

Effects of Exercise Orienteering Quiz



Objective

To revise key facts about the effects of exercise.



Equipment

- Enrich School Orienteering Map
- Orienteering control markers
- Activity Sheet
- Answer Sheet



Preparation

- Identify a starting point for the activity.
- Divide the class into pairs or small teams.
- Provide each pair/team with a copy of the Activity Sheet and an Enrich School Orienteering Map.
- Explain the activity to students.



Instructions

- The Activity Sheet has a set of questions on the effects of exercise, each of which has three possible answers to choose from.
- At the starting point, each pair/team chooses one of their questions and ticks against what they decide is the correct answer.
- Using their orienteering map, they then check the answer by running to the control point for that question. **The 2nd number from the control marker is next to the correct answer.**
- They then run back to the starting point and select an answer for the next question on their Activity Sheet.
- Alternatively, each pair/team selects answers for all the questions.
- They then complete the orienteering activity to check all of their answers.



Other information

- There is an answer sheet that accompanies this activity.

