



Orienteering Canada Sample Lesson Plan

Program credit: Orienteering Adventure Kids, GVOG
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Shared: 2016-03-24

Session: Week 4

Date: April 25th, 26th

Athlete Age / LTAD Stage: 9-13 year olds

Target Skills

Active Start (Review & Reinforce) & Continue FUNdamentals

- Add new symbols (from the new map this week)
- Go over challenging concepts (things that have 'stumped' your group)
- Understanding about what a control circle means (ie how do you know what feature you are looking for?)
 - Emphasis looking for the feature over the control (pin flag)

Lesson Plan

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