

# LESSON PLAN: **OUTDOOR ADVENTUROUS ACTIVITY:** YEAR 5: WEEK 4

**LESSON OBJECTIVE:** To develop team and compass work through designing pathways on an orienteering map.

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

In pairs, one pupil has to tell the other what directions to run in, they then have to follow them to check they are moving in the correct direction. The teacher is to tell the pupils where North, East, South and West are before they start.

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

Allow students 5 minutes to recap directions on a compass. Allow them to travel around to different objects laid out on the floor.

**Develop:** Play treasure or exercise. Place a piece of paper face down by each object (bench, chair, mat or cone in the hall). On each piece of paper there should be a picture of either an exercise (15 star jumps, 20 tuck jumps, 20 seconds planking, 15 sit ups for example), or treasure (golden coins, silver plate, diamond necklace). In pairs one uses the compass and directs their partner only using compass directions to the objects. If there is an exercise under it they have to do it, if its treasure the person directing has to do 15 star jumps. They are not allowed to revisit any areas again.

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

Complete the challenge: Place 10 cones around a hall. In pairs, pupils have to draw a bird's eye view of this. They then have 5 minutes to plan a route using the 8 compass directions which goes to 5 of the 10 cones. They can start on any cone, but they have to mark this with a triangle on the map. Now get them to swap maps and directions and see if another pair can follow their directions and visit the same 5 cones.

## **EQUIPMENT**

- Compasses
- Cones / objects
- Treasure & forfeit cards
- Pen & paper

## **KEYWORDS**

- Compass directions
- Birds eye view
- Setting the map

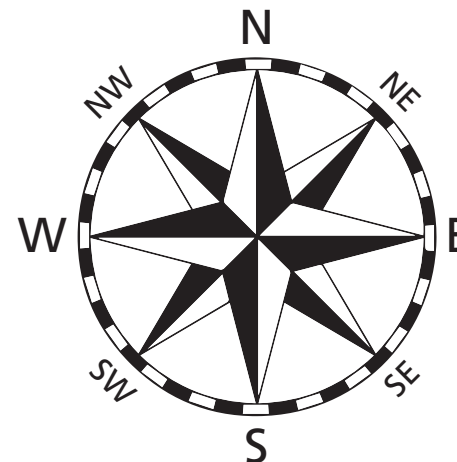
## **DIFFERENTIATION**

### **LESS ABLE**

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

### **MORE ABLE**

- They can work on their own.
- Allow them to coach a lower ability student.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental skills and movement	7	Performs their movement skills to a high ability.
	6	Performs their movement skills with a certain degree of control.
	5	Performs their movement skills, but to a low ability.
Tactics, rules and teamwork	7	Works in a team or demonstrates fantastic leadership skills. Has a clear understanding of the rules and tactics to be successful.
	6	Demonstrates an understanding of simple tactics that can be used to lead the team around the obstacle course.
	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.