

# LESSON PLAN: **OUTDOOR ADVENTUROUS ACTIVITY:** YEAR 6: WEEK 5

**LESSON OBJECTIVE:** To design an orienteering route and develop map reading skills.

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

Make a Compass: Each small group has 8 cones, 1 compass and 1 spot. Place the spot down and one foot from each person has to touch it. One leader who has the compass tells a team member to go out 5 meters and place a cone down. The aim is to resemble compass directions. Repeat with all the members and cones so the final result is 8 cones placed out on the floor around the centre spot in the 8 different compass directions.

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

Map designing: Using the best map from the last lesson, of the school grounds, pupils are to place 5 pieces of treasure around the school and mark them 1, 2, 3, 4 & 5 on the map. Now they swap their map with another pair and they have to go off to try and find the treasure.

**Develop:** Blindfold one of the pupils. Allow pupils to correct the map to make it more accurate. Make the groups larger to encourage team work. Give them a time limit to place or collect the treasure.

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

Find the code (orienteering race): Teacher is to place 10 large cards with numbers on them around the school grounds. Pupils have to run out and find these cards, once found they put an X on their map and write the number from that card down. Once they have all 10 cards they have to add all the numbers up. Teacher is to check their final number/code and that the X's are in the correct position on the map.

## **EQUIPMENT**

- Cones
- 10 cards
- Spots
- Compass
- A3 paper

## **KEYWORDS**

- Orienteering
- Map symbols
- Teamwork

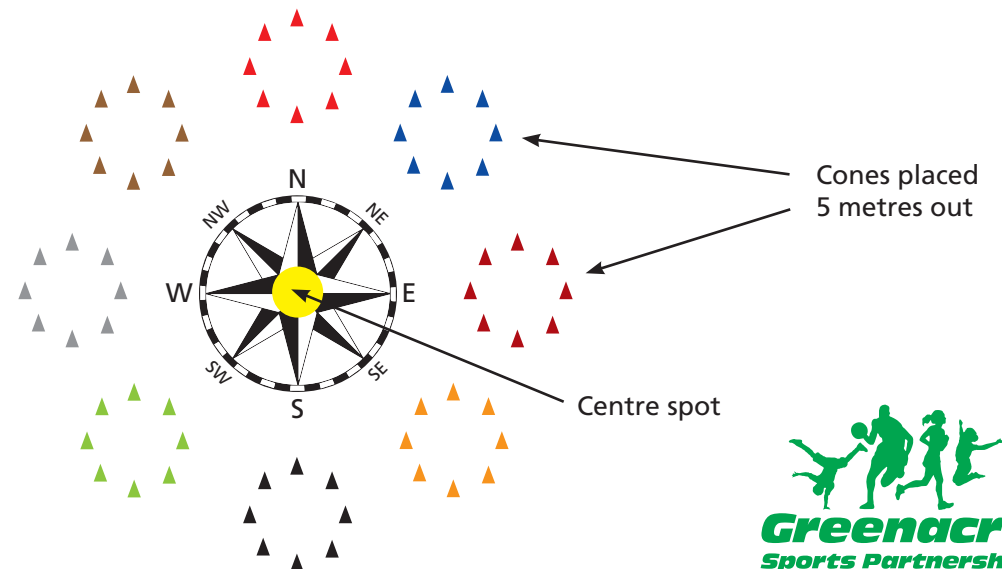
## **DIFFERENTIATION**

### **LESS ABLE**

- Pair pupil with high ability student.

### **MORE ABLE**

- Add more treasure points.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental skills and movement	8	Performs map reading skills to a high ability finding all the control points.
	7	Shows a good understanding of how to use a map.
	6	Finds some of the control points on a map.
Tactics, rules and teamwork	8	Demonstrates good leadership and tactics when using maps.
	7	Demonstrates an understanding of simple tactics to use when orienteering.
	6	Starts to work together to understand the map.
Show and link	8	Links communication and tactics to complete the task.
	7	Shows and links how to use the compass and map.
	6	Shows how to locate themselves on a map.
Describe ways to improve	8	Is able to describe their strengths and weaknesses and suggest ways they can improve.
	7	Is able to describe their strengths and weaknesses.
	6	Is able to compare their performance to others.
Fitness and health	8	Shows a solid understanding of why physical activity has health benefits.
	7	Has some knowledge of why physical activity has health benefits.
	6	Has little knowledge of why physical activity has health benefits.