

# LESSON PLAN: **OUTDOOR ADVENTUROUS ACTIVITY:** YEAR 5: WEEK 3

**LESSON OBJECTIVE:** To learn about compass directions and orientation.

## **WARM UP (10 MINS)**

Shepherd & sheep: In pairs with a bean bag and a hoop. One is the shepherd and the other person is the sheep. The pupils should place the bean bag 6 meters away from the hoop. The sheep puts on a blind fold and the shepherd must direct them to pick up the bean bag and place it into the hula hoop. The shepherd must not touch the sheep to guide them.

## **MAIN LESSON (20 MINS)**

Turning Directions: Get all pupils to stand in front of a cone or spot facing the teacher at the end of the hall. Teacher to explain  $\frac{1}{4}$ ,  $\frac{1}{2}$ ,  $\frac{3}{4}$  and whole turns. Call these out to allow students to practise the directions. Play 'Simon says' and try to catch pupils out, 10 star jumps if they get it wrong.

**DEVELOP:** Compass directions: Teacher is to explain about North, South, East and West and let pairs move around the hall from cone to cone. When they get to a new cone they have to set the compass so the arrow points to north. When they have done this, they need to tell their partner to head in a direction (North, South, East or West) to another cone. They then check they go in the correct direction. Try to introduce NE, SE, SW & NW. If you don't have compasses you can place N, S, E & W signs up on the walls.

## **GAME/COMPETITION (15 MINS)**

Compass Points test: Get pupils to write down numbers 1-10, the teacher asks the following questions and the pupils to write the answer:

1. You are facing North. You make a half turn clockwise. (South)
2. You are facing South and you make a quarter turn clockwise. (West)
3. You are facing East and you make a quarter turn anti-clockwise. (North)
4. You are facing West and you make a quarter turn clockwise. (North)
5. You are facing North West and you make a half turn clockwise. (South East)
6. You are facing South East and you make a quarter turn anti-clockwise. (North East)
7. You are facing South west and you make a full turn clockwise. (South West)
8. You are facing North East and you make a quarter turn anti-clockwise. (North West)
9. You are facing North East and you make a quarter turn clockwise. (South East)
10. You are facing South and you make a three quarter turn anti clockwise. (West)

## **EQUIPMENT**

- Compasses
- Blindfolds
- Hoops
- Bean bags
- Cones / floor spots

## **KEYWORDS**

- Compass directions
- Quarter turn
- Half turn
- Whole turn

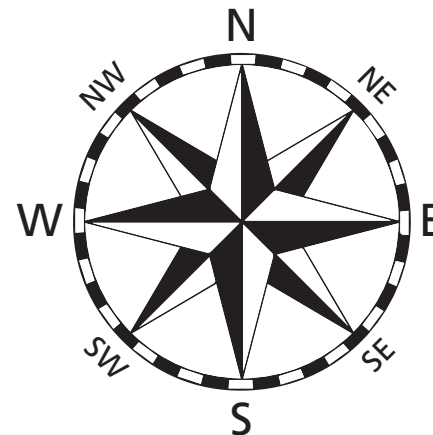
## **DIFFERENTIATION**

### **LESS ABLE**

- Allow students to have a picture of a compass.
- Put compass directions on the walls.

### **MORE ABLE**

- Pupils can plot a route for someone else to follow.
- Allow them to teach a lower ability student.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental skills and movement	7	Performs their compass skills to a high ability.
	6	Performs their compass skills with a certain degree of control.
	5	Performs their compass skills, but to a low ability.
Tactics, rules and teamwork	7	Works in a team and have a clear understanding of the rules and tactics to be successful.
	6	Demonstrates an understanding of simple tactics that can be used to lead their partner around the area.
	5	Starts to lead or work together to achieve the task.
Show and link	7	Links various movements and tactics to complete the task effectively.
	6	Shows and links two different techniques to be successful.
	5	Shows how to perform a simple action to help the group.
Describe ways to improve	7	Is able to describe their strengths and weaknesses and suggest ways they can improve.
	6	Is able to describe their strengths and weaknesses.
	5	Is able to compare their performance to others.
Fitness and health	7	Shows a solid understanding of why physical activity has health benefits.
	6	Has some knowledge of why physical activity has health benefits.
	5	Has little knowledge of why physical activity has health benefits.