

**SUNY Cortland**  
**Physical Education Department**  
**Block Plan**

**Name:** Mike Sorrentino  
**Teacher Candidate(s):**  
**Skill(s):** Orienteering

<p style="text-align: center;"><b>Day 1:</b> <a href="#">Click here to enter a date.</a></p> <p><b>Instant Activity (IA) / Warm-up (Name and brief description of the IA, game):</b> <u>Compass Run</u>: Teacher will yell out a movement pattern and a compass direction and students will do the specified movement pattern to the corresponding wall of the gym</p> <p><b>Intro:</b> What is orienteering? Cardinal Directions, Parts of a compass, pacing, how to use the compass, following a bearing</p> <p><b>Lesson focus</b> (Items to be covered during this day) :  Pacing, using the compass, following a bearing</p> <p><b>Fitness component</b> (Heart rate, step counts, etc.): HR of students during the main activity when they are doing different exercises</p> <p><b>Assessment(s):</b> Short quiz on cardinal directions, parts of the compass, pacing, how to use the compass, following a bearing</p> <p><b>Closure:</b> Go over quiz answers</p>	<p style="text-align: center;"><b>Day 2:</b> <a href="#">Click here to enter a date.</a></p> <p><b>Instant Activity (IA) / Warm-up (Name and brief description of the IA, game):</b> Cardio Madness-The students will get into partners. One will start on the dots and the other student will jump rope. The dots are arranged like dice with 5 spots. The student can begin by using both feet to jump and touch all of the dots ending where they started (1 set). They have 30 seconds to see how many sets they can complete. The jump roper has 30 second to see how many times he/she can jump without messing up (PEcentral.com)</p> <p><b>Intro:</b> Review pacing, tell students about pacing test</p> <p><b>Lesson focus</b> (Items to be covered during this day):  Pacing, review following a bearing</p> <p><b>Fitness component</b> (Heart rate, step counts, etc.): HR of students during the main activity when they are doing different exercises at each station</p> <p><b>Assessment(s):</b> Pacing test-once students know their pace, have them calculate their pace for 100m and write it down. The students then need to walk 100m and match their pace that they wrote down</p> <p><b>Closure:</b> Tell students about orienteering course next class</p>
<p style="text-align: center;"><b>Day 3:</b> <a href="#">Click here to enter a date.</a></p> <p><b>Instant Activity (IA) / Warm-up (Name and brief description of the IA, game):</b> Chuck the Chicken-Split students up into 2 teams. One team starts with a rubber chicken and throws it as far as they can. The other team has to run and get the chicken, stand in a line and pass the chicken through the line and yell "STOP." While they're doing that, the person who threw the chicken is running in a circle around their group. Each lap around the group equals a point. When the other team says "STOP" the thrower stops running and now the other team throws the chicken.</p> <p><b>Intro:</b> Go over course</p> <p><b>Lesson focus</b> (Items to be covered during this day):  Small orienteering course to prepare students for graded orienteering course next class. Course shouldn't take longer than 15 minutes to complete</p>	<p style="text-align: center;"><b>Day 4:</b> <a href="#">Click here to enter a date.</a></p> <p><b>Instant Activity (IA) / Warm-up (Name and brief description of the IA, game):</b> None</p> <p><b>Intro:</b> Quickly explain course and grading criteria (number of controls, course length) Give students first bearing to follow and tell them that they find each new bearing at each control</p> <p><b>Lesson focus</b> (Items to be covered during this day):  Compass skills and pacing assessment</p> <p><b>Fitness component</b> (Heart rate, step counts, etc.): Step counts of students after they complete the course</p> <p><b>Assessment(s):</b> Longer orienteering course (around 20 minutes to complete)</p>

<p><b>Fitness component</b> (Heart rate, step counts, etc.): Flexibility developed during IA</p> <p><b>Assessment(s):</b> None</p> <p><b>Closure:</b> Remind students about graded orienteering course next class</p>	<p><b>Closure:</b> Ask students what they had trouble with on the course</p>
<p><b>Day 5:</b> <a href="#">Click here to enter a date.</a></p> <p><b>Instant Activity (IA) / Warm-up (Name and brief description of the IA, game):</b> Blob Tag-one student tries to tag other students. If the “it” student tags someone, they link arms and become part of the blob. Blobs can split up into smaller blobs as long as each smaller blob has at least 3 people in it</p> <p><b>Intro:</b> Show short video on orienteering and using a map</p> <p><b>Lesson focus</b> (Items to be covered during this day): Reading a map, orienting the map using the compass, taking a bearing from the map</p> <p><b>Fitness component</b> (Heart rate, step counts, etc.): Cardiovascular fitness is developed during the IA and the main activity</p> <p><b>Assessment(s):</b> None</p> <p><b>Closure:</b> Review lesson focus, question students about using maps</p>	<p><b>Day 6:</b> <a href="#">Click here to enter a date.</a></p> <p><b>Instant Activity (IA) / Warm-up (Name and brief description of the IA, game):</b> Everybody It Tag- Everybody is it and tries to tag everybody. If a student is tagged, they have to sit down but can still try to tag other students. Last one standing wins</p> <p><b>Intro:</b> Review map skills learned in last class</p> <p><b>Lesson focus</b> (Items to be covered during this day): Typical map symbols, contour lines, contour interval, orienting the map using terrain</p> <p><b>Fitness component</b> (Heart rate, step counts, etc.): HR during the main activity</p> <p><b>Assessment(s):</b> None</p> <p><b>Closure:</b> Question students, tell them about map quiz next class</p>
<p><b>Day 7:</b> <a href="#">Click here to enter a date.</a></p> <p><b>Instant Activity (IA) / Warm-up (Name and brief description of the IA, game):</b> Finger fencing-students clasp hands as if they were arm wrestling with their index fingers extended. Students try to poke the other student (appropriately) but cannot poke the person on the same arm that they are holding. The students that pokes their partner wins and moves on to play someone else</p> <p><b>Intro:</b> Review everything learned throughout the unit</p> <p><b>Lesson focus</b> (Items to be covered during this day): Reviewing and practicing orienteering skills to prepare for the final orienteering course</p> <p><b>Fitness component</b> (Heart rate, step counts, etc.): Muscular strength developed during IA</p> <p><b>Assessment(s):</b> None</p> <p><b>Closure:</b> Tell students to prepare for final orienteering assessment</p>	<p><b>Day 8:</b> <a href="#">Click here to enter a date.</a></p> <p><b>Instant Activity (IA) / Warm-up (Name and brief description of the IA, game):</b> None</p> <p><b>Intro:</b> Quickly explain course and grading criteria (number of controls, course length) Give students maps of the course and contact cards</p> <p><b>Lesson focus</b> (Items to be covered during this day): Orienteering post test</p> <p><b>Fitness component</b> (Heart rate, step counts, etc.): Step count after students finish the course</p> <p><b>Assessment(s):</b> Orienteering post-test. Students must complete the course in under 35 minutes</p> <p><b>Closure:</b> Review course, ask students what they had trouble with. Wrap up orienteering unit</p>