use more complex dance vocabulary to compare and improve work.</p> <p>Perform accurately and convincingly as they bring their dance to life through movement.</p> <p>Perform with flow showing clarity and fluency.</p> <p>Consolidate the ability to evaluate their own and others' performances.</p> <p>Apply effective decision making when constructing their movements.</p> <p>Consistently apply different life skills such as cooperation as they work successfully with others to execute their movements and group performance.</p> <p>Demonstrate life skills such as resilience and responsibility as they support others to improve and accept feedback on their own performances.</p>	<p>Uses more complex dance vocabulary to compare and improve work.</p> <p>Perform with clarity, fluency, accuracy and consistency.</p> <p>Execute movements with accurate expression and conveying the correct emotion.</p> <p>Make effective evaluations of an individual, pairs' or groups strengths and weaknesses.</p> <p>Reflect on their own performances.</p> <p>Consistently apply a range of life skills as they work successfully with others to execute their sequences and group performances to tell the stories.</p> <p>Demonstrate self-motivation and integrity as they take pride in their work, creating sequences that include stage presence, timing, rhythm and emotion.</p>
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# Invasion games

	<p>Explore moving the ball into spaces avoiding any defenders.</p> <p>Develop concentration skills to focus on the ball and listen to all the instructions.</p> <p>Apply the skills to develop success demonstrating courage and self-belief to keep working as hard as possible.</p> <p>Move the ball into spaces, avoiding defenders.</p> <p>Develop concentration skills by focusing on the ball as it moves.</p> <p>Apply their skills with developing success as they demonstrate courage and self-belief to keep working as hard as possible.</p> <p>Develop life skills such as gratitude and empathy as they encourage and support each other.</p>	<p>Explore and use skills, actions and ideas individually and in combination to suit the game that is being played.</p> <p>Show ability to work with a partner in throwing and catching games.</p> <p>Choose and use skills effectively for particular games: -Throw a ball accurately to a target using increasing control. -Explore throwing and catching in different ways. -Explore kicking in different ways with increasing control. - Explore ways to send a ball or other equipment.</p> <p>Play a variety of running and avoiding games.</p> <p>Participate in team games.</p> <p>Develop simple attacking and defending techniques.</p> <p>Develop an understanding of rules and why they are important.</p>	<p>Recognise the best ways to score points and stop points being scored.</p> <p>Recognise when best to use attack and defence tactics as the game changes.</p> <p>Recognise how they work best with their partner, collaborating as part of a team.</p> <p>Use different rules and tactics for invasion games.</p> <p>Make it difficult for opponents. Keep the ball and find best places to score.</p> <p>Watch others accurately. Describe what they see and ask to copy others' ideas, skills and tactics.</p> <p>Recognise what is successful and how to use this knowledge. Participate in team games.</p> <p>Understand and develop tactics for attacking and defending.</p> <p>Pass and receive a ball in different ways with control and increased accuracy.</p> <p>Understand the consequences of breaking the rules and not applying tactics successfully.</p> <p>Develop understanding of self-discipline.</p>	<p>Develop passing, dribbling and moving skills to outwit opponents and keep possession of the ball.</p> <p>Explore how to tag an opponent.</p> <p>Apply an understanding of where, when and why we pass and move, in order to score points against another team.</p> <p>Apply skills with developing confidence showing integrity and self-motivation.</p> <p>Develop life skills such as respect and communication as they collaborate with others including their opponents.</p>	<p>Apply a secure understanding of passing, moving and shooting whilst developing dribbling skills to score points against another team.</p> <p>Demonstrate a growing understanding of the difference between attack and defence.</p> <p>Understand where and when to attack and when to defend.</p> <p>Continue to develop and apply life skills such as resilience, cooperation and self-discipline striving to improve their own performance and understanding.</p> <p>Develop life skills such as communication and encouragement, collaborating with others and apply the rules of the game.</p>	<p>Pass, move, dribble and shoot accurately and consistently.</p> <p>Switch fluidly between attack and defence as possession changes.</p> <p>Apply a refined understanding of passing and moving as well as an understanding of basic defensive strategies and tactics.</p> <p>Begin to lead their teams and manage their games, demonstrating responsibility and resilience.</p> <p>Develop their teamwork skills as they encourage and support each other, managing their teams.</p> <p>Begin to officiate game-based scenarios.</p> <p>Challenge to try their best and start to take responsibility for others by facilitating learning through game-based scenarios and mini game situations.</p> <p>Try their best and start to take responsibility for others.</p>	<p>Apply a refined understanding of attacking skills to score points against another team, and defensive skills to regain possession.</p> <p>Demonstrate resourcefulness and reflective skills when creating a range of attacking and defending tactics and apply these to games.</p> <p>Consistently apply life skills such as self-motivation and integrity by playing by the rules and leading others by example.</p> <p>Effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform, ensuring each team member is motivated.</p>
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# Net and ball games

<p>Develop the ability to dribble the ball keeping control.</p> <p>Develop the ability to push, roll and bounce a ball with control.</p> <p>Develop the ability to throw, roll and stop a ball with control.</p> <p>Explore catching and being ready to receive a ball.</p> <p>Develop life skills such as concentration by focusing on the ball and the target.</p> <p>Listen carefully and follow the instructions.</p> <p>Develop life skills such as fairness and empathy as they encourage and support each other.</p>	<p>Send a ball towards a target, applying the correct technique and aiming carefully.</p> <p>Receive and stop a ball.</p> <p>Demonstrate developing concentration skills as they focus on the target, their partner and the ball.</p> <p>Develop and apply life skills such as self-belief and honesty as they strive to improve their own performance and always keep the score playing fairly.</p> <p>Develop life skills such as fairness and empathy as they work well with others and play by the rules.</p>	<p>Pass and move with developing accuracy.</p> <p>Combine skills to score points.</p> <p>Focus on their partner and team members, developing an understanding of the consequences in a game when mistakes are made.</p> <p>Continue to effectively apply life skills such as self-belief and integrity, striving to improve their own performance whilst playing fairly.</p> <p>Develop communication and empathy as they listen to their partner and team members and work collaboratively together.</p>	<p>Throw/hit the ball into space on their opponent's side of the court.</p> <p>After playing a shot, recover to a ready position, ready to return the ball.</p> <p>Develop life skills such as respect and cooperation as they collaborate with others including their opponents.</p> <p>Apply their skills with developing confidence as they grow in their ability to show resilience, self-motivation, and determination.</p>	<p>Hit the ball into space on their opponent's side of the court, creating space for the next shot that will win them the point.</p> <p>Apply an accurate understanding of where, when and why we hit the ball into spaces on their opponent's side of the court.</p> <p>Develop life skills such as trust and cooperation as they collaborate with others, applying the rules of the game.</p> <p>Continue to develop and apply life skills such as resilience and self-motivation, striving to improve their own performance and understanding.</p>	<p>Execute a wide range of shots and play the ball into space.</p> <p>Serve the ball accurately to start the game.</p> <p>Understand where to serve and why.</p> <p>Begin to create, understand and apply tactics in their games.</p> <p>Apply effective communication and cooperative skills as they work with their partner in doubles games.</p> <p>Facilitate learning through doubles games, pupils will be challenged to always try their best, even when they are losing.</p>	<p>Apply a refined understanding of playing forehand, backhand, serves and volleys into space in order to win points.</p> <p>Demonstrate resourcefulness and problem solving skills by creating a range of tactics, applying these to their games.</p> <p>Collaborate effectively with their partner, communicating and supporting each other.</p> <p>Constantly apply life skills such as integrity and self-discipline by playing by the rules and leading others by example.</p>
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# Striking and fielding

<p>Push/hit their balloon with both hands, keeping control.</p> <p>Balance an object on a racket/bat.</p> <p>Show the ability to focus on the balloon /object and use rackets/bats safely.</p> <p>Understand why we send the balloon into space when hitting.</p> <p>Show a developing understanding of fairness and empathy when playing by the rules and encouraging others.</p> <p>Apply life skills such a self-belief and courage when trying new skills and working hard to improve their control.</p>	<p>Able to push (hit) their ball towards a target, varying the power they apply based on the distance of the target.</p> <p>Understand the meaning of aiming and power and understand how to utilise these skills in order to be successful.</p> <p>Develop life skills such as fairness and empathy as they listen to others and work collaboratively together.</p> <p>Apply life skills such as self-belief and integrity as they strive to improve their own performance, even if they find it challenging.</p>	<p>Able to use a bat safely to strike (hit) their ball into space, directing the ball away from fielders.</p> <p>Understand why it is so important to hit the ball into space and apply this understanding as the outwit their opponents.</p> <p>Continue to develop life skills such as fairness and empathy as they work together ensuring everyone in the group or team is involved.</p> <p>Show determination and self-motivation as they strive to improve and show a positive attitude in their learning.</p>	<p>Develop throwing, catching and batting skills to outwit opponents and win the game.</p> <p>Demonstrate a growing understanding of the difference between attack and defence (batting and fielding).</p> <p>Develop their understanding of where, when, and why we throw/hit the ball into spaces on their opponent's side of the court.</p> <p>Develop life skills such as encouragement as they play fairly against others, keeping the score.</p>	<p>Develop their bowling, throwing, catching, stopping, retrieving and batting skills applying increasing accuracy to outwit their opponents and win the game.</p> <p>Apply an understanding of where, when and why we utilise our fielding skills to stop the batters using their batting skills to outwit the fielders.</p> <p>Develop life skills such as respect and cooperation as they collaborate with others and apply the rules of the game.</p> <p>Continue to develop and apply life skills such as resilience and self-motivation as they strive to improve their own performance and understanding.</p>	<p>Refine their bowling, throwing, catching, stopping, retrieving and batting skills and apply these with accuracy and consistency to outwit their opponents.</p> <p>Create, apply and refine tactics for batting, bowling and fielding, reflecting on the tactics and making any necessary adaptations.</p> <p>Develop communication skills as they officiate in game-based scenarios.</p> <p>Begin to lead their team and manage their games.</p> <p>By facilitating learning through game-based scenarios and mini game situations, pupils will be challenged to always try their best, even when their team is losing.</p>	<p>Consolidate their bowling, throwing, catching, stopping, retrieving and batting skills and apply these with accuracy and consistency into mini games.</p> <p>Demonstrate resourcefulness and problem solving skills by creating a range of tactics and applying these into game.</p> <p>Effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.</p> <p>Constantly apply life skills such as integrity and self-discipline by playing by the rules and leading others by example.</p>
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# Locomotion, jumping & athletics

<p><b>Locomotion:</b> Develop the ability to walk and move into space, change direction and keep away from the defenders.</p> <p>Develop an understanding of why we move into space as they explore moving and walking.</p> <p>Develop life skills such as empathy and fairness as they listen, play by the rules and encourage others.</p> <p>Develop their own self-belief as they move and travel with confidence.</p> <p><b>Jumping:</b></p> <p>Develop their ability to jump and land safely.</p> <p>Adjust their speed and change direction as they jump.</p> <p>Explore their curiosity as they try jumping in a variety of different ways.</p>	<p><b>Locomotion</b> Able to run applying the correct technique to ensure maximum speed.</p> <p>Run and stay in a space.</p> <p>Demonstrate a growing understanding of where to run, why to run there and when and why running fast is important in games.</p> <p>Continue to develop life skills such as empathy and fairness as they listen, play by the rules and encourage others.</p> <p>Develop life skills such as honesty and self-belief as they strive to run as fast as possible, ensuring they are playing by the rules.</p> <p><b>Jumping:</b> Apply the correct technique for jumping and explore skipping.</p> <p>Develop their jumping skills and jump into spaces.</p> <p>Understand why, when and where we jump in a game, with developing focus and concentration on the correct jumping technique.</p> <p>Begin to give and receive feedback concerning the jumping technique.</p> <p>Fairness will be applied as pupils play by the rules.</p> <p>Continue to develop and apply life skills such as courage and honesty as they play within the rules of the game and jump confidently.</p>	<p><b>Locomotion</b> Able to dodge, applying the correct technique to ensure maximum efficiency.</p> <p>Run, dodge and stay in a space.</p> <p>Demonstrate a strong understanding of how, where and why to dodge.</p> <p>Develop life skills such as gratitude and fairness as they support their team members, play by the rules and congratulate others.</p> <p>Develop life skills such as honesty and self-belief as they strive to dodge effectively and keep the score in their games.</p> <p><b>Jumping:</b> Consistently apply the correct technique for jumping.</p> <p>Accurately apply their jumping skills in combination.</p> <p>Demonstrate a strong understanding of why, when and where we jump in a game and apply imagination and creativity to their jumping.</p> <p>Develop their ability to give and receive feedback concerning the jumping technique showing fairness and empathy to others.</p> <p>Consistently apply life skills such as self-belief and honesty as they play within the rules of the game and jump confidently.</p>	<p><b>Athletics:</b> Develop their ability to run and jump as fast/far as possible with the correct techniques and throw for distance exploring the most effective technique.</p> <p>Develop life skills such as cooperation and encouragement as they collaborate with others and support each other to develop their techniques.</p> <p>Apply an understanding of how to use the correct technique for running fast, jumping far and throwing for distance and why it is so important.</p> <p>Apply their skills with developing confidence as they grow in their ability to show integrity and determination.</p>	<p><b>Athletics:</b> Apply the correct technique for sprinting.</p> <p>Explore pacing and the correct technique for triple jump and javelin.</p> <p>Apply a developing understanding of the correct technique for running fast vs pacing, triple jump, javelin and why the correct technique is important.</p> <p>Develop life skills such as communication and encouragement as they collaborate with others and support each other to improve and develop.</p> <p>Continue to develop and apply life skills such as resilience and self-motivation as they strive to improve their own performance and understanding.</p>	<p><b>Athletics:</b> Apply the correct technique for sprinting individually and within a team whilst developing their technique for hurdling and throwing the shot put.</p> <p>Demonstrate a strong understanding of how to apply the correct technique and why the correct technique is so important.</p> <p>Consolidate their ability to encourage and collaborate with other, communicating developmental feedback and showing respect.</p> <p>Strive to improve own technique, ensuring they always apply maximum effort.</p>	<p><b>Athletics:</b> Apply a refined understanding of running for speed, pacing, throwing and jumping for distance.</p> <p>Demonstrate an advanced understanding of how to apply the correct technique in each event and why the correct technique is so important.</p> <p>Refine their ability to encourage and collaborate with other, communicating developmental feedback and showing respect.</p> <p>Constantly apply life skills such as responsibility and self-discipline by applying their best effort every time.</p>
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# Swimming

Perform a sequence of changing shapes whilst floating on the surface.

Swim approximately 10m using different strokes (breast/ front crawl/ back stroke)

Perform a surface dive.

Perform a range of strokes accurately.

Perform a range of jumps into water and tread water when resurfacing.

Perform a forward summersault tucked into the water.

Swim 10m wearing clothes

Exit the water without using steps

Swim 25m using any stroke

Perform a range of movements in deep water demonstrating confidence and competence

# Forest school, outdoor learning and Orienteering

<p><b>Outdoor learning :</b></p> <p><b>Nursery:</b> Continue to develop movement, balancing, Riding.</p> <p>Move up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>Use large muscle movements.</p> <p>Take part in some group activities which they make up for themselves, or in teams.</p> <p>Decide on the most appropriate way to move depending on a situation (decide whether to crawl, walk or run across a plank)</p> <p>Choose the right resources to carry out their own plan.</p> <p>Collaborate with others to manage large items.</p> <p>Use one-handed tools and equipment.</p> <p>Show a preference for a dominant hand.</p> <p>Become increasingly independent as they get dressed and undressed.</p> <p><b>Reception :</b> Revise and refine the fundamental movement skills they have already acquired.</p> <p>Develop the overall body strength, co-ordination, balance, and agility.</p> <p>Develop small motor skills so that they can use a range of tools competently, safely and confidently.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities.</p>	<p><b>Forest school:</b></p> <p><b>Den building</b> Supported construction of tripod structures (mini-den building) Erect a lean to shelter, with support.</p> <p><b>Geographical/ navigational skills</b> Use directional language (near and far; left and right) Describe the location of features and routes on a map.</p> <p><b>Exploring</b> Re-enforce rules and boundaries. Travel safely over the terrain in Forest School. Carry sticks safely. Work in a team to co-operate and communicate clearly.</p> <p><b>Using tools</b> Continuation of the use of basic tools (cutting of string, peeler for whittling, bow saw to cut discs</p> <p><b>Knots</b> Use basic knots. Tie laces.</p> <p><b>Using fire</b> Be safe around a fire. Contribute to fire lighting by gathering fuel.</p>	<p><b>Forest school:</b></p> <p><b>Den building</b> Independent use of tripod structures (animal den building) Introduction to lashing and frapping techniques to make frames. Create a lean to shelter, independently or with limited support.</p> <p><b>Geographical/ navigational skills</b> Use directional language (near and far; left and right) Describe the location of features and routes on a map.</p> <p><b>Exploring</b> Re-enforce rules and boundaries of forest school. Move logs safely with support first. Build a bridge. Observe nature around them</p> <p><b>Using tools</b> Continuation of the use of basic tools, larger ropes and independent cutting of string. Use of bow saw 1-1 to cut discs and peelers for whittling.</p> <p><b>Knots</b> More sophisticated use of knots for attaching to structures and trees.</p> <p><b>Using fire</b> Experience using fire strikers to spark a flame. Light a piece of cotton wool (fairy pillow). Fire safety and the fire triangle.</p>	<p><b>Orienteering:</b></p> <p>Develop the ability to orientate a map and locate points, returning to base as quickly as possible.</p> <p>Develop their understanding of what makes an effective team and understand how important teamwork is when orienteering.</p> <p>Develop life skills such as respect and communication as they collaborate with their team to successfully complete the orienteering challenges.</p> <p>Develop the ability to remain positive and try their best in every challenge.</p> <p>Begin to show leadership attributes.</p>	<p><b>Orienteering:</b> Apply their developing ability to orientate a map and locate points, returning to base as quickly as possible.</p> <p>Apply a strong understanding of what makes an effective team and understand how important teamwork is when orienteering.</p> <p>Develop life skills such as trust and communication as they collaborate with their team to successfully complete the orienteering challenges.</p> <p>Apply integrity and determination as they complete the orienteering challenges.</p> <p>Develop leadership attributes.</p>	<p><b>Orienteering:</b> Consolidate their developing ability to orientate a map and locate points, returning to base as quickly as possible.</p> <p>Consolidate their understanding of what makes an effective team and understand how important teamwork is when orienteering.</p> <p>Consolidate life skills such as encouragement as they collaborate with their team to successfully complete the orienteering challenges.</p> <p>Apply integrity and self-motivation as they complete the challenges.</p> <p>Consolidate their leadership skills and take responsibility for others.</p>	<p><b>Orienteering:</b> Refine the developing ability to orientate a map and locate points, returning to base as quickly as possible.</p> <p>Refine their understanding of what makes an effective team and understand how important teamwork is when orienteering.</p> <p>Refine life skills such as cooperation as they collaborate with their team to successfully complete the orienteering challenges.</p> <p>Apply integrity and self-discipline as they complete the orienteering challenges.</p> <p>Refine their leadership skills and take responsibility for others.</p>
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