



Spring 2020 SOGO@HOME Adventure

Week 15 - Info sheet for Parents

O is for Orienteering

This page contains the lesson plans and goals for “Week 15: O is for Orienteering journal page. You will find the goals included in this page. If you have any questions please email us at squirts@sogoadventurerunning.com

Drawing Challenge

Using our fine motor skills, we are practicing using our pincher grip (holding the pencil properly). We are building the muscles in our hands that we use for holding things, tying our shoes, cutting with scissors and writing among other daily tasks.

This activity challenge is about observation and critical thinking skills as we ask children to look for and identify landmarks in their environment. Encourage children to look beyond the manmade landmarks, and notice large trees, creeks, boulders, etc.

Obviously this is not going to be a to scale map. Your focus should be on identifying and recording landmarks.

Neighbourhood Challenge

1. Print the punch card.
2. Find the items in order on your punch card. You can walk or run. Use observation skills and practice looking around/noticing things in your environment as you as you are moving.
3. At SOGO we use hand punches (similar to a hole punch). Each control flag has a hand punch attached to it, and the each have a different pattern. This tells us which control point (landmark/flag) we have visited.

You can use a hole punch that you have, or stickers or a marker to mark the landmarks on the punch card as you arrive at them. This helps develop those writing muscles.