



Schools Program 2020

Get Adventure Running Kids into your classroom!

What we offer

We will come into your school and set up a pseudo orienteering course (pylons with typical map symbols drawn on them) in the gym. We teach classes the basics of map reading & navigation and how it relates to navigation based Endurance sports.

Lesson Breakdown

- Introduction and explanation of map: ~5 mins
- Explanation of timing system and course: ~5 mins
- Run & Rerun course (5 total), each takes 45sec-2 mins to complete: 20 mins
- Debrief and explanation of Adventure Running Kids Program: 5 mins

Classes Appropriate for this program

Grades 2-6

Sample Daily schedule

It is out preference to come for most of the day and see a number of classes

- 10:00 Arrive and set up
- 10:30-11:15: Grade 2
- 11:15-12:00: Grade 3
- 12:00-12:45: Grade 4
- Lunch
- 1:30-2:15: Grade 5
- 2:15-3:00: Grade 6

Information

Pease contact Patrick Saile (patrick@dontgetlost.ca) for further information.