

Basic Skills

These skills should be embedded into and checked in every session.

Skills Practised:

- Set the map
- Thumb the map

Points to watch:

- Set the map – the participant turns the map to match up with the ground, using features they can see by looking around
- Set the map – the participant ensures that the map still matches the ground when they have turned a corner. Note: 'cones' is a useful exercise for this
- Set the map – Mark North (N) on the map with a red line across the top (on orienteering maps, North is the top of the map). Designate one wall as N or mark N on the ground with either a line of red cones OR a pole with a streamer
- Set the map – Use the red N needle in the compass to turn the map to match N on the map with N on the compass. The compass should be held level and in front of their belly button.

- Thumb the map – the participant uses their thumb to locate where they are on the map all the time. To do this, they have to be able to fold the map so their thumb can reach all the places on the map. The map might have to be refolded at times during the exercise.

Progression

- Use of more detailed areas e.g. from the room, to the playground, to a local park or a small area of woodland
- Use of compass to set the map