

PSSI Lessons – Index for Outdoor and Adventure Activities

INFANTS	Lesson	Activity	Equipment/Materials
	1	Follow directions Find and record controls	XXX Sign Cones and crayons Animal controls and control cards
	2	Introduce Photostar Orienteering	Pictures of school items Boxes for photos Crayons on strings Control cards – school items
	3	Walking – Matching cards activity	Cones Matching cards
	4	Scavenger Hunt Treasure Hunt	Scavenger bags Pictures of items to be collected Coloured stickers

1st/2nd Class	Lesson	Activity	Equipment/ Materials
	1	Follow directions Find and record controls	XXX Sign Cones & stickers Control cards Crayons String Controls – shapes - shapes and letters
	2	Photostar orienteering Memory photostar	Stickers Boxes Photos Controls and control cards Pencils or crayons
	3	Snake walks	XXX Sign Plans Snake walks Beanbags Equipment in plans

3rd/4th Class	Lesson	Activity	Equipment/Materials
	1	Map making – classroom activity Score orienteering	Paper & pencils Controls Crayons & string Plans Items in plans Classroom plan Yard plan N sign
	2	Map reading activity Score orienteering Snake walks Memory snake walk	N sign Plan of area Snake walks Pencils & paper Controls & crayons Clip boards
	3	Photostar orienteering Map Walk Memory photostar	Photo Controls and control cards Crayons & string Clip boards Maps of area Pencils and paper
	4	Map work - legend Star orienteering Memory star orienteering	Controls and control cards Map of yard Crayons and string

5th/6th Class	Lesson	Activity	Equipment/Materials
	1	Route sheets Hunt relay Map symbol relay	N sign Route sheets Answer sheets Clip boards and paper Matching cards Map of school grounds
	2	Point to point orienteering	Map of school grounds Stopwatch Controls and control cards Master control card Red pens
	3	Mass start score event Team score event	Maps Controls & crayons Control cards Whistle & Stopwatch

Infants–6th Class: Walking Activities and Outdoor Challenges

Treasure/Scavenger Hunts

- Colour Charts Activity
- Scavenger Hunt
- Scavenger Bags
- Matching Pairs Activity
- Word Hunt
- Memory Hunt
- Hunt Relay

Outdoor Challenges

- Shuffle Pack Activity
- Pass the Hoop
- Tangle Twister
- Stepping Stones
- Turn the Sheet
- Suspension Bridge
- Team Ski
- Blind Trail
- Feel a Tree
- Obstacle Course