

BEGINNING ORIENTEERING LESSON PLAN



WOLF RIDGESM
ENVIRONMENTAL LEARNING CENTER

BEGINNING ORIENTEERING



CLASS DESCRIPTION: An Outdoor Recreation Skills class

Orienteering is the challenging sport of using a compass to find assigned markers in natural terrain. After learning the history of the compass and how it works, students will be taught how to take a bearing and to pace out distances through the woods. Using these skills, students will demonstrate their proficiency on an outdoor orienteering courses. The *Valley Course* is a half mile away, hilly, and moderately difficult. The course takes about an hour to complete.

Total Time: 3 hours (2 hours outdoors)

Audience: 6-20 students, 4th grade through adult

Activity level: Valley Course: moderate

Travel: Ridge Course: Valley Course: 1 1/2 miles

Total Uphill Travel: Ridge Course: Valley Course: 300 ft.

GUIDING PURPOSE

To find hidden markers in the woods using a compass.

CONCEPTS

1. Unlike many animals, humans need tools to help them navigate.
2. Navigating with a partner takes patience, practice, and respect for people and ideas.
3. Challenges provide opportunities for learning and growth.
4. Becoming skilled in orienteering leads to being more confident in new territory.
5. When we are comfortable being in remote areas, we can begin to appreciate wilderness.

OUTCOMES

Upon completion of Beginning Orienteering students will be able to:

1. Explain the use of landmarks in navigation.
2. Describe how a compass works.
3. Walk a straight line to a destination using a compass, including taking a bearing and measuring distances by pacing.
4. Cooperatively work with a partner by demonstrating they can stay together, use sighting, help each other, and make decisions.
5. Find freedom away from large groups to experience the woods.



Our mission is to develop a citizenry that has the knowledge, skills, motivation and commitment to act together for a quality environment.

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Wolf Ridge Environmental Learning Center and the USDA are equal opportunity providers and employers.



Equipment

- 20 compasses
- 10 blindfolds
- 1 large demonstration compass
- 1 sample tree marker
- 10 course bearing/sheets
- instructor clipboard w/extra pencils, paper, quotes, bearing sheets, whistle, map
- 10 competitive orienteering maps
- magnet, needle, foam, bowl for simple compass
- posters
- small whiteboard
- dry erase marker
- 3 Mind Pie statements
- 2 blank Mind Pie sheets

Appendices

- Glossary
- Additional Information
- Optional Activities
- References
- Sources
- Class Sheets
- Spiral Learning Sheet
- Planning Outline

Set-up (15 min.)

- Classroom/class prep description
- Safety Management

I. Finding Our Way (20 min.)

- A. Walking in a Straight Line
- B. Value of Landmarks
- C. Mind Pie

II. Using a Compass (20 min.)

- A. Orienteering is...
- B. Parts of a Compass
- C. Holding a Compass
- D. Taking a Bearing
- E. Sighting an Object

III. Compass Origins (15 min.)

- A. How a Compass Works
- B. History of the Compass
- C. Importance of Orienteering
- D. Getting Ready to Go

IV. Pacing to Measure Distance (5 min.) [Travel Time (10 min.)]

V. The Course (90 min.)

- A. Course Description
- B. Starting the Course
- C. Discussion of Quotes

VI. We Noticed... (5 min.) [Travel Time (15 min.)]

- A. Mind Pie
- B. Next steps...

Clean-up (15 min.)