



# Orienteering Canada Sample Lesson Plan

Program credit: Orienteering Adventure Kids, GVOG  
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Session: Week 2  
Athlete Age / LTAD Stage: 9-13 year olds

Date: April 11<sup>th</sup>, 12<sup>th</sup>

## Target Skills

Active Start (Review & Reinforce)

- 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)

Begin FUNdamentals

- Map symbols -> point features / linear
- What a course looks like (notation on the map start/finish/circles/etc.)

## Lesson Plan

Time Allocation	Description
3-5 mins	<ul style="list-style-type: none"><li>• Arrival activity – Names again / Get Excited Game</li></ul>
15 mins	<ul style="list-style-type: none"><li>• Warm-up trail run / follow the leader<ul style="list-style-type: none"><li>○ During run reinforce the Active Start Skills</li><li>○ Stop – Chat – Show – Explore</li><li>○ What do we see around us? (prominent features)</li></ul></li><li>• More of a terrain run holding maps (use the maps from last week)</li></ul>
20 mins	<ul style="list-style-type: none"><li>• Introduce / Go over course notation (start/finish/circles/etc.)</li><li>• Play the Map Symbol Relay Game</li></ul>
15 mins	<ul style="list-style-type: none"><li>• Short score O course that requires kids to visit at least 5 different map symbols (no repeats!)</li></ul>
10 mins	<ul style="list-style-type: none"><li>• Jungle Run / Terrain Run to close out (race an instructor to pick up pin flags)</li></ul>

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?