

Activity Cards

At Home



To maintain a basic level of health, children and young people aged 5 to 18 need to do...

AT LEAST

60

MINUTES OF PHYSICAL ACTIVITY EVERY DAY!

ORIENTEERING



Be creative using household items if you don't have

Orienteering equipment

Each week the Active Schools Team will focus on a new activity/sport and these are designed to provide ideas to support you and your family to remain active at home.

Orienteering

What is Orienteering?

Orienteering is a fun family activity which uses navigation skills to move between different points on a map, called control points.

You can create your own course at home indoors, in a garden or a local park.

How to play

A course is made up of a number of control points. Each control is marked by a number or a letter. You are given a map which tells you where all of the controls are. Follow the map to find the controls located throughout the course.

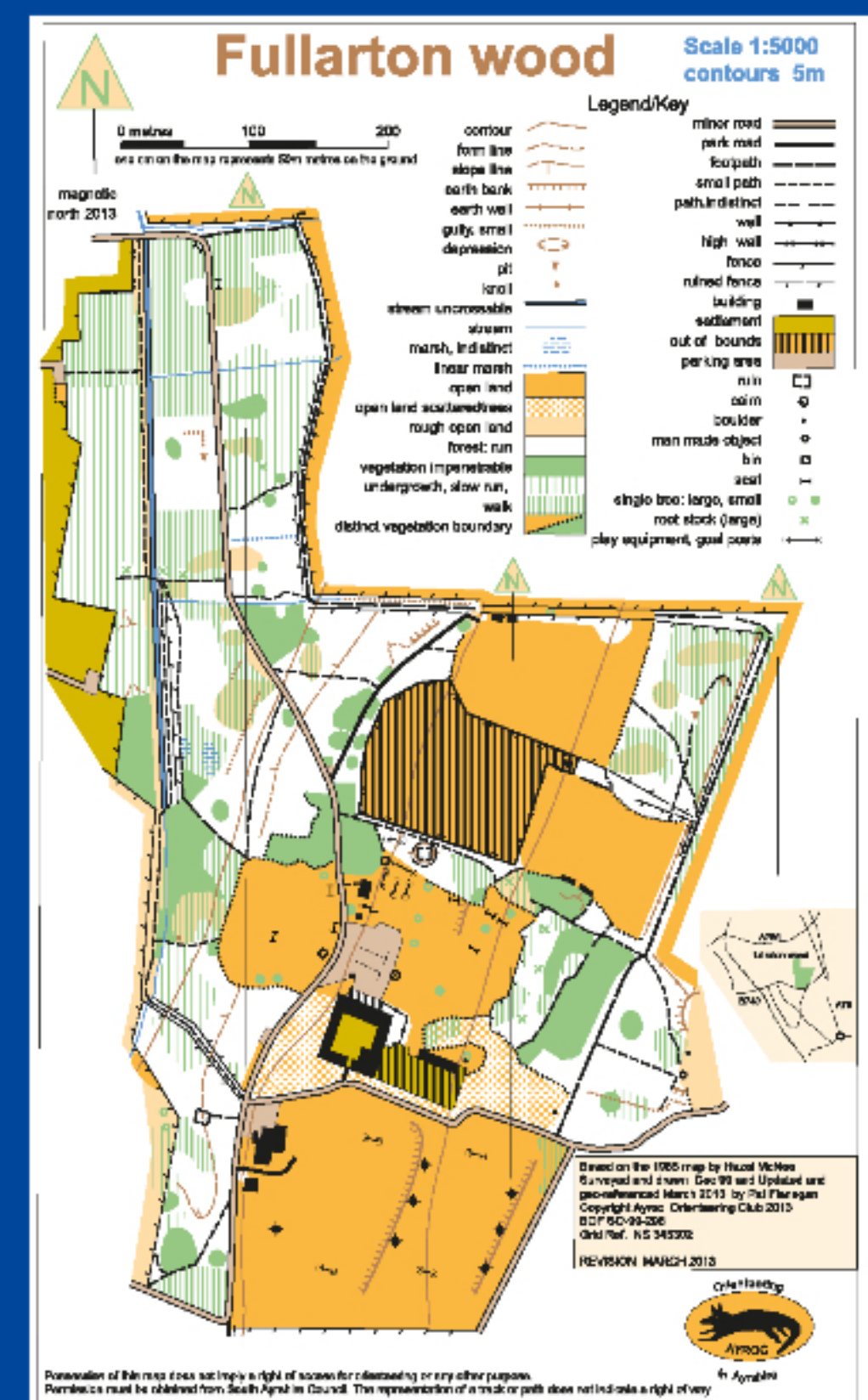
Encourage your family to take part!



The Map

Map

Keep the map lined up to the north



Know the scale

1:10,000 - 1cm on the map = 100m on the ground

1:7,500 - 1cm on the map = 75m on the ground

Symbols

Use the symbols to help you work out where you are



Controls

Complete controls in order and make sure to complete all controls



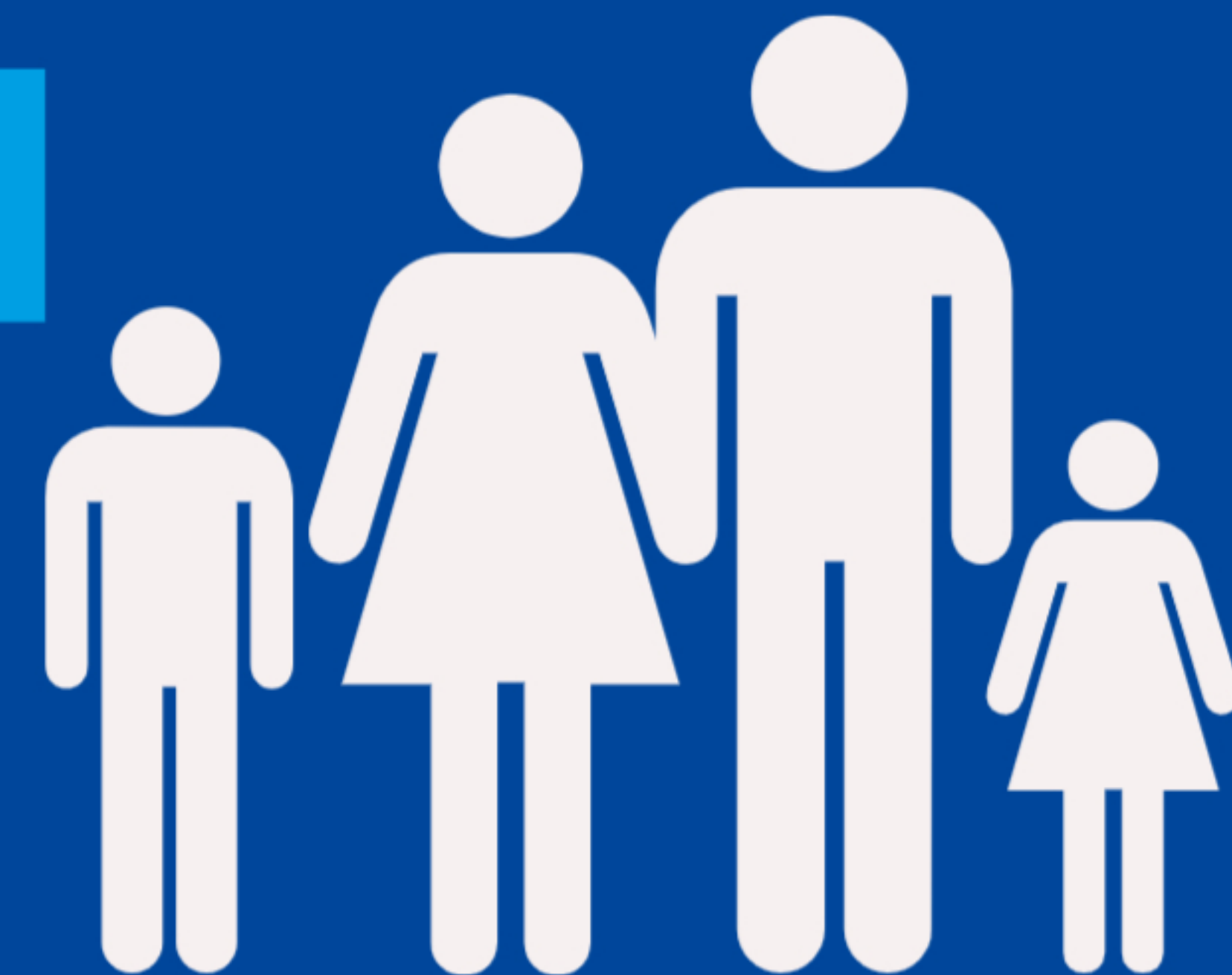
Compass

Use a compass to help with direction



Family

Can you encourage your family to take part?



Symbols



Building



Trees



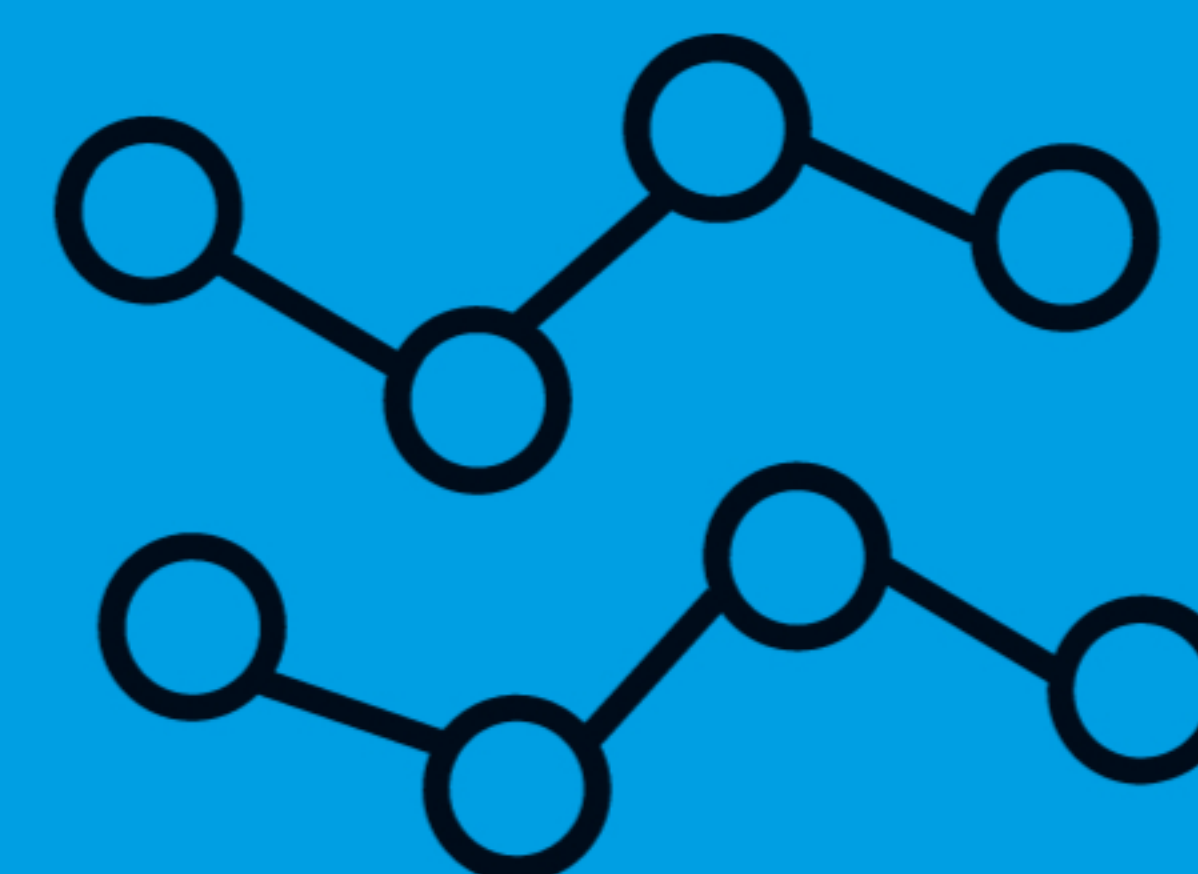
Bushes



Pond



Fence



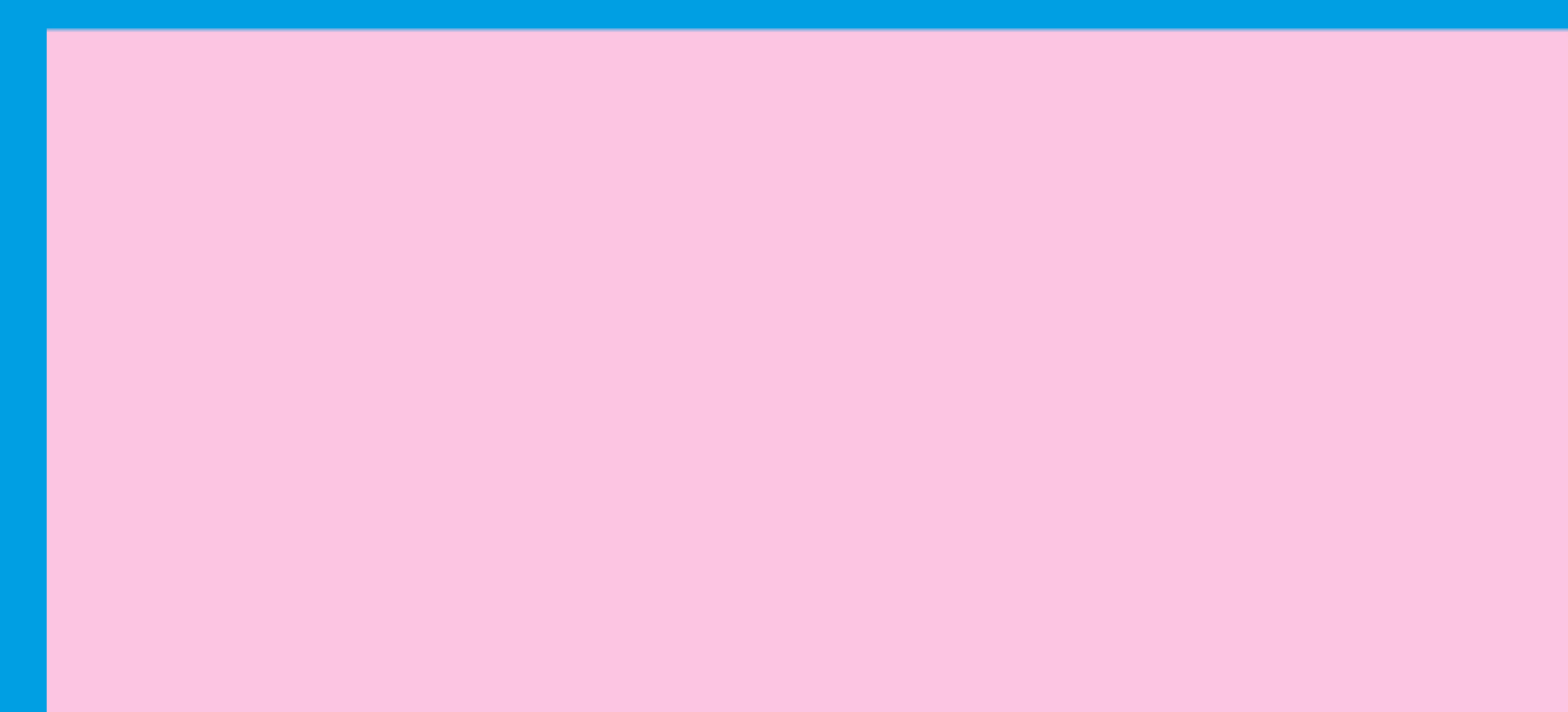
Wall



Footpath



Stream



Playground



Open land

Scavenger Hunt

How many of these items can you find in your garden or a local park?



Leaves



A Feather



A Flower



A Bird



An Insect



A Bee



Grass



A Butterfly



A Stick



A Tree



Treasure Hunt

How to play:

Create a treasure hunt in your garden or house by hiding household items like bottles or cans. Create a map and mark where you have hidden the items for a family member to use to find the treasure!

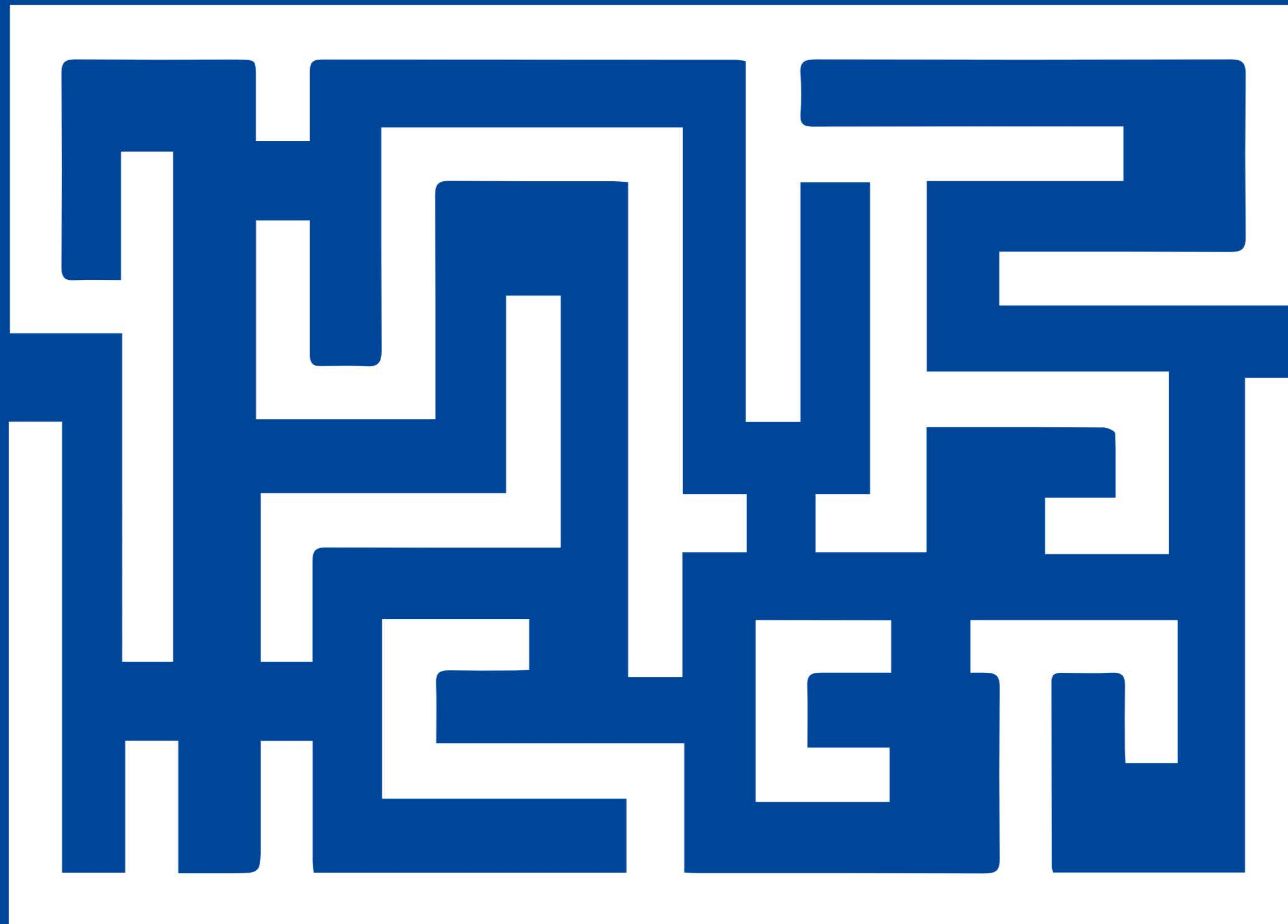
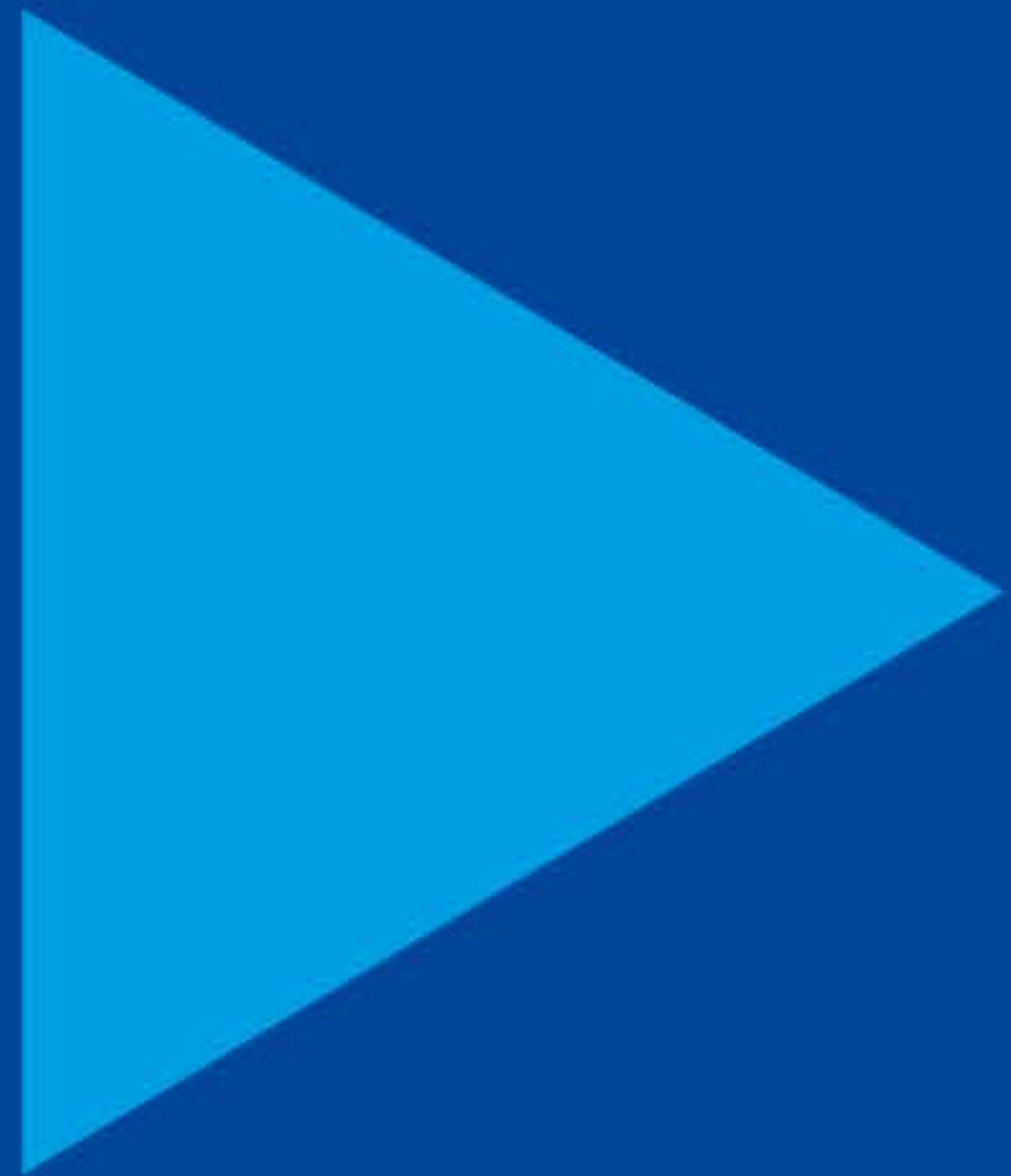
Now ask a family member to create a course and map for you



Maze

Use sticks or household items to create a maze. Can you navigate through the maze?

START



FINISH

