

Activity: Catching Features

Objective: Understanding what a catching feature is and how they help us navigate.

Instructions:

A catching features is a land mark such as a path, hill, tree, or other prominent feature that catches you if you've gone too far while looking for a control/checkpoint.

Using the map you made last week find catching features that would help you navigate your neighbourhood/home. Try to find at least **SIX** catching features.

If you reach a catching feature do one of the following exercises.

-10 pushups

-10 situps

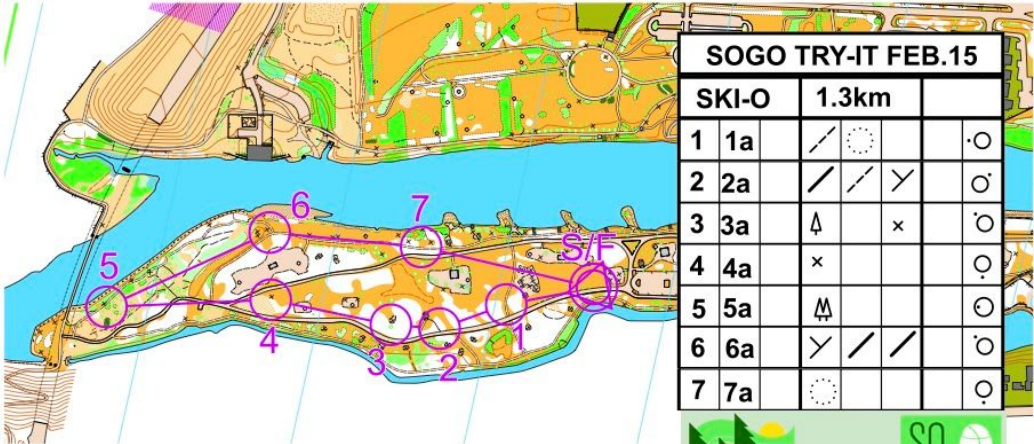
-10 burpees

-1 min. of plank

Materials:

- Map
- Runners if you're outside
- Positive attitude

BONUS ACTIVITY: FIND CATCHING FEATURES ON THE ROUTE BELOW!



SOGO TRY-IT FEB.15				
SKI-O		1.3km		
1	1a	/	○	○
2	2a	/	/	∕
3	3a	Δ	x	○
4	4a	x		○
5	5a	⊞		○
6	6a	∕	/	○
7	7a	○		○

COURSE CLOSSES AT 16:00

