

# COMPETITIVE ORIENTEERING

## LESSON PLAN



**WOLF RIDGE**<sup>SM</sup>  
ENVIRONMENTAL LEARNING CENTER

# COMPETITIVE ORIENTEERING



## CLASS DESCRIPTION: An Outdoor Recreation Class

Students will spend about 45 minutes in the classroom. Compass skills will be reviewed/learned. Topographical map reading will be introduced. Then the students will be shown how to use the map and compass together. The class will travel to the start of a competitive orienteering course. After safety instructions are given, students will apply their newly acquired skills to locate off-trail control points.

**Total time:** 3 hours (two hours outdoors)

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

**Activity level:** strenuous

**Travel:** 1 1/4 mile

**Total uphill travel:** 320 feet

## GUIDING PURPOSE

To find hidden markers in the woods with a map and compass.

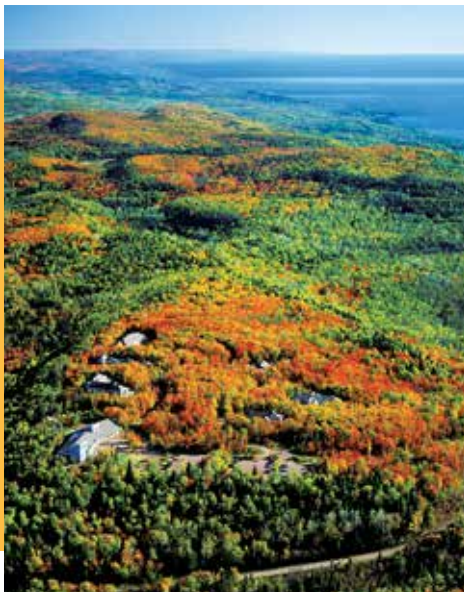
## CONCEPTS

1. Topographic maps are a 2D representation of a 3D world.
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 the Competitive Orienteering class students will be able to:

1. Orient a topographical map using a compass or land formations.
2. Take a bearing from a map.
3. Interpret the terrain on a topographical map between two points and determine the best path of travel.
4. Travel to control points and return to the starting point at the end of class.
5. Cooperatively work with a partner by demonstrating they can stay together, use sighting, and make decisions.



**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

- 6 mind pie cards & tokens
- 10 map boards
- 10 compasses
- 1 instructional compass
- 1 topo map poster
- plastic contour model
- 1 map transparency
- 2 contour transparencies
- 1 whistle
- 1 punch card/group
- instructor clipboard
- 1 demonstration control punch
- 2 water bottles

## Appendices

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

## Set-up (15 min.)

- Classroom/class prep description
- Safety Management

### I. Mind Pie (10 min.)

### II. Map Reading (15 min.)

- A. Maps as Models
- B. Topographic Map Skills

### III. Map & Compass Together (25 min.)

- A. Parts of a Compass
- B. Orienting the Map
- C. Taking a Bearing
- D. Competition History

### [Hike to Course] (15 min.)

### IV. The Course (85 min.)

- A. Data Summary
- B. Debrief Science Practices
- C. Science = Adventure

### V. Conclusion (15 min.)

- A. What did we notice?
- B. Mind Pie
- C. Next Steps...

### [Return to Campus] (15 min.)

## Clean-up (15 min.)