

Orienteering

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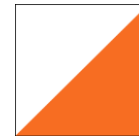
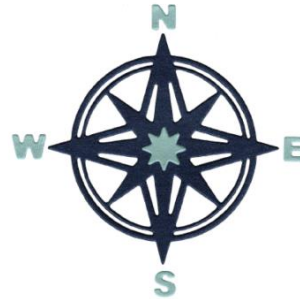
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Orienteering in the classroom

Lesson 1: Introduction to map setting

- Hand out a map of the classroom and explain features e.g. desk, chair, board, sink etc
- Pupils stand at their own desk and turn map and body to face N – setting map

Equipment

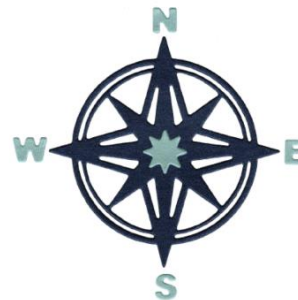
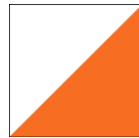
- Master map of classroom.
- Map of the classroom for each child.
- 10 mini control markers.
- A pencil each.

Task

- Teacher places 10 mini control markers around the classroom.
- Pupils mark the starting point at their desk with a triangle.
- Pupils copy control point numbers from the master map onto their own map.
- Pupils find all controls in any order as quickly as possible.
- Mark down corresponding letters in pencil next to the numbered box on side of map.

Challenge

- Pupils can make the mini control markers.
- Pupils can help create the map.



Orienteering Lesson 2 Thumbing

Lesson 2: Identifying features in gym/outdoors using thumbing

- one map each child
- Set map to north (N), turn body to face different directions while keeping map set to N



Task

- Introduce thumbing.
- Fold the map, hold it in one hand with your thumb at control point 1.
- Face the direction of control point 2.
- Walk to control point 2 and move thumb onto 2 on the map.
- Turn your body to face control point 3.
- Walk the area until you have identified all control points using your thumb.

Equipment

- A map each.
- A master map for teacher.
- Control markers.



Challenge

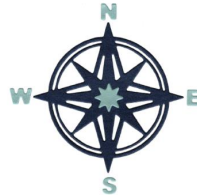
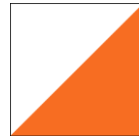
- Teacher sets out 10 control markers.
- Divide the class into 2 groups.
- Each child has a control card or piece of paper with number 1-10 down the side.
- Group 1 follows course A, group 2 follows course B.
- Start each pupil off in 10 second intervals.
- You must find the controls in order.



Orienteering Thumbing Outdoors

Equipment

- A map each.
- 4 master maps.
- Control markers.



Lesson 3: Identifying features outdoors using thumbing

- Warm-up in the gym.
- 4 master maps placed round the gym, controls 1-10.
- 4 groups, each pupils copies 1 control onto their map.
- Mark 'start' on map.
- Place each map into clear plastic bags.
- Explain the map key.

Task

- Start in the playground.
- Work individually or in pairs.
- Mass start – each pupil runs to find their own control point.
- Remember the letter at the control point.
- Return to your teacher with answer.
- Swap maps with another pupil.
- Find the next control point.
- Continue for as long as time allows or until each pupil has visited all 10 controls.
- Ensure each pupil is setting by thumbing.



Orienteering Setting the Course

Lesson 4: Setting the Course

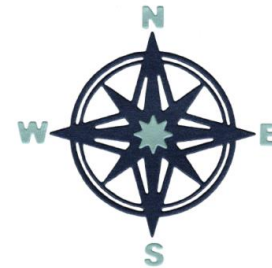
- 4 master maps placed round the gym, controls 1-10.
- Each pupil copies the course onto their map.
- In pairs – each pair places out 1 control, stay at the control until teacher signals it is in the correct location.

Task

- Walk around the course with your partner in any order.
- Follow fences, walls, lines on the pitch etc.
- This will help you find the controls.

Challenge – Scored Event

- Working individually, all pupils start at the same time.
- With a large class set off in 2 groups, 1 minute apart.
- Go to the control that you set out first.
- Follow the rest of the course in any order.
- Have a control card and a map in a plastic bag.
- Write down the letters at each control.
- Return to your teacher when course has been completed.
- Teacher will give each pupil a time which is recorded on their score card.
- Pupils should correct any answers by returning to that control.
- Pupils collect controls in at the end.



Orienteering – Using all learned skills

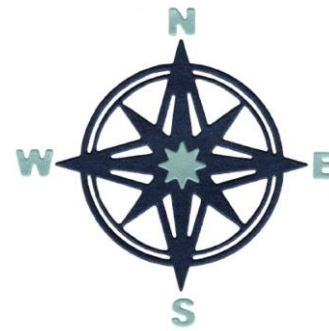
Lesson 5: Using all learned skills

- Do a short warm-up, e.g., jogging and stretching.
- Teacher has prepared 3 different courses and maps.
- Some controls may be the same for each course.
- Each course has 5 controls.
- Pupils place controls out as they did in previous lesson.

Task

Playground – cross-country relay event.

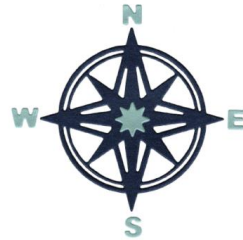
- Divide class into groups of 3.
- Each member has a map, A, B or C and a control card with a different order of course written on it e.g., ABC, BAC, CAB, BCA, ACB, CBA.
- Each team has a different order.
- Teams decide who will run 1, 2 or 3.
- All 1 runners set off together.
- Once they complete their course, hand the control card over to the 2 runner.
- Keep going until all 3 runners have visited the controls.
- Runners must complete the course in order 1 – 5.



Orienteering – different Environment, Using Coloured Map

Lesson 6: Different Environment, Coloured Map

- Pupils copy course onto map in classroom.
- Discuss country code.
- Close gates behind you.
- Do not climb fences.
- Do not drop litter.
- Do not start fires.



Task

In the park – using a set orienteering course.

- Look at coloured maps to discuss and identify features.
- Set map to N.
- Walk round the course together, stressing thumbing.

Challenge

Start the event.

- Teacher gives each pupil or pair 1 control to find.
- Pupils return to teacher to receive 2nd control.
- Pupils should carry a whistle, only to be used in an emergency – 6 short blasts.
- If it is not possible to visit a different environment, the teacher could set up a short cross-country course in the playground.

