



Orienteering Canada Sample Lesson Plan

Program credit: Orienteering Adventure Kids, GVOC
 Authors: Kate Knapp, Pia Blake, Ben Smith, & Emma Sherwood
 Shared: 2016-03-24

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

Time Allocation	Description
10 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"> • 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	<ul style="list-style-type: none"> • Partner O Course – two different pin flagged routes (1 ‘better’ & 1 ‘worse’) <ul style="list-style-type: none"> ○ Mix of easier/tougher terrain ○ Trail versus woods ○ Longer versus shorter ○ Etc • Encourage the partners to trade maps and try the other legs.
15 mins	<ul style="list-style-type: none"> • Course were every leg has two options – kids come back and tell you which options they took and why
5 mins	<ul style="list-style-type: none"> • Race an instructor to pick up pin flags (If extra time)
10 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



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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?