

Orienteering

Activity: Symbol Bingo

Learning Objective: Getting comfortable with orienteering symbols

Instructions:

- Print off bingo card
- Compare the symbols on the bingo card to the map symbols (below).
 - You can write in the squares what each symbol represents if it is easier.
- Go around your neighbourhood finding these symbols.
 - Easy: Complete one line of the bingo card
 - Hard: Complete entire card

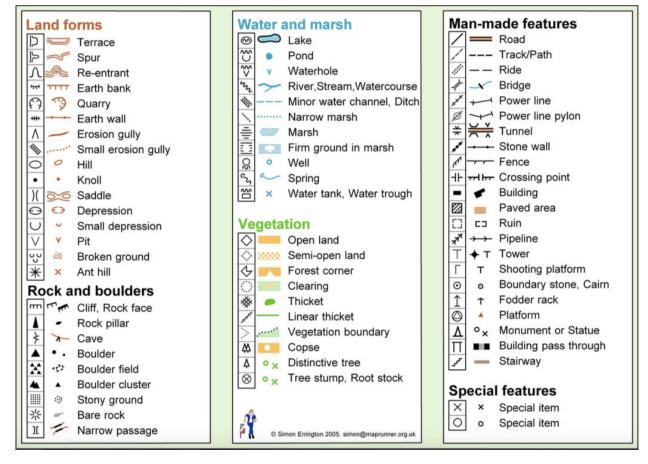
Equipment:

- Bingo Card
- Pen

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O Garbage Can			
		Park Bench	
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Map Symbols:





Strength and Agility

Activity: Lazer Maze

Learning Objective: Helping kids learn where their body is in space and general coordination. Making slow and precise movements

Instructions:

- Create a maze using string and tape in your hallway
- Get through the maze without touching the string
 - Easy: go through the maze without touching the string
 - Hard: go through the maze while balancing a shoe or book in your open palm
 - Impossible: go through the maze while balancing the shoe or small book on your head

Equipment:

- String
- Tape
- Shoe or small book