

	Subject: OAA Problem Solving Lesson: Aiming Off NCPE Location: 1.1a; 1.1b; 1.1c; 1.2c; 1.2d; 1.3a; 1.3b 2.1a; 2.1b; 2.2c; 2.2 a; 2.2b; 2.2c; 2.2d;2.3a; 2.3b; 2.4a; 2.4b; 2.4c; 2.4d; 3.b; 3.c; 3.d; 4a; 4b; 4c; 4d; 4e; 4f;	Year: Ability: Duration:	Group: Period: w/c	Total No.: SEN:	M: F:
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Objectives:

- To know and understand about aiming off and why it is important in Orienteering.
- To be able to perform the skill of aiming off when orienteering
- To be able to perform the skill of aiming off and know the implications of incorrect aiming

Key Aspect of Transfers of Skills and Analysis	Throughout every aspect of this session : <ul style="list-style-type: none"> - Discuss and analyse the different types of approaches used when solving a problem in a range of activities, circumstances and environments - Identify the similarities and the teaching points found when solving a problem in a range of activities, circumstances and environments using a range of equipment - Enhance knowledge, understanding and the ability to transfer the range of problem solving skills and approaches to gain ascendancy over terrain, obstacles, opponents or teams
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Activity	Description	Objectives	✓	Teaching Points	Evaluation / Performance	Differentiation and Creativity
Student Warm Up	The pairs chosen last lesson lead the warm up	To be able to lead the group through heart raising exercises.		- listen to and follow instructions of those leading the warm-up	Observe pupils performances	⌚ Ask students how they could make warm up easy / harder / intense
Student Stretches	Students arranged in a circle. Students lead through series of stretches	To understand the importance of stretching at the start of the session. To be able to demonstrate stretches relevant to OAA		- Hold stretches for 8 seconds. - No bouncing.	Q & A on benefits of warming up and stretching	⬆️ Get pupils to incorporate stretching with Objects used within the lesson
Aiming Off	1. Students explore most effective and efficient way of getting to a point.	To know and understand about aiming off. To know and understand why it is important to aim off when Orienteering. To be able to perform the skill of aiming off when orienteering. To know and understand the dangers of benefits of safest, fastest and correct way when orienteering between points To be able to perform the skill of aiming off and know the implications of incorrect aiming To be able to select and use tactics, strategies and ideas effectively in different creative, competitive and challenge-type environments which enables them to aim off correctly overcome any challenge		- Study map and discuss best route - View route and eliminate obstacles and dangers	The student analyse different ways of getting to the point e.g. Safe, fastest and correct.	⬆️ Increase points ⬆️ Navigate themselves through a simple course <i>Pupil create strategies to overcome the problem</i>
	2. Teacher demonstrates skill of aiming off using a row of benches.			- Find North on Compass - Look at a big / important feature near by the direction you want to travel to get to the next site - Find feature on map using key	Observe pupils Pupils evaluate their partner's performance – Listen to feedback.	
	3. Students use correct way off getting to a point			- Get bearing / direction - Navigate to the feature - Keep feature in front of them at all times - When at feature aim off towards another feature or sight	Pupils must provide an action plan to identify how they are going to overcome the problem	
Cool Down	The 2 students chosen to lead the cool down do so	To understand why you Cool Down and do rhythmical movement after exercise		- listen to and follow instructions of those leading the cool down - complete exercises and stretches	Q & A on the teaching points and objectives of the skill, activity and lesson	⬆️ Incorporate skills performed into cool down

Informed Choices and Lifestyle	State and highlight all the OAA clubs locally in the area that have junior development clubs and practices															
Equipment	Pens, Cones, Paper, Peer Evaluation Sheets, Marker, Whiteboards, Compasses, Maps of school, Posts with clues, clues, master copies, whistles, OBJECTS, FLAGS															
ICT	Assessment			Citizenship			Peer Evaluation			Literacy			Numeric		Pupil planning	
Analysis of perf.	Evaluation		Feedback		Q & A		Mathematics		Art		English		Science		Technology	

Comments / Notes:

HEALTH AND SAFETY THROUGHOUT THIS LESSON

- Make sure pupils are aware of hazards around school e.g. Building works, Car parks, Cars etc. - Tell the students that they must never leave each other when working in pairs. - Make sure they are alert of strangers - Make sure the students are aware of the boundaries
 -Make sure the students clearly know the emergency procedure. - Make sure the weather conditions are suitable for the activities planned.

ADDITIONAL COMMENTS FOR LESSON, SCHEME AND PLANNING DEVELOPMENT			
Competence	Performance	Creativity	Health and Active Lifestyle
Developing Skills	Making and Applying	Physical and Mental Capacity	Evaluating and Improving