

Lesson - Sprint Races

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 practice, consolidate and refine my skills to improve my performance. I am developing and sustaining my levels of fitness. HWB 2-22a

Learning Outcome

To practice map reading in a competitive situation

To combine map reading and running

Activity

- The sprints are run as a series of 3 races – can do this in a single session or different days.
- Plan the course with the start and finish in the same place and with the controls making a looped course.
- Pupils work in pairs
- Pupils race head to head, starting at the same time. One runs the course clockwise and the other runs anti clockwise.
- Start the pairs at 1 minute intervals
- The first person back is the winner and scores 3 points. The runner up gets 1 point. Draws score 3 points each.
- After the first race, you will have a pecking order based on the results.
- Race 2 – pair up the runners again – winners vs winners, runners up vs runners up.

Resources

- Maps of the school grounds
- Orienteering flags/cones/markers – 5 or 6.
- Crayons/orienteering punches
- A control card per pupil
- A results sheet

Lesson sequence adapted from The Outdoor Learning Cards Resource

Assessment

Did you keep your map set at all times? How did you manage this?
If you made a mistake, why do you think this was?

Differentiation and Progression

Making the courses harder/easier to navigate



Curriculum Outdoors *Orienteering*



- Race 3 – repeat the process. Any odd numbers or odd scores are run against those with near scores.