



# Beginning Orienteering

## Class Outline

**Brief Synopsis:** Feeling lost? Once you have had this class you'll never have to worry about that happening again. By combining earth science with practical outdoor skills, participants will navigate Eagle Bluff's remote orienteering course. Emphasis will be placed on investigating how compasses have impacted human history, understanding the earth's magnetic field, and learning the parts and proper use of a compass. Working cooperatively and applying this knowledge in a real-life situation in the woods will be the highlight of this class.

### Outcomes:

1. Students will determine how navigation was possible before the invention of the modern day compass.
2. Students will actively learn the parts of the compass and how each part works collectively when determining a bearing.
3. Students will calculate distance by determining their pace.
4. Students will successfully complete a 10 point orienteering course utilizing compass and pacing skills.

### Outline:

#### I. Finding your way (20 min.)

Imagine how difficult it would be to travel deep in a forest or out at sea without the use of navigational tools? After a short blindfolded activity, students will brainstorm how people of the past navigated using natural objects to find their way.

#### II. Get Orientated (30 min.)

Each student will be given a 2 degree compass to use throughout the class. Step by step procedures will be given as students learn to hold the compass correctly, identify all the parts of a compass and how the parts work together to determine a bearing. Students will first master this skill indoors before traveling to the outdoor orienteering course.

#### III. Setting a pace (20 min.)

How do you know when you have reached your destination? Calculating distance by converting paces into feet will be essential as students travel 50-400 feet from control point to control point.

#### IV. Outdoor orienteering course (1 hour, 50 min.)

Students will work in pairs as they navigate a 10 point orienteering course through the woods of Eagle Bluff. Students must accurately read a bearing, orient their compass, and calculate distance in order to locate the designated control point. Each control point contains a sentence, that when combined with the other control points, creates a unique quote or phrase.

### Quick Facts

**Class length:** 3 hours

**Ages:** Designed for 4th-8th grade

**Season offered:** Year-round

**Time outside:** 2 hours

**Hike length/physical activity:**

1 mile, moderate to high

**Pre-requisite/prior knowledge:**

None required.

**Minnesota Academic Standards:**

**Mathematics:** 4.II.B.1, 5.II.B.1

**Science:** 7.I.D.2

**Language Arts:** 4.I.A.1&2, 4.I.C.4, 4.III.A.2, 5.I.A.1 &2, 5.I.C.3, 5.III.A.2, 6.I.A.1-3, 6.I.C.1, 6.III.A.3, 7.I.A.1-3

**Physical Ed:** 4.5.1,3,4 4.6.1 5.3.3, 5.4.4 5.5.1,4 5.6.2,5, 6.1.2, 6.4.1, 6.5.5, 6.6.1,2,4, 7.5.1,2,3, 7.6.1,3, 8.3.4, 8.4.1, 8.6.1