

INDOOR ORIENTEERING CIRCUIT

Name: _____

Working with a partner, your task is to complete each station within the circuit while trying to keep your heart rate within your aerobic heart rate zone (70 to 75 percent of MHR) throughout the circuit. Stations are divided into physical and orienteering tasks. At stations with a physical focus, take turns completing each task within the designated time, repeating the process as time permits. At stations that focus on orienteering skills, work together to complete each task.

At the end of the class period, do the following:

Record the number of minutes you were in your aerobic heart rate zone (zone 3).

Minutes in aerobic heart rate zone: _____

Answer the following questions using complete sentences and correct grammar.

Physical Tasks

1. What physical task did you find the least difficult to perform? Explain.
2. What physical task did you find the most difficult to perform? Explain.

Orienteering Tasks

1. What orienteering task (e.g., Map Puzzle Scramble, etc.) did you find the least challenging to solve? Explain.
2. What orienteering task (e.g., Map Puzzle Scramble, etc.) did you find the most challenging to solve? Explain.
3. What was your overall reaction to today's class experience? Explain.
4. Would you like to learn more about orienteering and participate in additional orienteering activities in class? Why or why not?