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

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<th>Time Allocation</th>
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<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 Stop – Chat – Show – Explore  
|                 | • Reinforce Linear Features / Colours (while on run)  
|                 | • Transition on this run to the next activity... |
| 10 mins         | • ‘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  
|                 |   o Unless it’s blackberry bushes... that would hurt |
| 25-30 mins      | • 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  
|                 |   o Have the kids draw a face on their pie plate and name it!  
|                 |   o Roshambo to see who goes first  
|                 |   o Ask kids what colours they ran through when they return from their completing their ‘slice’ |
| 5 mins          | • 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?