Session: Week 2  
Athlete Age / LTAD Stage: 9-13 year olds

Date: April 11th, 12th

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

<table>
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<th>Time Allocation</th>
<th>Description</th>
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<tr>
<td>3-5 mins</td>
<td>• Arrival activity – Names again / Get Excited Game</td>
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| 15 mins         | • Warm-up trail run / follow the leader  
|                 |   o During run reinforce the Active Start Skills  
|                 |   o Stop – Chat – Show – Explore  
|                 |   o What do we see around us? (prominent features)  
|                 | • More of a terrain run holding maps (use the maps from last week) |
| 20 mins         | • Introduce / Go over course notation (start/finish/circles/etc.)  
|                 | • Play the Map Symbol Relay Game |
| 15 mins         | • Short score O course that requires kids to visit at least 5 different map symbols (no repeats!) |
| 10 mins         | • 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?