

Lesson 2 – Introduce Line Orienteering. Map and Ground awareness.

Orienteering Second level



Warm up

1. Teacher has prepared 4 master maps with a line but no controls marked on.
2. Pupils copy line onto own map.

Focus

1. Together using thumb on line drawn on map and setting map to north, walk round the gym following route of line.
2. Teacher stops at various points to check that pupils know exact position.
3. Do not use control markers at this time.

Instructions

Line Orienteering Course

1. Teacher has prepared and set out 3 or 4 different line courses – each with 5 controls (some controls from different courses could coincide).
2. Divide class into 3/4 groups. Groups copy master map – drawing line onto map.
3. As soon as they have copied the map they follow the route, marking onto the map, every control marker that is on their line with a circle – accuracy is vital – all circles should be placed on top of line drawn.
4. Once finished, return to teacher to have map checked.
5. Follow course again to correct any errors.

