

Integrated unit 1: Adventure Activities Level 1, Unit 1 – Cardiovascular endurance

**LEARNING
OUTCOMES**

The student will :

- *associate shapes on map with objects on ground*
- *gain an introduction to CV endurance and how / why it is necessary for orienteering.*

EQUIPMENT

Borg scale (Resource material), map drawing resources, 9 cones, orienteering route cards, stop watch, symbol recognition cards.

CLASS ORGANISATION

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
Warm up	Map drawing Resting HR	Take resting pulse at wrist i.e., radial pulse (count for 6 secs.). Draw map of hall. Students in pairs identify features on map. Each points to a feature and partner has to run to it and back as quickly as possible.	Explain briefly that resting HR is the number of beats that the heart needs to take, to circulate oxygen when body is at rest.
Development	Relationship between perceived exertion and pulse. Endurance	Mark 9 cones with symbol / letter. Set out to master plan as in original lesson. When they return from each attempt, students take HR at carotid pulse – explain why HR is higher (take for 6 secs.) than it was at start of unit. Introduce Rate of Perceived Exertion. R.P.E.: (the rate of perceived exertion) is a method of monitoring intensity. It allows the individual to rate her/his perceived overall effort / exertion in the exercise. Relate level of perceived exertion to heart rate. If student thinks he / she is working 'fairly light' then he/she should have counted 11 beats in 6 secs = HR of 110 beats per minute. Explain that CV endurance is the ability of the heart and lungs to provide oxygen to the muscles for continuous activity, involving large muscle groups, over a prolonged period of time.	Teacher should have prepared a set of route cards etc. as in original lesson. Task needs to be set outdoor in a large area. Students navigate first, run second. Higher HR due to increased demand for oxygen from muscles. Heart beats faster to bring additional oxygen to muscle groups. Refer to Borg Scale in resource materials.
Conclusion		Symbol recognition as per original lesson plan if time allows.	