



Orienteering Canada Sample Lesson Plan

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

Session: Week 8

Date: May 24th, 30th

Athlete Age / LTAD Stage: 9-13 year olds

Target Skills

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

- Relocation

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 ○ Do the activity during your warm-up that your kids got the greatest kick out of or make up something new & FUN
5-8 mins	<ul style="list-style-type: none"> • Explain the steps to Relocation (make the kids repeat them back to you) <ul style="list-style-type: none"> ○ 1) STOP ○ 2) Admit you are lost ○ 3) Where were you last (that you knew your location for sure) ○ 4) Retrace Steps • Introduce idea of bailing to the start (ie where the instructors are)
25 mins	<ul style="list-style-type: none"> • Training Relocation O <ul style="list-style-type: none"> ○ Part 1) Follow the leader tracing along on the map, stop, relocate, check that everyone has relocated, repeat ○ Part 2) Follow the leader w/o looking at map (tell kids to remember what they see), stop, relocate, check that everyone has relocated, repeat
15 mins	<ul style="list-style-type: none"> • Short Point-To-Point O Course Solo • Kids will be practicing their skills in prep for the Junior Orienteering Festival and to complete their first solo course (parents may shadow) • Remind kids that they can bail to the start if they are struggling and then they can get help from their instructor.
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 ○ Do the activity during your warm-up that your kids got the greatest kick out of or make up something new & FUN



Orienteering Canada Sample Lesson Plan

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

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?