



November 18-20, 2016

# Orienteering Lesson Plan

Age/Group: Pathfinders and Rangers

Program Duration: 60-90min

**Equipment/Supplies Needed:**

- Craft Foam
- [Compass Rubber stamp 2"x2"](#)
- Permanent Ink pad
- Permanent marks
- Single hole punch
- Sting
- Print out
- Pencils
- Clip boards-if Possible
- Hula hoop
- Duct tape
- 1 compass per pair
- Scissors

**Safe Guide:**

First Aid Kit Location: with guider

Staff Required:

Emergency Communication:

Other:

**GGC Program Components:**

**Pre-Activity Setup:**

Cut out Circle of Foam of different colours large enough to put a compass stamp on one side and a symbol on the other Attach a sting to each

Where you are going to do this activity choose one or two starting points and place hula hoops down ( anchor them if possible)

Head to your first marker location – look back to the starting point and calculate your back bearing – repeat until all markers are hung

**Exciting Introduction**

to include: staff and participant attendance and introductions

Play a version of “Ship to Shore” with the compass directions

Time: 10 minutes

**Body Of Activity**

Instructions and Activities

Divide group in buddy pairs, give each pair a compass

Explain the part of the compass and how to set a bearing

Explain how to follow a bearing using Land marking and leap frog method

Give each group a starting bearing and make sure they have set it correctly on their compass

Give each group a bearing collection card, clip board and pencil

Each group should try and collect as many bearing symbols as possible

Once a group find the marker on their bearing and they have recorded the symbol they will return to the guider to verify the symbol and collect a new bearing. Each new bearing have girls switch who is using the compass

Time: 30 + 30 minutes



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**Conclusion**

Debriefing questions:

Did this become easier?

Would this be easier with more people or less?

Who would you use this if you were travelling in the wilderness?

What were some techniques you used to be able to identify where you were going?

Time: minutes

Clean Up and Departure Instructions:

Notes for next time: