

## Lesson 3 of 6

# Orienteering

### EQUIPMENT

scavenger hunt question sheet (pre-prepared) » clipboards (one per team) » pencils

## Warm It Up

### CARDINAL DIRECTION EXPLORERS

Orient students to the four cardinal directions in the school yard. Arrange students in a group where each has a partner beside them and enough room to run safely in all directions. Explain that this activity is similar to the Orientation Rotation from lesson 2, except that explorers hold hands, or link arms with their partners and run in the direction called by the leader. Intersperse the explorer activities from Orientation Rotation (refer to lesson 2), and pause to ask students to invent some new explorer actions and incorporate them into the game.



### Safety First!

For safety, equipment, and supervision considerations when planning outdoor activities see pages 23-24 in "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR), 2008, [www.acicr.ualberta.ca](http://www.acicr.ualberta.ca).

### ABCD's of Physical Education



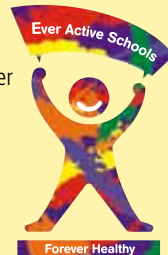
### Cooperation

Communication	
Fair Play	
Leadership	
Teamwork	C(4-6)-6

### Clues that students are achieving the outcome...

"Students will Identify and demonstrate positive behaviours that show respect for self and others" *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can encourage classmates and use respectful language to communicate their ideas
- Students can respect the environment and equipment as they complete the scavenger hunt



## Whoop It Up

### SCAVENGER HUNT

A scavenger hunt is an activity in which teams look for specific items, or perform tasks provided in a list. In this version, the goal is for students to achieve the highest score within a given time frame

by completing tasks and answering questions. Prepare a list of the questions and tasks to be completed prior to the class. Tasks should increase in difficulty in correlation to the grade level and should be linked to other curricular areas. Sample questions could include; count the number of doors on the school, how many cars are in the staff parking lot, what company manufactured the playground slide? Sample tasks could include; run to the north goal post and back, move over the playground equipment from one side to the other without touching the sand, count how many push-ups your team can do. If you choose to assign points for each task or question, consider the level of difficulty and scale accordingly. This way, teams have to make choices about which tasks or questions to complete and in what order to achieve maximum points.

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. Distribute pencils, question sheets and clipboards to each team of 2-3 students (an elastic placed on top of the page at the bottom of the clipboard will stop the sheet from blowing around). Before starting the scavenger hunt, review each task or question briefly and address any concerns or safety issues. Remind students that none of the clues are off school grounds and they do not need to enter any dangerous areas to complete the scavenger hunt. Identify the number of minutes teams have to gather as many points as possible and establish a signal; e.g., three loud whistle blows, to indicate the start and end of the scavenger hunt. Challenge students to be respectful of their classmates and the environment while completing the scavenger hunt. A variation for grade 6 could be to do a digital photo scavenger hunt.



### Safety First!

For safety, equipment, and supervision considerations when planning orienteering activities, see page 73 in “Safety Guidelines for Physical Activity in Alberta Schools” Alberta Centre for Injury Control and Research (ACICR), 2008, [www.acicr.ualberta.ca](http://www.acicr.ualberta.ca).



## Wrap It Up

### RELAXATION EXERCISE & DISCUSSION

When all explorers have returned, instruct them to lay down on the grass (or in the gym if the ground is wet). Explain that they have earned some relaxation by respecting each other and the environment! Lead students through a simple relaxation exercise; e.g., breathe deeply and smoothly and allow the whole body to totally relax and sink into the ground, and ask students to share examples of how someone else showed them or the environment respect during the scavenger hunt.