

Grade 11

Lesson 5

Lesson plan

Lesson theme	Participate in route orienteering	Grade	11
Duration	45 to 50 minutes	Date/week	
Context			
<ul style="list-style-type: none">• Recreation and physical wellbeing• Movement focus: Recreation.			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none">• Learners develop sports skills and improve their fitness levels.		N/a.	
Core knowledge			
<ul style="list-style-type: none">• Orienteering.			
Learning activities and assessment			
<ul style="list-style-type: none">• Warm-up• In groups, learners use a map to locate markers in an area and then discuss their orienteering experience.			
Forms of assessment		Resources	
<ul style="list-style-type: none">• Peer assessment of the tasks• Checklist.		<ul style="list-style-type: none">• Special-purpose maps (eg classroom map, fire escape plan, campus map etc)• Control cards• Markers to indicate chosen features.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">• Encourage learners to find out more about the South African Orienteering Federation and to participate in orienteering meetings and competitions.		<ul style="list-style-type: none">• The activities show learners other fun ways to get active outdoors and teach them important skills for orienteering.	

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Lesson 5: Participate in route orienteering (50 minutes)

1 Outcomes

By the end of the lesson learners should be able to:

- Accurately navigate a school-based orienteering course.

2 Teacher's corner

Setting up

- In advance, use a map of the school to plan a string orienteering course for the school grounds
- On the map, mark the 18 locations which you want the learners to find
- Make enough copies of the map so that each group of learners has their own
- In advance, place a marker at each location using the number from the map and the appropriate letter from the phrase for the control card (you will need to think of an appropriate phrase for the learners to figure out when they have located all the markers). Never completely hide a marker – this activity is about accurate map reading, not archaeological or forensic skills.

For lesson 5 you'll need the following equipment:

- A special purpose map (such as a classroom map, fire escape plan, campus map or orienteering map) with the chosen course indicated (1 for each group of learners)
- Control card for each group of learners (see page 63)
- Markers to indicate the chosen features.

3 Activities

Activity 1: Orienteering your school (40 minutes, including instruction)

1. Divide the class into groups.
2. Hand out the maps and control cards to learners and ask them to turn the maps until they line up with where they are standing in the learning area. Make sure everyone knows where they are and then explain that they should turn their bodies when they travel rather than the map.
3. Show learners a sample of the markers used.
4. Have the learners travel the course in the direction indicated on the map and locate the 18 stations.
5. Tell learners to quickly copy the letter from the marker and keep moving.
6. Tell learners they need to return to the learning area after 25 minutes even if they have not managed to locate all 18 stations.
7. Once they have completed the course and returned to the learning area, tell the learners that the letters they have copied onto their control sheet spell a word. They need to unscramble the letters to find the word.



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4 Wrap-up (10 minutes)

- Once all the learners have returned, hold a discussion about their experiences. Ask them what they found easy, what they found challenging, how they found working as a team etc
- Ask them to rate each person in the group's performance by filling in the learners' names in their group and circling the relevant descriptor on the control card for each learner.

5 Assessment

- Peer assessment: the team rates the learner's level of performance using the criteria on the control card underneath.

Control card

Instructions: Travel around the course marked on the map. When you locate each numbered marker, place the letter you find there on the corresponding place below the number.

1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18
Learner's name:			Wow (10) / looking good (7) / needs improvement (4) / limited input (2)					
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Lesson 5: Checklist for evaluation

Activity	Question	Yes	No
Orienteering the school grounds	<ul style="list-style-type: none"> Were learners able to locate markers in an orienteering course using a map? 		
Teacher reflection	<ul style="list-style-type: none"> Were learners able to discuss their orienteering experiences? Did they manage to work well together in their teams? Do you think they enjoyed learning new skills for orienteering and getting active outdoors? If you had to repeat the lesson, what improvements would you make to it? 		
Learner assessment	<ul style="list-style-type: none"> The team rates the learner's level of performance using the criteria on the control card. 		