

Orienteering Block Plan

<p>Day 1</p>	<p>Introduce the sport.</p> <p>Show orienteering video- Part 1: First Steps. Content of the video includes a short course, introduces maps and they relate to the ground. Legends and symbols are discussed.</p>
<p>2-4</p>	<p>How to Use a Compass</p> <p>Indoor Concepts</p> <p>How to hold the instrument</p> <p>Identification of the components of a compass</p> <p>Functions of a compass</p> <p>Finding "North"</p> <p>Identification of a bearing</p> <p>How to follow a bearing</p> <p>Pacing</p> <p>Outdoor Concepts</p> <p>Pacing</p> <p>Lay out a short course in parking lot or field</p> <p>Assign students specific locations in the lot or field</p> <p>Give student cards that have bearing/distances on them</p> <p>Students should follow three bearings</p> <p>If following correctly, student will return to original location</p>
<p>5-7</p>	<p>How to Read a Map</p> <p>Indoor Exercises</p> <p>Legend</p> <p>Scale</p> <p>Contour Interval</p> <p>Typical Map Symbols</p> <p>Magnetic North</p> <p>Reading Contour Lines</p> <p>Orienting the map using terrain</p> <p>Orienting the map using the compass</p> <p>Taking a bearing from the map</p> <p>Outside Exercises</p> <p>Use a school map</p> <p>Locate various locations using the map</p>

8-9	Putting the Map and Compass Together Show Orienteering video- Part 2 Control Marker Control Punch Control Card Route Choice- The essence of the sport Distance—The importance of pacing Aiming Off Attack Points Handrails Safety Bearings What to do when lost Show video Parts 3 & 4
10	Orienteering Event Using whatever map is available, set up a course with two different skill/course levels
Note:	Include physical fitness during this unit. Target heart rate, flexibility, strength and aerobic conditioning would be appropriate content areas.
Resources	http://www.us.orienteering.org/ http://www.learn-orienteering.org/old/ http://www.us.orienteering.org/OYoung/ http://www.4orienteering.com/ http://www.williams.edu/Biology/Faculty_Staff/hwilliams/Orienteering/o~index http://www.youtube.com/watch?v=OZOI9kKuA4I http://www.orienteeringunlimited.com/aboutorienteering.htm http://www.humankinetics.com/products/showproduct.cfm?isbn=0880118040