

Figure 13. The Retrieval



Number of Players: 8-15

Approximate activity time: 20-30 minutes

Description: This is an initiative that requires a mature group of individuals and a thorough understanding of spotting. There is a 15-foot circular area that is blocked off with the water bottle in the middle. The students can use the two ropes, harness, helmet, carabiner, and each other to “retrieve” the water bottle from the middle of the “toxic pool.” Nobody may touch the inside of the blocked off area.

This activity must be set up next to a sturdy tree. The object of this problem-solving activity is to have the students tie one of the ropes around the tree as high as they can reach. One member puts the harness and helmet on for safety. The facilitator is always spotting for safety and ensuring that no “bad ideas” get put into use. The “retriever” is clipped into the rope with the locking carabiner. All the other players walk around the “toxic pool” pulling the rope tight. This makes the retriever come off the ground one or two feet. Spotters should be in place to protect the head, neck, and back. The second rope can be used to lower the retriever down to the water bottle while the others hold the mainline taut. They must bring the retriever and the water bottle out of the pool area without having anything touch.

Safety considerations: An instructor needs to be placed at this station to ensure safety. The retriever must be spotted for the head, neck, and back (see figure 14). Be sure to check the knots on the rope before the participant begins.

Benefits of Adventure Orienteering in Physical Education

There are many reasons that adventure orienteering should be used in physical education. The following list dis-

Figure 14. The Retrieval with a Spotter



plays some of these reasons.

- People of all ages can participate.
- Activities and courses can vary to meet the needs of the participants.
- Critical thinking is incorporated into physical education, engaging students to think more deeply about the concepts learned (Kamla & Lindauer, 2002).
- Activities are safe, require minimal equipment, and provide measurable outcomes.
- Allows students to learn about their abilities and strengths.
- Promotes group interaction.
- Allows students to set goals for three purposes (Stratton, 2005): enhance motivation, encourage students to develop new skills, and help focus attention on the task at hand.
- It's fun!

Conclusion

Orienteering is a life-long enjoyable activity that creates an awareness of one's surrounding, a sense of direction, and a degree of physical fitness. By using some creativity and making physical education activities enjoyable, educators can help motivate students to develop physically active lifestyles (Beighle & Darst, 2004). Using adventure education with orienteering will not only introduce students to new skills, but will promote cooperation and community within a group. Students will leave the physical education class feeling excited and empowered.

References

Beighle, A., & Darst, P. (2004). Fitness scavenger hunts for middle school students. *Strategies: A Journal for Physical and Sport*