

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

LESSON OBJECTIVE: To understand map orientation and route planning.

WARM UP (10 MINS)

In a large area place circles of same coloured cones in the 8 directions of a compass. Ensure the circles are big enough to fit the whole class in. Make sure the North circle is in the North direction according to a compass. Get all pupils to stand in the centre and call out the different directions, they then run to the correct circle as fast as they can. 10 Star jumps for the slowest.

MAIN LESSON (20 MINS)

Find the treasure: In pairs they select 5 random objects and write them down on a piece of paper. They then get another piece of paper and draw a bird's eye view of the area they are working in e.g. hall or playground. Now get them to place the 5 objects randomly around the area. They then have to write down on this piece of paper the start point and the directions to find the 5 objects. They then give their map to another pair who has to follow the directions and pick up the objects they come across. E.g. Start in the SE corner of the hall and travel north 10 steps and pick up an item.....Once completed, pupils are to check that they collected the correct objects from the original pair.

Develop: Don't use compasses for this but highlight to the students where North is so they get their bearings. Also, talk to them about pacing, e.g. how many steps or meters are there between objects.

GAME/COMPETITION (15 MINS)

Find the treasure: Allow them to do the above, but see who can complete it the quickest.

EQUIPMENT

- Papers & pens
- Random objects
- Cones
- Compasses

KEYWORDS

- Compass directions
- Pacing

DIFFERENTIATION

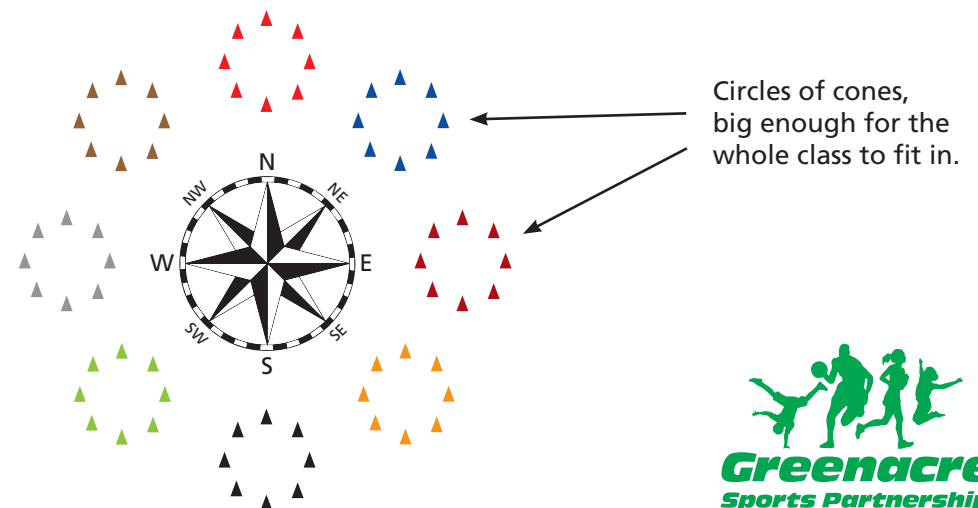
LESS ABLE

- Use fewer objects.
- Display compass directions.

MORE ABLE

- Use a compass.

- Use more objects.
- Use a blindfold on one of the pupils whilst their partner leads them around the course.



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 compass directions to complete the five control points.
	6	Shows and links how to direct themselves and their partner around using the compass directions.
	5	Shows how to place a control point on a birds eye view map.
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.