

Lesson 2 of 6

Orienteering

EQUIPMENT

classroom maps from lesson 1 » maps of the school with 20-30 marked locations » question list (see below) » bag of carrots for “treasure”

Warm It Up

ORIENTATION ROTATION

Provide each pair of students their map from the previous class and

have them both hold onto it as they stand with their map facing north. Ensure each pair has enough space to move safely around their map, standing up and sitting down. Explain that students are famous explorers who are training for their next expedition. Call out any one of the four cardinal directions; i.e., north, east, south, west, and have students move around their map to stand facing the appropriate direction. Intersperse the following commands: water - students sit facing each other, holding hands and “row” back and forth; bear - mimic climbing a tree; hide - drop to the floor in a front prone position and then pop back up; run - run on the spot; mountain - on hands and feet in push-up position, extend one leg straight back and bend the other under the chest, alternate. After 3-4 minutes of explorer training, let the class know that they are ready for their next adventure.

ABCD's of Physical Education



RELATED RESOURCES

- Teaching Orienteering, Second Edition (LRC# 395815), C. McNeill et al, 1998, www.lrc.education.gov.ab.ca



Safety First!

For safety, equipment, and supervision considerations when planning indoor physical activities, see pages 19-20 in “Safety Guidelines for Physical Activity in Alberta Schools”, Alberta Centre for Injury Control and Research (ACICR), 2008, www.acicr.ualberta.ca.



Do it Daily...For Life!

Effort	
Safety	D(4-6)-3
Goal Setting/ Personal Challenge	
Active Living in Community	

Clues that students are achieving the outcome...

Students will identify and follow rules, routines and procedures for safety in a variety of activities” *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can identify rules for completing the school quest in ways that will not disturb other students and staff
- Students can safely and respectfully orienteer around the school



Whoop It Up

SCHOOL QUEST

Be sure to take into account the abilities of all students when planning learning opportunities and incorporate variations as needed to ensure learning and success for all. Provide a school map and question sheet to each group of 2-3 students. Orient the students to the map and identify some basic features as a large group; e.g., the classroom, gym, office, library. Explain that there are 20-30 locations marked on the map that correspond with the question sheet. The answer to each question can only be found by finding the appropriate location; e.g., How many posters are on the window of the grade 5A classroom? How many window panes on the school office door? What is the healthiest option at the school store? Ask students to identify some basic rules and safety procedures they should adhere to as they search for the controls around the school; e.g., talk quietly, walk only, do not enter any classrooms, do not disturb staff. Collectively establish expectations.

Tell students they need to be back in the classroom 5-7 minutes before the end of class. Their task is to answer as many questions as possible within that time frame. Explain that they will not be able to get to all of the locations, so they must determine a strategy to answer as many questions as possible and be back in the classroom on time. Allow the students to move safely around the school to find the locations and answer the questions. Remind them to keep their maps oriented and to stay together with their group. Be sure to inform the rest of your staff about the activity beforehand!



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Wrap It Up

STRATEGY IDENTIFICATION

As the students return to class, ask each team to identify one strategy they used to be successful and one safety rule they followed. When all students have returned, ask each group to share their strategies and reward them each with a carrot (treasure from the King or Queen for successful exploration!).