

COACH

Orienteering Introduction Lesson



Es & Os:

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**

While working and learning with others, I improve my range of skills, demonstrate tactics and achieve identified goals. **HWB 2-23a**

LI: To work cooperatively and tactically with others towards a common goal.

To interpret a map of a well-known area and identify particular locations.

SC:

I can set a map using landmarks around me.

I can identify locations on a map.

I can locate and travel to orienteering markers using a map of the school grounds.

I can compete as part of a team in orienteering games.

Resources: Whiteboards, pens, chain, training cones, maps of school grounds - <https://blogs.glowscotland.org.uk/ea/learningoutdoorssupportteam/east-ayrshire-schools-orienteering-maps/>

Lesson

Bird's Eye View Activity: Pupils will be asked to create a rectangle. Imagine they are a bird flying over the top of the group, what would they see? Add in a cone and then another, inside the rectangle. Using a white board demonstrate this. Can they do the same? Add in some other objects inside the rectangle and get them to draw on their whiteboard, remembering it is a birds eye view – **10 mins**

Map Walk: Give pupils a map of the school grounds. Revise and extend setting the map – what do they think each of the symbols on the map mean? Can they find where we are? Explain how to 'thumb the map' (using your thumb to follow where you are on the map) and keep the map set as you walk. Go for a walk around the grounds, stopping to check that everyone has their map set and can find where we are every so often – **15 mins**

Course: Set up controls prior to the lesson, using kites or another landmark that could be checked off. Make sure these locations are marked on the maps. Pupils race 4 pairs at a time race to see who can complete all of the control points first. One control point at a time – **20 mins**

Plenary – what is one thing that pupils learned/enjoyed/would like to do again from the session?