

Orienteering 2nd level

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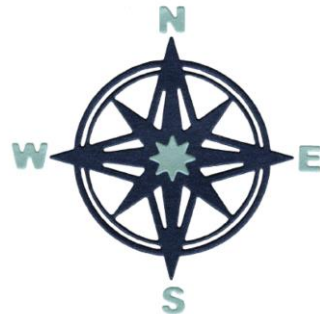
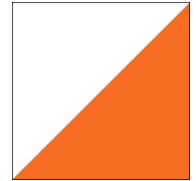
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Lesson 1: Revision of map setting

- Revision of setting a map to N
- Identify features on the map.
- Walk round features in the gym together, using thumbing.

Task

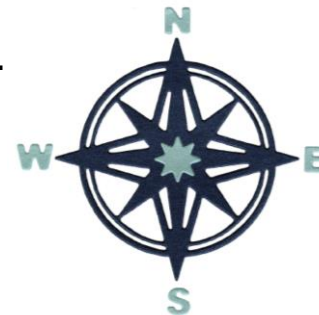
- Teacher places 4 maps round the gym.
- 2 maps 'A'.
- 2 maps 'B'.
- 4 different courses.
- Course A is 1-8, course B is 9-16.
- Pupils copy from master map onto their own map.



Task

Score orienteering course

- Each pupil has 1 map and 1 control card.
- Teacher gives each pupil a number between 1-8 or 9-16, depending on which master map they copied from.
- The number they are given is the control they must start at.
- Walk round the course in any order.
- When course has been completed, sit in the gym.
- Check answers then swap maps.
- Completed 2nd course.
- Pupils collect in controls.



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Lesson 2: Introducing line orienteering. Map and ground awareness.



- Teacher has prepared 4 master maps with a line but no control markers on it.
- Pupils copy line onto their own map.

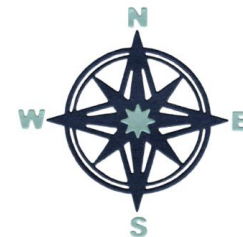
Task

- Using your thumb on the line drawn on the map, set the map to N
- Walk round the gym following the route of the line.
- Teacher stops at various points to make sure pupils know their exact position on the map.
- Do not use control markers at this time.

Task

Line orienteering course

- Teacher has prepared and set out 3 or 4 different line courses.
- Each course has 5 controls (some controls from different courses could coincide).
- Divide the class into 3 or 4 groups.
- Each group copies the master map, drawing the line onto their map.
- 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 the line drawn.
- Once finished return to teacher to have map checked.
- Correct any errors by following course again.



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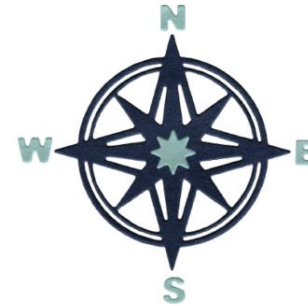
Lesson 3: Line Orienteering outdoors.

- Teacher has prepared and set out 3-4 line courses on the playground map, each with 5 controls.
- Pupils are put into 3-4 groups and copy out the line onto the map in gym.

Task

In playground

- Work in pairs or individually.
- Pupils are set off, one from each group, every 20 secs.
- Pupils copy controls onto map as in previous lesson.
- Return to teacher after completed task
- Swap map with another group.
- Pupils follow new course and check that it is correct.
- If there is a difference of opinion, mark where you think the control should be with a cross.
- Walk round course with Teacher to confirm course.



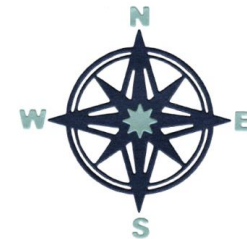
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Lesson 4: Use of control descriptions

- Teacher has prepared master maps – 2 courses each with 8 controls.
- Control cards will have control descriptions on back e.g., 1 – Tree, 2 – Steps
- Pupils set out 1 control each, either individually or in pairs, pupils stay there until teacher has checked that it is correct.

Task - Score Event

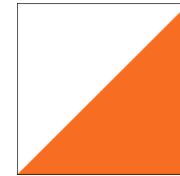
- Each pupil will have a map, control card, control descriptions (all in a plastic bag)
- Working individually, everyone starts off together.
- With a large class, start in two halves with a 1 minute gap.
- Go to control that you set out first.
- Follow the rest of the course in any order.
- Write down each letter when you reach each control.
- Return to teacher when course has been completed.
- Teacher gives pupils a time which they record on their control cards.
- Check answers, add 10 secs to time for every wrong answer.
- If time allows, exchange maps and follow second course.
- Pupils collect controls at the end of lesson.



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Lesson 5: Using all previous skills in cross country event

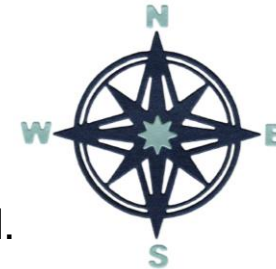
- Teacher has set out 1 course of 10 – 12 controls.
- Teacher has prepared 4 master maps.
- Pupils – short physical warm up of jogging and stretching.



Task

Playground – Cross country event.

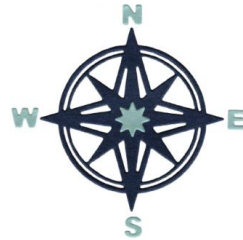
- Pupils have a control card with control descriptions on back.
- Pupils have a blank map.
- Pupils are given a starting time, which they note on their card.
- Vary intervals according to class size – 20 secs approx.
- Start in Gym. As soon as each pupil starts, they copy the course onto their own map, then start course in playground.
- Follow course in number order.
- When course is completed, return to finish and note down finishing time.
- Check answers adding 10 secs to time for every wrong answer.
- Pupils collect controls at the end of the lesson.



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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.
- Look at contour lines if any.
- Set map to N.
- Encourage pupils to know exactly where to start/finish.

Task

Start the event.

- Work individually or in pairs.
- Each pair must carry a whistle, give 6 short blasts if in difficulty.
- Teacher gives each pupil a different control to start.
- Follow in any order.
- Teacher puts a time limit on course e.g., must be back in 30 mins.
- If it is not possible to visit a different environment, the teacher could set up a short cross-country course in the playground.

