**Year Group 5**

**Cross Country & O.A.A Unit**

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| **Objective** | **Planning links** |
| **Cross Country** |  |
| 1. To be able to warm up appropriately for a running session. | As the pupils have had 2 previous years (4 lessons) focussing on crosscountry strategy, it is now time to start to develop a sense of independence and competitive edge.  This unit (The objectives) can be passed over to the pupils to share warm ups they have learnt, investigate through the internet other warm ups (Zuu Chimps moves, other current movement specific warm ups) that could be used.  Timings of runs could be used to group the class into 3. Making each group a competitive race as an outcome.  This competition gives a great opportunity to discuss/make explicit the pre/during/post run emotions.  OAA Unit Year 5 in KS2 additional resource section.  OAA TOPS Cards  Residential opportunity day/overnight |
| 2. To understand how to control your speed when running over a longer distance. |
| 3. To share strategies of how to win a long distance running race, by discussing pace, speed, etc. |
| 4. To be able to reflect on their performance when running, and competing against others, over a long distance. |
| **O.A.A.** |
| 5. Can I use a compass to solve problems real life problems? |
| 6. Can I solve a problem working as a team? (1) |
| 7. Can I use a map to find plotted destinations? |
| 8. Can I solve a problem working as a team? (2) |
| 9. Can I solve a problem working in a pair? |
| 10. Can I solve a problem working as a team? (3) |

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| **Cross Country**  **Objectives:**  1. To be able to warm up appropriately for a running session.  2. To understand how to control your speed when running over a longer distance.  3. To share strategies of how to win a long distance running race, by discussing pace, speed, etc.  4. To be able to reflect on their performance when running, and competing against others, over a long distance. | | |
| **Minus** | **Equals** | **Plus** |
| **O.A.A.**  **Objectives:**  5. Can I use a compass to solve problems real life problems?  6. Can I solve a problem working as a team? (1)  7. Can I use a map to find plotted destinations?  8. Can I solve a problem working as a team? (2)  9. Can I solve a problem working in a pair?  10. Can I solve a problem working as a team? (3) | | |
| **Minus** | **Equals** | **Plus** |