

Learning Intention: *How can you use the 8 points of the compass to give directions?*

EQUIPMENT:

Resource Sheets
Cones
Benches
Hoops
Throw down strips
Throw down spots
Hurdles

- I can know the position of the 8 points of the compass.
- I can follow directions given using 8 compass points.
- I can give and follow directions using 8 compass points.

Note this may take more than one lesson.

WARM UP:

Children to jog around a given area and listen out for the commands:

Crow's Nest = Children stand on one leg

North = Hop forward

East = Side step to the right

South = Side step backwards

West = Side step to the left

Compass Point = Children all gather in centre of the room

Three in a Lifeboat = Children get into three's

Climb the Rigging = Children pretend to climb a rope ladder.

Submarines = Children lie on floor with one leg raised like a periscope

Hit the Deck = Children lie down on their stomachs as quickly as possible
(or get in plank position).

ACTIVITY 1: 8 Compass points

Linking Learning from year 3: Recap with the children what the 8 compass points are (**Resource card 1**).

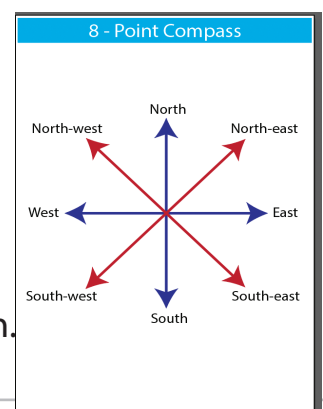
Children to start in the middle of the hall or playground facing north.

The teacher to call out and compass point and a way to move eg **"skip north-east."**

Children should move to the point the teacher calls out using the method of travel given.

The teacher should continue giving direction and instructions for how to move.

Make it easier: Children to return to the middle before each instruction.

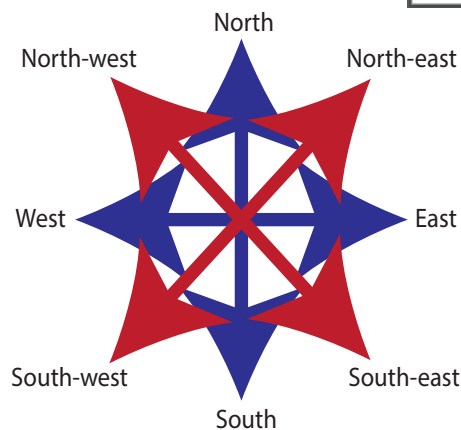
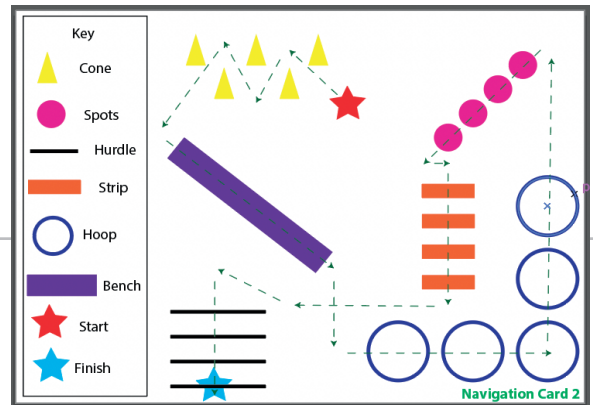


ACTIVITY 2: Navigate the obstacles

Put the children into pairs. Set up obstacles around the playground and give each pair map (Resource 2).

Working in pairs, children should give each other instructions to navigate around the obstacles using compass directions. e.g Through the cones- North-West, South-West, North-West, South-West, South East (along the bench) etc...

Try a different Navigation Card.



ACTIVITY 3: Challenge

Children to set up their own obstacle courses to navigate their partners around.

Linking learning: They could use their learning about keys from the previous lesson and draw out a map to support giving directions.

PLENARY

Plenary: *What challenges did you face in this lesson? How did you overcome them?*