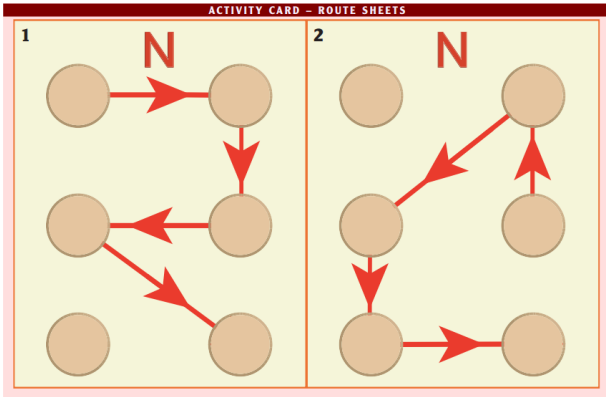


Teaching ideas for developing the skill of walking within the Outdoor and Adventure Strand for Fifth and Sixth Class
(based on the PSSl Lesson Plans)

Activity #	Activities that include walking for the Outdoor and Adventure Strand	Teaching Points
<p>1</p>	<p>Route Sheet</p> <p>Copy and laminate three sets of route sheets and letters. In each section place six cones in three rows, at least one metre apart as in illustration. Place the correct letter under each marker/cone. Refer to your master plan to ensure correct placement. Position the north sign. Divide the pupils into three groups. Give each pupil a route sheet, a pencil and paper. Allocate a group to each set of cones. Demonstrate a few routes before allowing the pupils to begin. To avoid crowding, allocate each pupil a different number to start at.</p> 	<p>Teaching points for Walking:</p> <ul style="list-style-type: none"> • maintain good posture with body straight, walk tall, head in line with the spine and looking forward • arms swing in a small natural arc in opposition to the feet • step with toes facing forward • when planting the foot use a heel-to-toe action • knees should bend slightly when the foot makes contact with the ground <p>Templates for route sheets and letters are available in the PSSl lesson plans for Fifth and Sixth Class, lesson 1.</p> <p><i>Resources:</i> Cones, jigsaws.</p> <p><i>Teacher note:</i> emphasise the importance of cooperation in this team challenge, as opposed to competition!</p>
<p>2</p>	<p>Hunt relay</p> <p>Divide the pupils into teams of four/five. Line each team up behind a start marker. Place four markers, well spaced out, in a row opposite each team. Place pieces of the jigsaw under each marker. On a given signal each team member walks up in turn and retrieves one piece. The challenge is to see which team can assemble the jigsaw first.</p>	

3

Point to Point Orienteering

Hang out controls and mark their location on a map of the playing space. This could be a map that the pupils had prepared in a previous Outdoor and Adventure lesson or a Geography lesson. Give the first pair/two pairs a map, a control card, a clipboard and pencil.

- A) Allow pupils to set off walking in pairs, mark their start time and count them down to start. Call next pair/s and repeat until all pairs have set off.
- B) If you have sufficient controls out, you could divide the pupils into odds and evens, with one half of the pupils recording only odd numbered controls and the other half recording even ones. You can then start two pairs together every 30 seconds. Alternatively, you may start two pairs together, one pair working clockwise and the other pair anti-clockwise.
- C) If you wish to start the whole class simultaneously put a number on the back of each map e.g. 1-12. Whatever number is on the map becomes their first control, e.g. if they have map number 5, they visit 5, 6, 7, 8, 9, 10, 11, 12, 1, 2, 3, 4. It would be unfair to time the activity. This is a good way to allow the pupils to become familiar with orienteering before they participate in a real event.

4

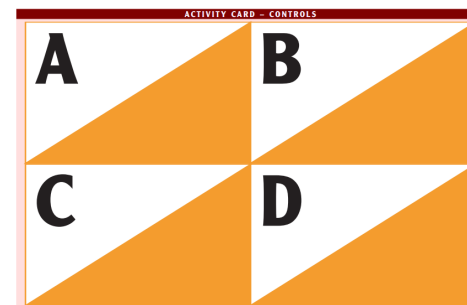
Mass start score event

Hang controls and mark them on your master map. Divide the pupils into pairs. The more controls you have out, the more challenging the event becomes. Give each pair a map, a control card, a clipboard and pencil. This type of orienteering involves visiting controls in any order. Each correct control is worth ten points. Set a time limit. Allow a couple of minutes for the pupils to make their route choice. All pupils start together.

Be sure to record finishing times, as the fastest pair may not be the winners. Do not record the finishing time until both are back. Have a task at the finish for those who finish first for example, using the letters collected list a girl's name, boy's name, place name etc., or who can make the longest word, or the most words.

Resources:

Templates of controls and control cards are available in the PSSI lesson plans for Fifth and Sixth Class, lesson 2.



Set a heavy penalty, e.g. a loss of 20 points, for each minute they are late back. Be sure to list the latecomers and record their finishing times. Blow a warning whistle/ signal when there is one minute left.

