

OAA and Team Building

		Year 3	Year 4
Physical	Running	Maintain a run at a comfortable pace	Maintain a run at a steady pace
Cognitive	Mapwork	Orientate a map Key map symbols	Locate points on ground from map Follow a route marked on a map
Health and Wellbeing	Fitness Character Safety Emotional well-being	Practise to improve (resilience) Work safely	Work as a team Encourage teammates
Personal	Interactions Rules Teams Personal best	Work co-operatively in small groups Follow rules	Listen to others' ideas