

# LESSON PLAN 5



## LESSON OBJECTIVES

- Navigation Skills: Practicing placing and finding controls on a course
- Outdoor Environment: Applying skills learned in previous lessons to safely navigate home

## FUNDAMENTAL MOVEMENT SKILLS EXPLORED

- Running, agility, galloping, skipping, side shuffling, moving backwards, hopping, jumping

## EQUIPMENT NEEDED

- Let's Warm Up Poster, Music (optional), printed Google maps of the area, masking tape, pens or markers, 6 flags, scarves or pieces of tape.

TIME ALLOCATION	DESCRIPTION
5 mins	Welcome participants
5 mins	Warm up: Let's Warm Up Poster
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: Mirror-Mirror Agility</li><li>• Station 2: Placing your Flag Partner Game</li><li>• Station 3: Capture the Flag</li></ul>
5 mins	Cooldown & Discussion



## Welcome Participants

To review previous sessions, ask participants, “Do you think the strength and agility that we have been working on will help you when completing an orienteering course? How?”

## Warm Up Activity

### Let's Warm Up! Poster

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

**Equipment Needed:** Let's Warm Up! Poster

- Download the free Let's Warm Up poster from [www.befitforlife.ca/resources/lets-warm-up](http://www.befitforlife.ca/resources/lets-warm-up)
- Pick 2 activities from each column and get moving!



## Station Introduction

Quickly review the map and playing area with participants. Make sure everyone knows the boundaries and can identify the big landmarks not to venture beyond. Remind participants to always orient the map to the North. Remind them to stay within the mapped area.

When placing controls, the key is to move slow (slower than your regular running speed!) and follow your path on the map. Once you decide to place your control, look for at least two features that confirm your position, then mark the flag position on the map. For example, I am at the North end of the fence by a big tree which is marked on my map.

## Station #1:

### Mirror-Mirror Agility

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

**Equipment Needed:** Music for cueing starting and stopping (optional)

- Place participants in partners.
- One partner will start as the mirror master and lead the other partner. They can either do this by demonstrating the movement or by calling it out.
- Switch mirror masters and invite the second partner to lead.
- This activity could be led by an instructor calling out agility challenges to see how quickly you can make your partner move! Or how accurately, quietly, up hill, downhill, or to show off your dance moves. Get creative!

## Station #2:

### Placing Your Flag - Partner Game

**Purpose:** Practice accurately placing and finding controls using a map.

**Equipment Needed:** Printed blank Google maps, masking tape for controls and markers or pens

- Place participants in partners. Each team of two will need a team name.
- Give both participants masking tape and a printed out map of the area.
- Participants write their team name on the tape, which will serve as flags. They will then go tie their tape somewhere in the area. The flag should be visible.
- Each partner will mark on their map where they put their flag. Encourage them to identify the exact location by looking at the main features around them.
- Partners will exchange maps.
- Now participants find the other person's tape and bring it back.
- Once the flag is found, use the same piece of tape and start again.



Example map



## Station #3:

### Capture the Flag

**Purpose:** Move quickly and in different ways to find the other team's flag.

**Equipment Needed:** 6 flags, scarves or pieces of tape.

- Split the group into two. Divide your space into two equal spaces.
- Each group will need 3 flags.
- Teams will hide their flags on their side.
- The goal of the game is to grab the other team's hidden flag and bring it back to your side. If a participant get tagged on the opposing team's side, participants go back to their side to restart. If a participant gets tagged while carrying a flag, they drop it right where they were tagged and return to their side to reset. The first team to steal the other's flag wins. No one can guard a flag closer than 5 m.

Variations:

- Give each team a map to mark where they've placed their flags. Teams will exchange maps and use them to find each other's flags.
- Call out different ways of moving during the game. Participants must all move in that way until the next one is called. For example, galloping, skipping, side shuffling, moving backwards, hopping, jumping, etc!

## 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

- Do you think the other team accurately placed their flag on a map?
- How did you make sure that you knew where you put your flag?
- Which movement skills were difficult to apply under pressure in Capture the Flag?

## Take Away

What worked?

What did not work? Can it be tweaked?

