**Year Group 4**

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

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| **Objectives** | **Planning links** |
| **Cross Country** |  |
| 1. To be able to warm up appropriately for a running session. | This is the 2nd unit of this type in the KS 2 curriculum. Over 4 lessons the pupils should be able to run over a greater distance. More emphasis on trying to complete the whole track at your pace, rather than running too fast too soon.This unit could have a focus on preparation for running long distances, focusing on food, warm up, practice and strategy.O.A.A. Year 4 Unit in additional resource sectionO.A.A. TOPS CardsResidential O.A.A. trips/over night visits |
| 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 locate and answer a control point? |
| 6. Can I solve a problem working as a team? (1) |
| 7. Can I work and solve a problem as a team? (2) |
| 8. Can I solve a problem after losing one of your senses? |
| 9. Can I work and solve a problem as a team? (3) |
| 10. Can I use compass points? |

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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 locate and answer a control point?6. Can I solve a problem working as a team? (1)7. Can I work and solve a problem as a team? (2)8. Can I solve a problem after losing one of your senses?9. Can I work and solve a problem as a team? (3)10. Can I use compass points? |
| **Minus** | **Equals** | **Plus** |