

LESSON 8: ORIENTEERING

Grade-Level Outcomes

Primary Outcomes

Lifetime activities: Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L1)

Working with others: Solves problems and thinks critically in physical activity and/or dance settings, both as an individual and in groups. (S4.H4.L1)

Embedded Outcome

Health: Analyzes the health benefits of a self-selected physical activity. (S5.H1.L1).

Lesson Objectives

The learner will:

- apply basic skills from compass lessons to complete an orienteering course.
- work with others to plan a strategy to navigate the course.

Equipment and Materials

- Map
- Compass
- Pencil

Introduction

Today, you will participate in an orienteering course. When you looked up orienteering for homework, what did you learn about this activity? Orienteering is an activity where you navigate from point to point in a sequence, usually as quickly as you can, using a map and compass. Do you know how to prove you were at each site? You'll use punch cards at each site, just like in official competitions. All right, let's get started.

Instructional Task: Orienteering Course

■ PRACTICE TASK

Students form groups of two. Provide instructions regarding the map and compass course (on the school grounds).

Groups of two leave from the starting point every 30 seconds (they write the starting time on their cards). The cards will have a list of 12 coordinates. Groups run along the given coordinate until they reach the destination (there will be a unique card punch at each destination) and punch their cards. Groups continue until they reach the 12th destination (finish line). Course takes about 30 minutes to complete depending on the how well the group members work together.

Students should engage in a discussion about how they can work together to complete the course as efficiently as possible and share their plans on an index card. Then at the end of the lesson, they summarize their experiences related to their goals.

After completing the course, groups write down their finishing times, subtract their start times to find their final times, and turn their cards in.

EMBEDDED OUTCOME: S5.H1.L1. After completing the course, ask students to identify the potential health benefits of hiking and/or orienteering.

Student Choices/Differentiation

- Students choose their partners.
- Students complete the course at their own pace.

What to Look For

- Students are working together to complete the task.
 - Students are able to navigate the course using the compass.
 - Students are moving directly from one destination to another (i.e., not having to make corrections).
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Formal and Informal Assessments

- Student cards (a clear indicator of whether or not students understand the basic concepts in the compass lessons)
- Assessment of severe conditions assignment

Closure

- What was the biggest challenge your group encountered?
- How did you overcome the challenge?
- What was one success your group had relative to communication?
- Be sure to turn in your summaries of what to do when hiking in extreme weather.

Reflection

- Were students able to complete the course correctly?
- Are students seeing how orienteering and hiking can contribute to a physically active lifestyle?

Homework

- Research the term *geocaching*, and be ready to explain it for next class.
- Continue to track physical activity outside of school.

Resources

Orienteering USA: www.us.orienteering.org