

Grade Level: Middle School

Unit: Backpacking and Camping

Lesson 5: Hiking / Orienteering

Objectives

- Student will be able to read a compass and use it to navigate terrain.
- Students will be able to safely hike through a designated path.

Standards

- Demonstrates correct technique for basic skills in 1 self-selected outdoor activity (S1.M22.6)
- Demonstrates correct technique for a variety of skills in 1 self-selected outdoor activity (S1.M22.7)
- Demonstrates correct technique for basic skills in at least 2 self-selected outdoor activities (S1.M22.8)

Key Vocabulary

- Compass
- Orienteering
- “Reading” a map
- Cadence or pace

Equipment Needs

- Compasses
- Hiking / walking shoes
- Walking sticks / poles
- Appropriate clothing for weather

Set-up

- Compasses will be available for students to pick up
- Teacher will plan hiking path prior to lesson
- Mark out a 10 yard start and stop (for measuring steps)

Safety

- Check activity area for obstacles or holes
- Keep all students together on hike
- Be aware of changing weather conditions
- Instruct students to bring water, sunscreen, and other appropriate personal items

Warm Up

- Marching band movements
 - Teacher will play a song and students will march around the activity area acting like they are playing a musical instrument while marching like they are part of a halftime show

Description

1. Teach students how to read a compass.
 - a. <https://www.youtube.com/watch?v=cZIKFQk9ToU>
2. Have the students walk with normal steps on the 10 yard path (counting steps).
 - a. This will tell them how many steps they take for every 10 yards
 - b. Do this 3 times and average the steps
 - c. Ex. If you walk 12 steps in 10 yards, then you walk 36 steps in 30 yards
3. Practice moving in a direction for a distance.
 - a. ie 25 yards NorthWest
4. Take a predetermined hike through the woods or other area with students.
 - a. Bring the compass to discuss directions the group is traveling
 - b. Walk for 20-30 minutes (as time dictates)

More Challenging

- Make pathways for students to follow with steps.
 - 20 yards Southeast
 - 30 yards south
 - 15 yards northwest
 - 25 yards east

Less Challenging

- Use digital compasses on the walk alongside the hand held compass to compare

Assessment

- Written - Have students draw a “treasure map” with compass directions to find the “treasure”
- Physical - Have students point the appropriate direction using the compass
 - Ex Northwest

Cool Down/Review/Closure

- Review how to read the compass
- Review steps in a 10 yard span