

Haaga-Helia Vierumäki – Lesson Plan

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Tutor:	Tomi Paalanen
Sport:	Orienteering
Subject:	Fundamentals of orienteering

Date & Time:	Mon. 18.9.2017 14:30-16:30
Target Group:	Beginners/newcomers
Clothing:	Sport clothing and trekking shoes
Equipment:	Different maps, 10 pink tapes, 8 orienteering flags with punches, compass, GPS watch, mobile phone, tablet, projector in classroom

LESSON OBJECTIVES:

A. Physical	Students walk/run reading the map on different kinds of terrain by themselves
B. Cognitive	Students understand the fundamental skills athletes need in orienteering and learn how they react in new situations
C. Emotional & Social	Students learn/potentiate new skills and communicate with each other

GOALS (WHY?)	PRACTICE / LEARNING CONTENT (WHAT?)	DETAIL & FEEDBACK	TEACHING STYLE & ORGANIZATION (HOW?)	TIME
<p>1. Indoor lesson</p> <p>Students have to understand where they are, where they're going to move and what kind of maps orienteers use.</p> <p>They need to learn how to read a map to be able/get ready to move by their own without difficulties and how to deal with a map with an orienteering course on it. It's important to know which steps to follow before running and what to train to be a good orienteer.</p>	<p>1. Indoor lesson</p> <p>Aerial image and proper map Different orienteering scales Map symbols and colors Reading contours Symbols of an o course Clothing and shoes Accessories (compass, card) O-competitions: sprint, middle, long, ultralong, relay, night-o, mtb-o, ski-o, trail-o Before O: running warm-up, concentration, goals, familiarity During O: map reading and understanding, route planning, pressure, orientation, memory, adaptation</p>	<p>1. Indoor lesson</p> <ul style="list-style-type: none"> - it's important that is clear for them where north is because they're going to use the map without the compass - recurrence of usage of visual memory to get quickly familiar with the orienteering map - tell them clearly and easily what kind of map we are going to use not getting in too deep in the argument (on the map there will be the scale bar) - symbols and courses are easy and there is no need of a legend on the map - orienteering is pure fun and everybody will be excited to get out of the classroom and do it 	<p>1. Indoor lesson</p> <p>With the projector, we have a look at the aerial image of Vierumaki Campus and at the orienteering map of the same area.</p> <p>Learn scale, symbols, colors of orienteering maps and how to understand an orienteering course having a map in front of us.</p> <p>We check what gear is important for trainings/competitions and which procedures and difficulties you have before, during and after an orienteering activity.</p> <p>We look at some training and competition maps examples and some photos about different terrains.</p>	<p>1. Indoor lesson</p> <p>25 min</p>

<p>2. Video I want to show them the orienteer running style (focus of feet, head, hands, body posture, map reading) and different situations (wet, rocky, slippery, steep and control punching)</p> <p>3. Pattern exercise First of all we practice how to hold a map and how to keep the map always oriented to north. I will also notice immediately who will need more help and who will not. They'll practice what I told them in the classroom, in an easy environment (the map is really simple - only black dots and course)</p> <p>4. Star exercise Now we use a real orienteering map and we have to remember the symbols and get familiar with it. The area is bigger. Divided in pairs. Good to get ready for the final exercise, move the body and experience map reading while running.</p>	<p>Post O: GPS analysis with time loss and best route, discussion</p> <p>2. Video - ankles have to be well warmed-up and feet strong - head has to move to avoid trees, has to see other obstacles and where to put the feet, plus being able to read the map at the same time - hands with a firm grip to the map, holding compass, watch and punching card (use of hands to climb) - problem solving</p> <p>3. Pattern exercise Map reading How to orientate a map Route planning Pressure Handling Personal orientation skills Map understanding Memory Adaptation</p> <p>4. Star exercise Map reading Route planning Pressure Handling Evaluation of the distance Symbols and colors of orienteering maps Search of actual 'control points' Teamwork</p>	<p>2. Video I will ask if they have questions at the end and explain the rest of the clinic before going out (drills, goals, locations, etc...)</p> <p>If they want I have 2 more videos: Orienteering – Training in Norway Orienteering – More than just running (Austria Junior National Team)</p> <p>3. Pattern exercise - your mind has to know where you are and where you have to go - you can't run if your map-reading skills are not ready for that (better walk first and then run when familiar) - remember where north is, just point the start/finish on the map with the real start/finish - some pressure on them to make it more difficult</p> <p>4. Star exercise - look in front of you if you already see the control/control feature or what is next to the control place (then go straight) - quickly orientate the map, plan the route and go! - focus on yourself and not on the others - do not follow, do your own decisions - touch the tape, not just get close to it - extra: read the compass and compass bearing - do not get out of the map</p>	<p>2. Video 2 mins 46 secs videoclip from a German orienteering club. 3 orienteers run in a beautiful forest at different paces I will have a short introduction before the video to tell them what to focus on; then I'll talk during the video and stop it when needed.</p> <p>3. Pattern exercise On the ground north of the paintball arena there will be a pattern of small cones (6x5) Students are in line in front of the starting cone, looking south and north behind them. They start one after each other so to have the pressure component. They'll have to complete a course between the cones. There are easy courses and more demanding courses with more controls.</p> <p>4. Star exercise 10 orienteering controls (pink tape) are placed around the athletic track. Students have to reach the more controls they can in 5 minutes. Every time, a team will receive a map with the start and 1 control, have to reach it and come back change. Own map pile and controls are in different orders.</p>	<p>2. Video 5 min</p> <p>3. Pattern exercise 15 min</p> <p>4. Star exercise 15 min</p>
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<p>5. Final 'race' I want to show them how an actual training session/competition works. They will experience it themselves and they are timed. They will have fun and master what they have learnt/practiced before.</p> <p>6. Post activity analysis Students have to complete the clinic positively and learning from mistakes they had during the exercises. They have to discuss between each other about things they have just learnt. They experience new technologies getting into orienteering that they may use for their own sport training sessions.</p>	<p>5. Final 'race' Concentration before the start Starting procedures Time keeping procedures 'Old school' punching system Live GPS system (Android mobile with internet data and GPS location – me at the finish with tablet) All drills practiced before 'Race' feelings Real flags and punches</p> <p>6. Post activity analysis Draw route on the map Compare times and time loss Decide which were the best route choices Discussion with other runners Analysis of time loss within the control circle Understanding of strengths and weakness</p> <p>Extra (for the lucky volunteer): compare GPS track (with route he has drawn on the map)</p>	<p>5. Final 'race' - do not loose in your head you're position on the map, use your finger to remember that - do not follow anybody - do your own route choices and decisions - always read the map and try to find the best (quickest/shortest route) - have fun! - don't be afraid about getting lost, be happy about getting back on the right way</p> <p>6. Post activity analysis - comments depending on how good the students are and comparing what I would have done</p>	<p>5. Final 'race' Orienteering with sprint (1:5000 - ISSOM) map of Vierumaki Campus. Start/finish south of Bubble with 2 minutes interval (student doesn't have to see where went the one started before him/her) 8 control points: small orienteering flags (10x10cm) with punches. Students have to punch each control in the right box on the map. One volunteer will be recorder live during the exercise for a post-race analyze.</p> <p>6. Post activity analysis We use the maps of the final exercise and the total times. We also use GPS replay with tablet connected online with my application available at http://www.trent-o.org/livegps/</p>	<p>5. Final 'race' 30 min</p> <p>6. Post activity analysis 10 min</p>
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