



Orienteering Canada Sample Lesson Plan

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

Session: Week 5

Date: May 2nd, 3rd

Athlete Age / LTAD Stage: 9-13 year olds

Target Skills

Active Start (Review & Reinforce) & Continue FUNdamentals & Introduce some Learn to Train 1

- Review colours and emphasis the different shades of green
- Explain water features

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">○ Stop – Chat – Show – Explore• Reinforce Linear Features / Colours (while on run)• Transition on this run to the next activity...
10 mins	<ul style="list-style-type: none">• ‘Bushwack’ through different colours (follow the leader style)• With maps & identify colours / shades of green (what is easy to move through what is hard and challenge them to get through dark green<ul style="list-style-type: none">○ Unless it’s blackberry bushes... that would hurt
25-30 mins	<ul style="list-style-type: none">• Short O course “Pie Controls” Partner Relay – tell them you are going to be asking them to keep track of what colours they ran through<ul style="list-style-type: none">○ Have the kids draw a face on their pie plate and name it!○ Roshambo to see who goes first○ Ask kids what colours they ran through when they return from their completing their ‘slice’
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?