YEAR 4 KNOWLEDGE ORGANISER

Autumn 1

PE Outdoor adventurous activities



Our goal Cooperate, build trust and adapt strategies to solve problems together.

1 Cooperate with a partner

Listen, take turns and share ideas.

In **Body Alphabet**, coordinate your bodies to make letter shapes.

Face letters the right way. Put them in order to make a word.

2 Communicate and build trust

Give clear instructions in a calm voice.

In **Night Hike**, guide your partner with words such as “two steps forwards” or “stop”.

In **Rock Hopping**, plan where to land, leave space and bend your knees.

3 Lead and motivate

Lead fairly and enthusiastically. Take turns.

Help everyone understand their role.

Encourage others: “You can do it!”

Invite quieter teammates to share ideas.

4 Design an obstacle course

Link sections with jumping, balancing and travelling.

Share roles and equipment fairly.

Test and adapt it so everyone can take part.

Help tidy up safely when finished.

5 Devise a strategy

Discuss a plan before you begin.

In **Cross the River**, decide how to move your hoops and who goes first.

When collecting treasure, think about points, time and your route.

Review your plan and try improvements.

6 Adapt and improve

A new rule may need a new strategy.

In **The Hat Stand Game**, decide what to collect and how to hold it.

Move accurately. Keep your head up to avoid collisions.

Reflect, adapt and try again.

Words to know

Collaborate - work together towards a shared goal.

Strategy - a plan for success. **Adapt** - change your plan or a task.

Trust - rely on others. **Perseverance** - keep going when it is tricky.

Responsibility - do your part and take ownership of your actions.

Can you explain it

How can a leader build trust?

How could you make a course inclusive?

Why might a strategy need to change?

Based on our Year 4 outdoor adventurous activities solving problems unit