



UNIVERSITY OF LUXEMBOURG
Department of Education
and Social Work



HELLENIC REPUBLIC
National and Kapodistrian
University of Athens



Co-funded by the
Erasmus+ Programme
of the European Union



Lesson title:	The cultural route/Orienteering Competition Students in pairs explore the center of the town or in an unknown neighborhood. They collect cultural information and they take part in a photo contest. Timer for the winner
Place in series:	2 st Lesson Junior High school
Requirements (e.g., resources, material)	Maps of the route of the center of the town or of a different neighborhood far from school /Orienteering Competition.
Time allocated to activities:	2x45'
Location:	<i>Outdoors</i>
Broader Areas of PE learning	<ul style="list-style-type: none"> - <i>Develop students' ability to move in open space using alternative ways and orient themselves.</i> - <i>Familiarise students with maps</i> - <i>Engage students in making decisions about moving strategically towards specific directions, fast with a purpose and following instructions.</i>
SEL Competencies	<ol style="list-style-type: none"> 1. Self-management 2. Responsible decision making 3. Relationship skills
Basic topics from the OAE resources that are being addressed:	<ol style="list-style-type: none"> 1. Introduction to the principles of Orienteering. 2. Use the OAE activities for problem solving and critical thinking 3. Engage students in learning their cultural history of their country
Methods/ Teaching strategies used	<p>Learning by doing Environmental learning Cooperational learning</p>
Knowledge:	<ol style="list-style-type: none"> 1. Orient themselves 2. Understand symbols. 3. Reading maps 4. Cultural inheritance
Motor Skills/Abilities:	<ol style="list-style-type: none"> 1. Move fast, Running/Physical condition 2. Decode the surrounding environment 3. Take quick decisions/adaptation of the moving pattern
Assesment	Summative (e.g., tests/surveys)
	<ol style="list-style-type: none"> 1. Tests for the acquired knowledge/ on paper /on line. 2. Personal evaluation forms/ report cards 3. Survey for evaluation of the activity
	Formative (e.g., portfolio materials)



UNIVERSITY OF LUXEMBOURG
Department of Education
and Social Work

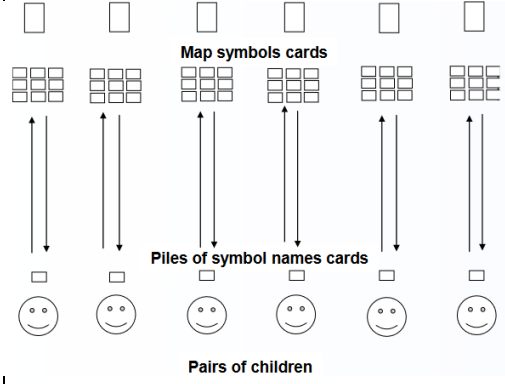



HELLENIC REPUBLIC
National and Kapodistrian
University of Athens



Co-funded by the
Erasmus+ Programme
of the European Union



	<ol style="list-style-type: none"> 1. Personal portfolio for tasks completed or to be completed, scores of the competition and reflection upon them 2. Photos in the portfolio 3. Small discussions in groups 	
WORKSHOP developed for this purpose		
Total Duration	two 45 min workshops	
WORKSHOP 1		
Total Duration	45 min	
Title and Duration of Activity	Description of Activity	Educator's Actions
Matching Symbols	<ul style="list-style-type: none"> - First child in pair or team picks up a name card, runs to the symbol cards, and returns with the correct matching card. - Each returning runner places the 2 cards (symbol and name) next to each other beside the team for easy checking. - Runners then take it in turn to run to pick up a card, return, match it and so on until all the cards have been matched up. - Leaders to check cards are correctly matched when finished. 	<p>Set up: We need:</p> <ul style="list-style-type: none"> - Resource - map key - Resource - 16 word cards and 16 symbols cards  <p>- A key of symbols can be placed just beyond the cards for consultation if the children are unsure of the symbols.</p> 



UNIVERSITY OF LUXEMBOURG
Department of Education
and Social Work

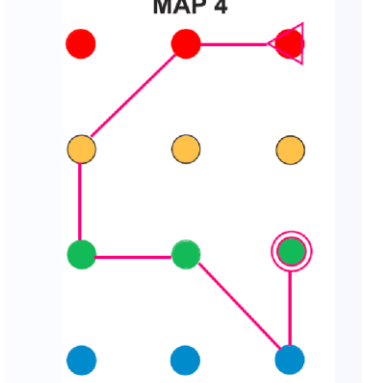
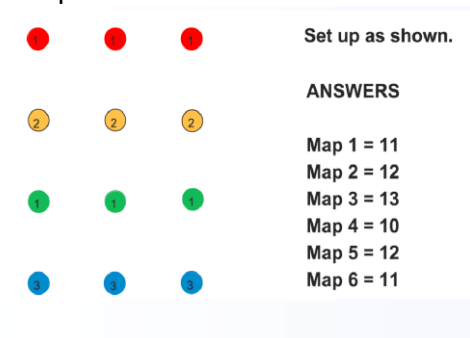


HELLENIC REPUBLIC
National and Kapodistrian
University of Athens



Co-funded by the
Erasmus+ Programme
of the European Union



		<p>Activity:</p> <p>Encourage the players to:</p> <ul style="list-style-type: none"> - move fast - understand symbols - cooperate
<p>Matching cones</p>	<p>-Give each student a course map</p> <p>- They are to follow the route on their course map from Start to Finish</p> <p>- As they go, they add up the numbers on the cones as they pass</p> <p>- When finished, the students should get their answers checked, then take a different map and try a different course</p> <p>- The answer is the sum of all the controls on their course, including the start and finish</p> <p>MAP 4</p> 	<p>Set up:</p> <p>- Stick numbers underneath cones, and spread the cones around the playing area.</p> <p>Activity:</p> <p>Encourage the players to:</p> <ul style="list-style-type: none"> - move fast - cooperate 
<p>Scavenger Hunt</p>	<p>Are you a good scavenger? Can you find all the secrets of this special place? Remember you must use all your senses.</p> <p>Find something that is:</p> <ul style="list-style-type: none"> - Cold - Dry - Warm - Big - Shiny 	<p>Set up:</p> <p>- Activity card for every pair.</p> <p>Activity:</p> <p>Encourage the players to:</p> <ul style="list-style-type: none"> - move fast - decode the surrounding environment - cooperate



UNIVERSITY OF LUXEMBOURG
Department of Education
and Social Work



HELLENIC REPUBLIC
National and Kapodistrian
University of Athens



Co-funded by the
Erasmus+ Programme
of the European Union



	<ul style="list-style-type: none"> - Small - Bright - Rough - Fuzzy - Hard - Dark - Soft - Smooth - Green - Prickly - Brown - Wet - Smelly
Assesement	<ol style="list-style-type: none"> 1. Quiz 2. Assignment 3.
Videos and/or Podcasts used	<ol style="list-style-type: none"> 1. Matching symbols https://www.youtube.com/watch?v=yzXVAy4fPfM 2. Counting cones https://www.youtube.com/watch?v=du6XtiVq3L0 3. Scavenger hunt https://www.youtube.com/watch?v=CjNBqrgwUvc
Reading list (Titles of Articles/Books and their links online)	<ol style="list-style-type: none"> 1. Matching symbols https://www.britishorienteering.org.uk/images/uploaded/downloads/schools tri o resources.pdf https://www.pdst.ie/sites/default/files/Outdoor%20and%20Adventure%20Handout%20%281%29.docx 2. Counting cones https://www.orienteing.ie/wp-content/uploads/2020/03/Counting-Cones-Game.pdf 3. Scavenger hunt https://www.gatesheadssp.org.uk/files/Scavenger%20Hunt.pdf
Preparatory tasks for Teachers Training	They must know the Experiential learning theory, SEL pedagogical theory, Social learning theory, Adventure education theory
Resources that will be used:	



Erasmus+



UNIVERSITY OF LUXEMBOURG
Department of Education
and Social Work



HELLENIC REPUBLIC
National and Kapodistrian
University of Athens



Co-funded by the
Erasmus+ Programme
of the European Union



WORKSHOP 2		
Total Duration	45 min	
Title and Duration of Activity	Description of Activity	Educator's Actions
Punching Relay	<ul style="list-style-type: none"> - Pairs are lined up, spaced out, opposite the punches/markers. Each pair have a control card. - The first child runs to the marker opposite, and punches the control card in the correct square on the top row, then returns and hands over to the 2nd child. - The 2nd child runs to the same marker and punches the card in the correct square on the bottom row, then returns and hands the card back to the 1st child. - Children continue, taking it in turns, until they have each completed their row on the control card. They can punch each square in any order after their first turn. - Leader to check cards are punched correctly when finished. 	<p>Set up:</p> <ul style="list-style-type: none"> - Hang the 10 markers in number order with punches attached spaced out along one side of the boundary. - Tie to fence, or if none is available, tie on to a rounders posts or cones. <div style="text-align: center;"> <p>Markers and punches attached to fence</p> <p>Pairs of children, 1 control card per pair</p> </div> <p>Activity:</p> <p>Encourage the players to:</p> <ul style="list-style-type: none"> - move fast - cooperate
Photo Star Orienteering	<ul style="list-style-type: none"> - Each pair of pupil's take one answer sheet, one clipboard and one pen/pencil. - They try to get all the information for every photo and complete the answer sheet as soon as possible. - Once one photo is completed, they return to the hall, replace the photo and proceed to the next photo, returning every time to the 	<p>Set up:</p> <p>We need:</p> <ul style="list-style-type: none"> - Ten photos (4 copies of each) - Ten hula hoops - Ten control cards - One clipboard; one pencil and one answer sheet per pair of children - mastercard <ul style="list-style-type: none"> - Take ten photos of specific areas around your school – inside and outside.



UNIVERSITY OF LUXEMBOURG
Department of Education
and Social Work



HELLENIC REPUBLIC
National and Kapodistrian
University of Athens



Co-funded by the
Erasmus+ Programme
of the European Union



	<p>hall. Hence the name Photo Star.</p> <ul style="list-style-type: none"> - The first team to collect all their answers are the winners. 	<ul style="list-style-type: none"> - Make four copies of each photo. - Place each set of the ten photos in ten hula hoops at the base line. - Place one control card at each photographed location. <p>Activity:</p> <ul style="list-style-type: none"> - Show the children an example of a photo and an example of a control card. Highlight the number on the photo and the information on the control card. Demonstrate how to record the information in the correct answer box on the answer sheet. - Encourage the players to cooperate, move fast, decode the surrounding environment 																
<p>Orienteering Bingo</p>	<p>Each player take a bingo card and try to move around the school yard as fast as he can in order to find the numbers that gives him a “bingo”. The player that make first a “bingo” is the winner.</p>	<p>Set up:</p> <ul style="list-style-type: none"> - We place cards with numbers all over the school yard. - We create a bingo card with these numbers. <table border="1" data-bbox="954 1149 1155 1346"> <tr><td>32</td><td>44</td><td>33</td><td>35</td></tr> <tr><td>46</td><td>37</td><td>40</td><td>34</td></tr> <tr><td>43</td><td>38</td><td>45</td><td>36</td></tr> <tr><td>31</td><td>42</td><td>39</td><td>41</td></tr> </table>	32	44	33	35	46	37	40	34	43	38	45	36	31	42	39	41
32	44	33	35															
46	37	40	34															
43	38	45	36															
31	42	39	41															
<p>Assesement</p>	<ol style="list-style-type: none"> 1. Quizz 2. Assignment 																	
<p>Reading list (Titles of Articles/Books and their links online)</p>	<ol style="list-style-type: none"> 1. Punching relay https://www.britishorienteering.org.uk/images/uploaded/downloads/schools_trio_resources.pdf 2. Photo star orienteering https://www.pdst.ie/sites/default/files/Outdoor%20and%20Adventure%20Handout%20%281%29.docx 																	
<p>Preparatory tasks for Teachers Training</p>	<p>They must know the Experiential learning theory, SEL pedagogical theory, Social learning theory, Adventure education theory</p>																	



Erasmus+