

Lesson 5 of 6

Orienteering

EQUIPMENT

six plastic boxes that each include a small logbook, a stamp, an ink pad or felt pen and a pencil » stamps can be found at dollar stores - find 6-8 unique ones in shapes of animals or objects (team signature stamps), and 6-8 letter stamps corresponding to the master word (letterbox stamps) » copies of clue list » team sheets » map of the school ground

Warm It Up

TEAM IT UP!

Provide a brief overview of the history of letterboxing (see Related Resources) and explain that students will have an opportunity to locate letterboxes on the school grounds. Letterboxers hide small, weatherproof boxes in publicly-accessible places (like parks) and distribute clues to finding the box in printed catalogues, on websites, or by word of mouth. Individual letterboxes usually contain a logbook and a rubber stamp. Finders make an imprint of the letterbox's stamp in their personal logbook, and leave an impression of their personal stamp. In preparation, instruct students to find a team of 3-4 and complete a 5-minute warm-up activity of their choice. The warm up activity must include a cardiovascular (run, walk, tag), a strength (push-ups, sit-ups, squats) and a flexibility element (stretches and reaches). While teams are completing their warm-up, assign each team a number.



Safety First!

For safety, equipment, and supervision considerations for planning fitness activities see page 53 in "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR), 2008, www.acicr.ualberta.ca.

ABCD's of Physical Education



RELATED RESOURCES

- Wikipedia Online Encyclopedia, <http://en.wikipedia.org/wiki/Letterboxing>
- Letterboxing North America website, www.letterboxing.org



Cooperation

Communication	
Fair Play	
Leadership	C(4-5)-4
Teamwork	

Clues that students are achieving the outcome...

"Students will select and demonstrate responsibility for various roles while participating in physical education; and, accept ideas from others that relate to changing/adapting, movement experiences." *Physical Education Program of Studies, Alberta Schools, 2000.*

- Students can take turns reading clues and stamping-in at each letterbox
- Students can contribute and accept ideas from others for where to locate each letterbox and unscramble the letter clues



Whoop It Up

CLUED LETTERBOXING

Be sure to take into account the abilities of all students when planning learning opportunities and incorporate variations as needed to ensure learning and success for all. Assemble letterboxes that each include a pad of paper (logbook), pencil, letter stamp, and ink pad. The number of boxes you choose to create will depend on how many groups will be searching – at least one box per group works well. Number each box and mark the locations where they are hidden on a map of the school grounds as they are placed. Keep in mind that each box needs to be placed where it will not readily be found by others during recess or lunch. If you wish, select a 6-8 letter word (one letter per box) teams will unscramble when all the letterboxes have been found. The word should be grade specific and may be a vocabulary word from homeroom or subject area teachers. Next, create a list of clues that will lead students to each letterbox. Include all the clues, by number, on one page and copy enough for each team. Each clue should indicate a starting point and use a number of steps and landmarks on the school grounds to direct students to the letterbox; e.g., Start at the garbage can on the east end of the tarmac. If you look east, you will see three trees at the end of the school grounds, go to the smallest tree. Take 10 steps toward the bushes along the fence. Under a pile of leaves you will find letterbox #2.

Provide each team with a clue list, a team signature stamp, a team sheet, and a skipping rope. All teams will start at the same time from a central location. Each team will find the letterbox corresponding to their team number first, and then proceed numerically. Provide students with the following guidelines: The person reading the clues must change with each letterbox search; the group must stay together (hold onto the skipping rope the entire time); when a letterbox is found, the team must stamp-in by stamping their team sheet with the letterbox stamp, by signing the names of all team members in the logbook, and by stamping the logbook with their team signature stamp. When all of the letterboxes have been found, teams return to the starting point to unscramble the word and hand in their team sheet. Have equipment available for students who may have to wait for other teams to finish, so they can stay active.



Safety First!

For safety, equipment, and supervision consideration when planning orienteering activities, see page 73 in “Safety Guidelines for Physical Activity in Alberta Schools”, Alberta Centre for Injury Control and Research (ACICR), 2008, www.acicr.ualberta.ca.



Wrap It Up

HOMework TIME!

What? Homework in PE? Yes! Ask students to make their own letterbox and bring it to school for a trial run. Visit the websites listed under Related Resources in this lesson for information to send home, detailing how to make a letterbox. Encourage students to try letterboxing with their families – take turns hiding a box and writing clues!