

SPORT THEME

ORIENTEERING

PRIMARY

#stayinworkout
#stayhomestayactive

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

MONDAY MOVERS

! Physical literacy/skills

Activity overview

Dizzy Directions

A simple running challenge involving Compass Points and directions!

Equipment needed

- ✓ 9 Markers (be creative – use socks, food tins, cushions etc. etc.)
- ✓ Pen & Paper

School Games value



TUESDAY CHALLENGE

! Personal challenge

Activity overview

Design your own map!

A challenge to design and draw a useable orienteering map

Equipment needed

Pen, paper and imagination

School Games value



WEDNESDAY WORKOUT

! Links to numeracy/literacy

Activity overview

Knolls & Depressions

A 2 player activity – potential to be very competitive!

Equipment needed

- ✓ Pen & Paper
- ✓ Set of markers

School Games value



THURSDAY THINKING

! Personal challenge

Activity overview

Scavenger Hunt

Single player game to find random household items

Equipment needed

Random household items
Pen & paper

School Games value



FRIDAY FUN

! Virtual competition

Activity overview

School Competition – two options to chose from!

Equipment needed

Dizzy Direcions and
Design your own Map!

RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



GET AHEAD
PARTNERSHIP