Orienteering Canada Sample Lesson Plan

Program credit: Orienteering Adventure Kids, GVOC
Authors: Kate Knapp, Pia Blake, Ben Smith, & Emma Sherwood
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Session: Week 7                 Date: May 16th, 17th
Athlete Age / LTAD Stage: 9-13 year olds

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

- Reinforce from last week:
  - Route Choice -> planning & looking ahead
  - Use the acronym CAR (Control, Attackpoint, Route)
- Route Choice – identify a ‘faster’ route (better/easier/etc.)

Lesson Plan

<table>
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<th>Time Allocation</th>
<th>Description</th>
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| 10 mins         | • Warm-up trail run / follow the leader  
  o Stop – Chat – Show – Explore  
  o 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          | • Quiz – Ask the kids to teach you CAR and what’s important to know about route choice that they can remember from last week (fill in any gaps)  
  • Open Ended Question – ask kids what would make a route faster than another? |
| 25 mins         | • Partner O Course – two different pin flagged routes (1 ‘better’ & 1 ‘worse’)  
  o Mix of easier/tougher terrain  
  o Trail versus woods  
  o Longer versus shorter  
  o Etc  
  • Encourage the partners to trade maps and try the other legs. |
| 15 mins         | • Course were every leg has two options – kids come back and tell you which options they took and why |
| 5 mins          | • Race an instructor to pick up pin flags (If extra time) |
| 10 mins         | • Warm-up trail run / follow the leader  
  o Stop – Chat – Show – Explore  
  o 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 |
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?