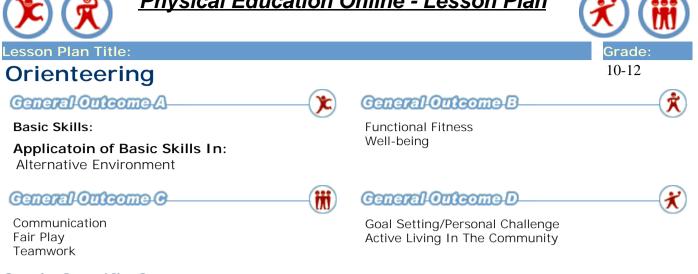
# **Physical Education Online - Lesson Plan**



## Grade Specific Outcomes

### Activities Teaching Strategies:

Introductory Activity - Talk to students about the sport of orienteering (running a course using a map). Introduce the compass. Use the overhead and go over basic parts and how to orient compass. Allow time to try various degrees and directions.

Body - For today, students will go through a simple course following a map but not a compass. Must find 18 controls. Work in pairs. Leave at 2 minute intervals. Hand out school grounds map. Each control will have a letter on it. Students must record letter and after finding all 18 they will reveal a message. Each group will be timed. Come back to instructor with completed message. Play fair.

Culminating Activity – Students just completed an example of message orienteering. Next day, do more compass work and introduce topographical maps.

#### Assessment Strategies:

The completed message sheet with the two students names on it can be used for assessment purposes.

# Equipment:

compasses controls set up maps of school ground with controls

### Resources:

**Teaching Orienteering** LRC# 395815

#### Adaptations: