



Orienteering Canada Sample Lesson Plan

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

Session: Week 6

Date: May 8th, 9th

Athlete Age / LTAD Stage: 9-13 year olds

Target Skills

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

- Route Choice -> planning & looking ahead
- Use the acronym CAR (Control, Attackpoint, Route)

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○ Ask kids to take the ‘easiest’ route (that they can see in front of them) to get to a location you name ‘leapfrogging’ through the woods
5 mins	<ul style="list-style-type: none">• Introduce CAR / Explain what Routes / Route Choice is Explicitly<ul style="list-style-type: none">○ ‘decision points’
25-30 mins	<ul style="list-style-type: none">• O Course with longer legs with obvious attackpoints (controls) and with decision points (ex. Which trail L or R)<ul style="list-style-type: none">○ Shadow the runners○ Stop at each control and CAR
10 mins	<ul style="list-style-type: none">• Agility / Fun Game / Exercise
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?