



**Lesson Plan**

**Theme:** Students will learn the skills needed to practice orienteering which include familiarity with using a compass.

**Length of Lesson:** 1.5 hours

Introduction: 20 minutes

Field and Interpretive Center (IC) Activities: 1 hour

Conclusion: 10 minutes

**Minnesota Academic Science Standards/Benchmarks:**

- 6.1.2.1.4 Explain the importance of learning from past failures, in order to inform future designs of similar products or systems.
- 8.1.3.3.3 Provide examples of how advances in technology have impacted the ways in which people live, work and interact.

**National Physical Education Standards & Minnesota Benchmarks**

- 6.5.3 Students will work in a group to achieve goals in cooperative and competitive activities.
- 6.5.4 Students will utilize time effectively to complete assigned tasks.
- 6.6.1 Students will recognize physical activity as a positive opportunity for social and group interaction and communication

**Excellence in EE: Guidelines for Learning Standards:**

- N/A

**Objectives (Students will be able to...):**

- Identify the different components of a compass and their function.
- Use a compass to efficiently and accurately move linearly between two points using a bearing and a distance in paces.

**Background Information :**

Orienteering, which originated in Scandinavia, is the skill of navigating through the natural world by using a compass. Orienteering is now done on all inhabited continents. Thanks to the magnetic properties of the Earth, a free floating magnetic needle will always point north-south and from there a direction, or bearing, can be set to lead you where you want to go.

*Helping people discover, enjoy,  
understand, and preserve the incredible  
natural world that surrounds us.*

**Introduction:**

**Goals:** Welcome students to River Bend, Introduce River Bend Leaders, Introduce program content

**Key Points**

- History of orienteering and how it has evolved
- How to use a compass
- Explain paces, tags, and how they will complete their compass course
- Behavioral expectations during their visit

**Activities:**

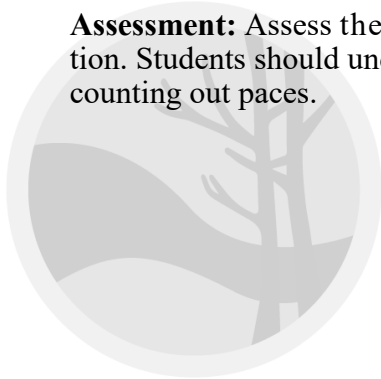
**1. Compass Course** (Self-driven activity)

**Goal:** To learn how to use a compass, orienteer, and successfully work as a team to complete a course.

**Key Points:**

- Students will practice finding north, different degrees, and counting out paces.
- Students will work as a team to orienteer along a course finding waypoints (tags) attached to trees.

**Assessment:** Assess the student's abilities to identify different parts of the compass and its function. Students should understand how to navigate setting the compass to the correct degrees and counting out paces.



**River Bend**  
NATURE CENTER