

EduTrend Contents

G4C · ADVENTURE AND OUTDOOR GAMES · PRIMARY

Trail Makers

One group lays a trail of stick arrows and the other follows it, building planning, direction and teamwork

Ages 7–10	Level: Developing	45 minutes	Two groups of 3–5 · up to 20	Activity 02

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 02 · AT A GLANCE

Trail Makers

Two groups of three to five each have an adult keeping them in sight. Group A has a five-minute head start to lay a trail of at least eight arrows made from sticks and stones, and hides a small object at the end. Group B follows the arrows to find it. Then the groups swap. Afterwards both groups discuss which arrows were clear and which were confusing.

Learning outcomes

By the end of the session pupils can:

- lay clear direction signs;
- follow a trail as a team;
- plan and communicate;
- give feedback on clarity.

KEY WORDS

trail · arrow · direction · plan · follow · clear

CURRICULUM LINKS

Geography: direction and routes. English: instructions. PSHE: teamwork.

1	2	3	4	5	6
WARM UP	**EXPLAIN**	**PLAY**	**ADAPT**	**TALK**	**COOL DOWN**
Get moving safely	One rule at a time	Short rounds	Easier or harder	What helped?	Calm and review

Materials (per group)

- Sticks and stones found on site
- A small object to hide
- Whistle
- Worksheets 1, 2 and 3

Before the session

- Walk the area and set boundaries.
- Brief adults for each group.
- Agree the return call.
- Choose a hiding object.

SAFETY

An adult keeps each group in sight. Stay within boundaries. Avoid water and roads.

ACTIVITY 02 · SESSION PLAN

Step by step

Dismantle arrows afterwards so the area is left as found.

Time	What happens	Say or ask
0–5 min **Warm up**	Walk the area; practise return call.	*"Where are the boundaries?"*
5–10 min **Explain**	Arrow rules and swap.	*"What makes an arrow clear?"*
10–35 min **Play**	Lay, follow, swap.	*"Which way now?"*
35–45 min **Review**	Discuss clarity; clear arrows away.	*"Which arrow confused you?"*

CHALLENGE CARD (print or copy onto the board)

Lay a trail so clear that the other group finds your hidden object without getting lost.

ACTIVITY 02 · FACILITATOR NOTES

The game know-how in brief

Direction signs must be visible and unambiguous; placing arrows at junctions matters most.

Laying a trail for others makes children think from another person's point of view, a key part of planning.

Common ideas to listen for

- "One arrow at the start is enough." Mark every junction.
- "Small arrows are fine." Make them visible.
- "Speed wins." Clarity wins.

Adapting the activity

Support

Use ribbons tied at child height and keep the trail short.

Stretch

Add a false trail marked with a cross.

WORKSHEET 1

Our trail plan

Name: _____ Class: _____ Date: _____

Plan before laying.

Our trail plan

Arrow	Where	Direction

WORKSHEET 2

Following record

Rate each arrow.

Following record

Arrow	Clear?	Why

WORKSHEET 3

Clear directions

Explain.

A good trail arrow is...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Lays clear signs	Follows as a team	Gives feedback

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Trail Makers is a sample activity from the EduTrend Contents G4C Adventure and Outdoor Games programme (primary, level: developing). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

© 2026 EduTrend Contents. This activity may be printed and copied for use with pupils in your own school, club or home. It may not be resold or published elsewhere. Photos: Juliane Liebermann / Unsplash.