

LESSON PLAN 6



LESSON OBJECTIVES

- To apply all of the navigation and outdoor exploration skills learned over the last 5 lessons in an exciting and fun last lesson!

FUNDAMENTAL MOVEMENT SKILLS EXPLORED

- Running, agility, and applying all skills learned in an open game.

EQUIPMENT NEEDED

- A piece of cloth or a branch for a tail, 1 blindfold, controls, printed map of the area, treasure

TIME ALLOCATION	DESCRIPTION
5 mins	Welcome participants
5 mins	Warm up: Deer Ears
30 - 45 mins	Culminating Activity: <ul style="list-style-type: none">• Find the Treasure!
5 mins	Cooldown & Discussion



Welcome Participants

To review previous sessions, ask participants, “Have you had fun trying orienteering? What was your favorite activity that we completed? What would you tell people about orienteering if they had not tried it before?”

Warm Up Activity

Deer Ears

Purpose: Focus on listening and being aware of your surroundings. This activity is a great starting point to emphasize the importance of organisms blending in with their surroundings.

Equipment Needed: A piece of cloth or a branch for a tail, 1 blindfold

- One participant is chosen to be the deer.
- Attach the piece of cloth or branch as a tail on the deer.
- Blindfold the deer. Encourage the deer to listen very carefully, using their hands as “deer ears” if needed.
- The other participants (predators) creep up to the deer, one step at a time. If the deer heard a sound, they point in that direction and shout “I hear you!”
- The person who is pointed at takes 10 steps backwards.
- The participant who is able to creep up and pull the tail is the winner!



Culminating Activity:

Treasure Hunt!

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

Equipment Needed: Controls, Cues for treasure map, Treasure

This final game takes a little bit of preparation. The leader will need to set up 9 controls in the area, with hints leading to a treasure map. Two treasure pots with treasures will also need to be hidden! More treasure pots may be needed if the group is larger. Treasure ideas may be natural objects (flowers, acorns, small rocks), a healthy snack (fruit, granola bars, etc), a short message of encouragement, or a small toy.

- Set up 9 control points on a map of the area.
- Place 9 separate cue cards or pieces of paper at the 9 controls. The 9 cues will hint at where the Treasure map is hidden. (See the example cue card to get an idea of the).
- Split the group into two (or more depending on the size of your group)
- Both groups will head out on a hunt to find the treasure!



Example control map



Example treasure map

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Sample hints to find the treasure map. Cut paper to place at the 9 controls.

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 had you learned over the last 5 lessons that you applied in today's game?
- What will you continue to apply that you learned in these lessons?

Take Away

What worked?

What did not work? Can it be tweaked?

