

# LESSON PLAN 2



## LESSON OBJECTIVES

- Navigation Skills: Understanding maps and directions (N, E, S, W)
- Outdoor Environment: Ensure participants know their way home when exploring outdoors

## FUNDAMENTAL MOVEMENT SKILLS EXPLORED

- Galloping, skipping, hopping, jumping, balancing

## EQUIPMENT NEEDED

- 2 Agility ladders (or jump ropes/painters tape to mark lines), 8 hula-hoops, 15 beanbags or tennis balls, Google map, controls, 1 compass

TIME ALLOCATION	DESCRIPTION
5 mins	Welcome participants
5 mins	Warm up - There & Back Again
30 - 45 mins	Choose 2 or 3 stations, depending on time and the ages of the participants <ul style="list-style-type: none"><li>• Station 1: Float the Pond</li><li>• Station 2: Agility &amp; Strength</li><li>• Station 3: Navigation</li></ul>
5 mins	Cooldown & Discussion



## Welcome Participants

To follow up on the learning from last session, ask if participants are able to picture and determine which way their home faces. Which way are we facing now?

## Warm Up Activity

### There & Back Again

**Purpose:** This activity is designed to make participants aware of their surroundings and how to return to home base.

**Equipment Needed:** None

- Meet in the center of the activity space. With your participants, choose 4 landmarks, one in each of the cardinal directions (i.e., Tree = North, Bench = South, Pathway = East, etc.).
- Call out one of the directions and have the participants move to the chosen landmark and back.
- Call out the next direction.
- Play it with names that correspond to the four directions! For example, call out Norbert, Emily, Willy, Samantha, etc. Or try animal names: Narwhal, Eagle, Sloth, Wallaby, etc.
- Change the speed at which you call out directions for added challenge!
- Explore different ways of moving to and from each landmark. Locomotion ideas: galloping, skipping, hopping, jumping, bear walk, crab walk, shuffle. Get creative!

## Station Introduction

### What are controls?

Controls are the checkpoints marked on a map with a red circle. They are the points participants need to find. Typically a control would be marked with a flag or a scarf and participants could have a way of showing they've found the control with a stamp, hole punch, or sticker.

### How do you make sure you know your way home?

It's important when you're exploring outdoors to pay attention to land features and man-made features that stand out from the environment. These features help you remember how to get back where you started from.

If you are starting to lose your way, try backtracking where you came from. Identify landmarks along the way that will help you return to your starting point.



## Station #1:

### Float the Pond

**Purpose:** Practice moving quickly and efficiently across a playing area.

**Equipment Needed:** (Optional) 2 objects (lily pads) per person to stand on, i.e., polypots, hula hoops, or gather leaves if they have already fallen.

- Have all the participants line up at one end of the designated play area.
- In the first round, get participants to try to get across the space as quickly as they can.
- Return to the starting point and try again! Ask participants how they can get across faster? How do you change your movement to go faster? Try walking, running, leaping, jumping, etc.

**Option with equipment:** Give each participant “lily pads”. The goal of this game is to get to the other side of the “pond” without falling in the water.

To do this, participants must always be standing on their lily pads. They will need to stand on one foot while they reach down and move the other lily pad ahead. Then, they can step on that lily pad and continue this pattern to the other end.

If they “fall in the pond”, they must do 5 jumping jacks to “swim” back up to the lily pads before they continue.

Note: the smaller the lily pads, the harder it will be!

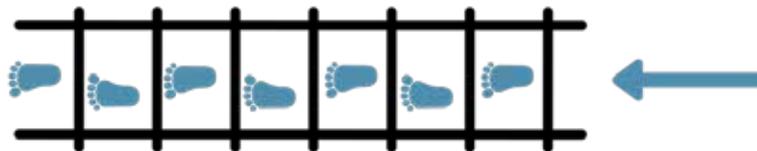
## Station #2: Agility & Core Strength

### Agility Station

**Purpose:** Practice moving quickly to get ready to find controls around the playing area.

**Equipment Needed:** Agility ladders (or use jump ropes set out in ladder format or painters tape or lines on the ground). Try to have one ladder per 6 participants to reduce waiting times!

- Ask participants which direction the ladder is set up in.
- Move through the ladder or lines, moving from one end to the other.
- Demonstrate each of the following movement patterns and let participants try several times:
  - Move through, placing one foot in each square.
  - Move through, placing two feet in each square.
  - Jump, two feet to two feet!
  - Hop, one foot to the same foot!
  - Switch feet and hop on the other foot.
  - Try changing directions, moving forwards, sideways or backwards.
  - Get creative! Encourage participants to find their own ways of moving through.



## Core Strength

**Purpose:** A strong core helps us in almost everything that we do! The purpose of this activity is to review the cardinal directions while strengthening our core.

- Try a series of core strengthening poses (front plank, crab pose, downward dog, table top, or all fours).
- Call out the four cardinal directions one at a time.
- Participants will keep their feet where they are, and move their arms/hands in the direction that is being called.
- Progression: Participants move their entire body, while staying in the core strengthening pose.
- Encourage participants to change their pose.

## Station #3:

### Star-Orienteering

**Purpose:** Participants will practice navigating on their own to the controls and returning back to the start after each one.

**Equipment Needed:** One compass, Google map printout with controls marked, controls with stamp or control punch.

- Review the directions on a map - “Never Eat Soggy Waffles”.
- Align the map with to the North by looking at the compass. After identifying North, find a big feature which will always be North in the activity space (a hill, large tree, fence, main road, etc.).
- Teach participants to point the North arrow on the map to the North feature every time when looking at the map.
- Participants will find each control one by one, returning to the start after each one.
- Use punch cards or stamps at each control on the back of the map. Participants need to punch in or stamp to show they have been at that station.
- Partner up participants before sending them out. Make sure to mention safety measures:
  - Never leave your partner behind.
  - Come back to the starting point if you can't find the controls.
  - Send teams out to different controls to start. They can pick which control to go to next after returning from the first control.
  - Suggestion: Number the controls. When you print out maps, you can add punch/stamp space at the bottom of the sheet. Mix the order so participants have to find the controls in different orders so that participants don't follow each other.

Example Map:

Triangle = Start

Circle = Controls



1.	2.	3.	4.	5.



## Cooldown & Follow Up Discussion

- Form a circle and start a stretching chain.
- Go around the circle, giving each participant the opportunity to choose a stretch, while the remainder of the group performs and holds the stretch for 15-20 seconds.

## Discussion & Application Questions

- How did you make sure you knew your way back? What were some of the landmarks you found useful?
- What are some landmarks in your community, nearby your home, that you use to help you find your way?

## Take Away

What worked?

What did not work? Can it be tweaked?