

### Lesson - Cross Country Exercise

#### CfE Experiences and Outcomes

**First Level** - *I can describe, follow and record routes and journeys using signs, words and angles associated with direction and turning. MTH 1-17a*

*I am developing skills and techniques and improving my level of performance and fitness. HWB 1-22a*

**Second Level** – *Having investigated where, why and how scale is used and expressed, I can apply my understanding to interpret simple models, maps and plans. MTH 2-17d*  
*I practice, consolidate and refine my skills to improve my performance. I am developing and sustaining my levels of fitness. HWB 2-22a*

#### Learning Outcome

- To develop map reading skills
- To recognise map symbols
- To set the map
- To make quick decisions

### Resources

- A set of school grounds maps with 10 – 20 controls marked on it
- The same number of orienteering controls and punches or crayons/pencils
- A control card for each runner
- A set of control description cards with between 3 – 5 controls marked on them. You can vary the difficulty of these.

*Lesson sequence adapted from The Outdoor Learning Cards Resource*

### Activity

- Pupils can work individually or in pairs. They have a map each with control sites marked on it.
- Pupils choose a control description sheet and follow the course in number order from the start.
- Pupils must mark their control card at each control.
- Pupils check their answers and then choose another course.

### Assessment

What helped you to work out where to go?  
What did you do at each control?  
Can you describe the routes you followed?  
Could you have taken a better route?

#### Differentiation and Progression

Each map could show a mini course that corresponds to a course description card. The controls to be visited could be joined up by a straight line. Pupils could set out the controls then mark their position on the map. The class could then use this map.





# Curriculum Outdoors

## *Orienteering*

