

Punching Control Cards

CfE Experiences and Outcomes

First Level - *I can describe, follow and record routes and journeys using signs, words and angles associated with direction and turning. MTH 1-17a*
I am developing skills and techniques and improving my level of performance and fitness. HWB 1-22a

Second Level – *Having investigated where, why and how scale is used and expressed, I can apply my understanding to interpret simple models, maps and plans. MTH 2-17d*
I practise, consolidate and refine my skills to improve my performance. I am developing and sustaining my levels of fitness. HWB 2-22a

Learning Outcome

To make quick decisions while running

Resources

10 orienteering kites – numbered 1 - 10
A control card with numbers 1 – 10 for each runner
Orienteering punches

Lesson sequence adapted from Outdoor Learning Cards Resource

Activity

Put out 10 numbered controls and punches – even on one side of the room and odd on the other. Mix the order of the numbers up.

- Each pupil has a control card with numbers 1 – 10 on it.
- Pupils begin in a line in the middle of the playground/room. Half the group run to the even numbers, half run to the odd numbers.
- Add the control, pupil punches their card in the correct box e.g number 4 in box number 4
- Run across the area to another control flag. Repeat until pupils have visited all 10 control flags.
- Each time, they can only punch one box.

Assessment

What was your plan?
How could you have completed this exercise more quickly?

Extension and Progression

Easier: Shorten the running distance,
Put the controls in the right order e.g. 1, 3, 5 and 2, 4, 6 etc

Challenging: The group could plan and work as a team
Increase the running distance
Time pupils to see who can do it the fastest/improve on their time



Curriculum Outdoors

Orienteering

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