



# Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

## Orienteering

10-12

### General Outcome A



**Basic Skills:**

**Application of Basic Skills In:**  
Alternative Environment

### General Outcome B



Functional Fitness  
Well-being

### General Outcome C



Communication  
Fair Play  
Teamwork

### General Outcome D



Goal Setting/Personal Challenge  
Active Living In The Community

## 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: