



Orienteering Canada Sample Lesson Plan

Program credit: Orienteering Adventure Kids, GVOG
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Session: Week 3

Date: April 18th, 19th

Athlete Age / LTAD Stage: 9-13 year olds

Target Skills

Active Start (Review & Reinforce) & Continue FUNdamentals

- Introduce / review colours
- Minor route choice (obvious 'right' versus poor/silly 'wrong')
- Following linear features

Lesson Plan

Time Allocation	Description
3-5 mins	<ul style="list-style-type: none">• Arrival activity – Names again / Get Excited Game
10 mins	<ul style="list-style-type: none">• Jungle Run for warm up<ul style="list-style-type: none">○ Time the kids○ Make the course tough from a going through the woods perspective (ex. Over logs, through bush, etc)○ Use flagging tape
30 mins	<ul style="list-style-type: none">• Introduce / Go over colours• Introduce / Explain what a linear feature (point feature) is in the terrain and on the map<ul style="list-style-type: none">○ Have kids identify as many as possible in the terrain and on the map – go and visit them as a group
15 mins	<ul style="list-style-type: none">• Line "O" or Dogbones – that use linear features<ul style="list-style-type: none">▪ In Partners (first time participants may go out of sight)
5 mins	<ul style="list-style-type: none">• Race an instructor to pick up pin flags (If extra time)

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?