



Orienteering Canada Sample Lesson Plan

Program credit: Orienteering Adventure Kids, GVOC
Authors: Kate Knapp, Pia Blake, Ben Smith, & Emma Sherwood
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Session: Week 1
Athlete Age / LTAD Stage: 9-13 year olds

Date: April 4th, 5th

Target Skills

Active Start

- Develop familiarity w/ “o” maps
- Develop familiarity w/ holding maps
- Develop familiarity w/ trails/prominent features
- Learn about what we are looking for (in this instance pin flags)

Lesson Plan

Time Allocation	Description
5-8 mins	<ul style="list-style-type: none">• Registration (1 Person)
5 mins	<ul style="list-style-type: none">• Ice-breaker activity (ex. Name game)
5 mins	<ul style="list-style-type: none">• Introduce orienteering (chat)
25 mins	<ul style="list-style-type: none">• Warm-up trail run / follow the leader<ul style="list-style-type: none">○ During run introduce the Active Start Skills○ Stop – Chat – Show – Explore○ What do we see around us? (prominent features)○ Where are we?
15 mins	<ul style="list-style-type: none">• Simple “O” course in an open field (ex. Word Scramble O)
10 mins	<ul style="list-style-type: none">• Jungle Run / Terrain Run to close out (race an instructor to pick up pin flags)

OAK participants should always be collected and back in the open for pick up by parents.

Take Aways

- What worked? (Write down how long each activity took you)
- What did not work? Can it be tweaked?