

LESSON PLAN 3



LESSON OBJECTIVES

- Navigation Skills: Navigating a course, re-aligning the map after each control
- Outdoor Environment: What do you do if you can't find your next control?

FUNDAMENTAL MOVEMENT SKILLS EXPLORED

- Running, skipping, galloping, rolling, agility, hopping, jumping

EQUIPMENT NEEDED

- 3-4 hand-sized objects per participant (bean bags, pine cones, small rocks, etc.), 2 sticks per 3-4 participants, agility ladders, other obstacles (optional), 1 map and 1 compass per 2 participants, controls

TIME ALLOCATION	DESCRIPTION
5 mins	Welcome participants
5 mins	Warm up: Opposites
30 - 45 mins	Choose 2 or 3 stations, depending on time and the ages of the participants <ul style="list-style-type: none">• Station 1: Quadrant Game• Station 2: Agility & Strength - Agility Ladder Relay• Station 3: Navigation Outdoors
5 mins	Cooldown & Discussion



Welcome Participants

To follow up on learning from Lesson Plan 2, ask “What is one landmark you saw on your way to this session?”

Warm Up Activity

Opposites

(Adapted from Ever Active Schools: DPA Greatest Hits)

Purpose: Warm up the major muscle groups in preparation for activity while practicing different movement skills.

Equipment Needed: None

- Have participants spread out in an open space but make sure they can still see and hear the leader.
- Explain that we need to be alert, mentally and physically, when adventuring outdoors and that this game will get both your body and mind ready for the day!
- Work with the participants to create opposites. For example, when you point left, they must run right and when you point up they must go into a plank position.
- Start with approximately four commands and add or subtract commands to increase or decrease the difficulty.
- Once everyone is comfortable with the different movements, play it at a faster pace as an added challenge!

Station Introduction

What do you do if you can't find the next control?

Relocation: In case you don't find the control you're looking for, return to the last control you were at. Once there, orient the map with the cardinal directions and find yourself on the map. Re-locate the next feature and try again!

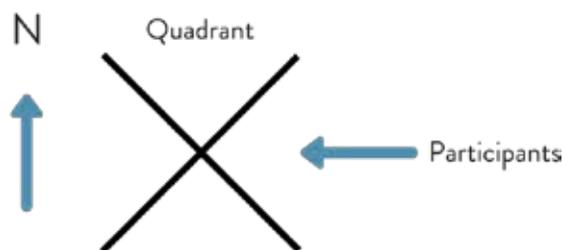
Station #1:

Quadrant Game

Purpose: This game is designed to get the participants moving and applying their knowledge of the cardinal directions.

Equipment Needed: 3-4 objects per participant (i.e. rocks, pine cones, bean bags, etc.), two sticks per 3-4 participants

- Divide the participants into groups of 3-4.
- For each group, mark a small area into four quadrants that correspond to the cardinal directions. You can use anything to mark this such as sticks, rocks, marks in the earth, etc.
- Have participants line up approximately 3 meters away from the quadrants. Give each participant a few rocks, pine cones, or other objects to use in this game.
- Call out a cardinal direction and have the participants move to and try to drop one of their objects into the correct quadrant as quickly as they can before returning to the line.
- Repeat until all the objects have been dropped into the quadrants. At this point, get the participants to grab all of their objects again or continue with the game, but have participants pick up an object from the correct quadrant instead of dropping one.
- Practice moving in different ways to and from the quadrants. Try running, galloping, bear walking, sidestepping, moving backwards, jumping, or hopping.



Station #2: Agility & Strength

Relay With Agility Ladders

Purpose: Practice moving quickly to get ready to find controls around the playing area, progressing movements from lesson 2!

Equipment Needed: Agility ladders (alternatively, use jump ropes set out in ladder format, 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 towards (N, S, E, W).
- Review the movement patterns learned in the last lesson and allow participants to perform each:
 - 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.
- Demonstrate the following new movement patterns:
 - High knees, with one foot in each square.
 - Heel kicks, with two feet in each square.
 - Backwards, one foot or two feet in each square.
 - Side shuffle, two feet in each square.
 - In, In, Out, Out. (Step forward into first square with left foot, then with right foot. Step left foot outside to the left of the second square, then step right foot outside to the right. Step left foot into the third square, then step right foot. Repeat for the length of the ladder. Encourage participants to repeat “In, In, Out, Out” in their head to guide their steps.)
- Get creative! Encourage participants to find their own ways of moving through. Try relay races with different movements.

Station #2 (continued)

Strength

A strength station can be added by having participants waiting for their turn in a strengthening position such as a plank, side plank, squat, airplane balance, etc.

Variation:

- Add other obstacles beyond the agility ladder for participants to navigate through or around. This may include cones for participants to weave around or objects for them to jump over.
- For more ideas on how to use the ladders, visit Sport for Life's website for video demonstrations and a downloadable Movement Preparation Guide: <http://physicalliteracy.ca/access-the-resources/>



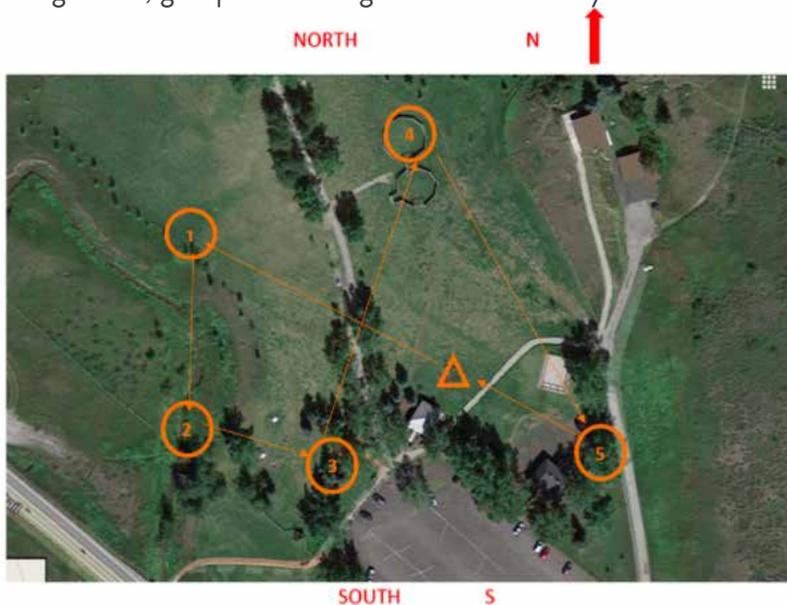
Station #3:

Outdoor Orienteering on a Course

Purpose: Participants will practice navigating on their own to each of the controls in numerical order.

Equipment Needed: One compass (or compasses for each group if available), Google map printout with controls marked, controls with stamp or control punch.

- Go over the cardinal directions with participants on a map.
- Align the North arrow on the map to North on the compass. Identify a big feature (building, hill, fence etc.) which will always be North. Instruct participants to always point the map N in that direction.
- Explain to participants that they are going to start at the triangle, and must visit the controls in order. Once the participants have gone to the control and have “punched in” (with a stamp or sticker) they can then go to the next control.
- Find each control in order as numbered. Split into partners. If possible, create two or more different number courses so participants don’t follow each other.
- Before sending participants out, remind them about the importance of safety. Never leave your partner behind and come back to the start if they can’t find the controls.
- If there is enough time, groups can change the order and try it in the other direction.



Example map

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

- What did you do if you couldn't find the next control?
- Did being familiar with the area help you to find the controls in order? What do you think would happen if we were in a brand new space that you haven't been to before?

Take Away

What worked?

What did not work? Can it be tweaked?

