



# Irish Primary PE Association

Cumann Corpoideachais Bunscoile na hÉireann

**Name of Resource:** Tri-O Orienteering Pack

**Web link** <http://www.moray.gov.uk/downloads/file91377.pdf>

## **Description**

These are all nice simple ideas for pre- orienteering. These lessons are straightforward to follow and are great ways to get all the children working together in groups. I have tried out all the activities here and would highly recommend all of them for use in PE lessons. The lessons are all very well laid out and are well described in the pack. It's a great resource to download and to use in PE class.

## **Organisation**

All lessons are set up for group work and getting the children co-operating together.

## **Age Group**

1. Funny faces -1<sup>st</sup>-3<sup>rd</sup> Class
2. Orienteering Obstacle Challenge 3<sup>rd</sup>-6<sup>th</sup> Class
3. Matching Symbols 3<sup>rd</sup>-6<sup>th</sup> Class
4. Hurdles All Classes
5. Punching relay 5<sup>th</sup>-6<sup>th</sup> Class
6. Counting Cones 1<sup>st</sup>-3<sup>rd</sup> Class
7. Slalom Ball 1<sup>st</sup>-6<sup>th</sup> Class
8. Playground Jigsaw 4<sup>th</sup>-6<sup>th</sup> Class
9. Varied Running All Classes

## **Safety**

These challenges took place in the hall or an outdoor area.

As with all Physical Education lessons health and safety was of extreme importance.

As the children were using a variety of equipment, the safe use of equipment was highlighted e.g. jumping hurdles etc.

### **Equipment**

The equipment for each lesson is highlighted on the opening page of the lesson. Simple items such as beanbags, hula-hoops, cones, were used frequently.

### **Space**

All other activities work well in the hall or could also be extended to use in an outdoor area. Punching Relay is always done outside.