



Orienteering



About the activity

Orienteering makes an excellent introduction to practical map-reading and is an exciting way to get to know your surroundings on centre. Pupils work in small teams or in pairs to locate control points across the grounds of the centre. As it's essentially a competitive activity, the idea is for your group to find all the controls more quickly than the others. The activity helps them to improve decision-making, map reading and correctly judging distances.

Activity aims

The aim of this activity is to:

- Introduce the sport of orienteering.
- Allow each participant to gain skills associated with orienteering.
- Ensure participants work together supporting and encouraging each other.
- Provide an opportunity for participants to discuss what they have accomplished.

Progression opportunities

Some participants may also:

- Look at orienteering course creation.
- Partake in a variety of orienteering games with specific learning outcomes.

In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork

Learning outcomes

Upon completion of the activity, participants will have:

- Understand the sport of orienteering and know how a basic game is structured.
- Know what a map is and understand how it is created.
- Understand the definition of a map legend (key) and identify map symbols.
- Be able to orientate themselves and others around a designated area using a map.

Associated vocabulary

| | |
|---|--|
| Words relevant to maps | e.g. symbol, legend, key, scale, orientate, diagrams, plan, marker. |
| Words relevant to directions | e.g. north, south, east, west, route, direction, goal. |
| Words relevant to the challenges | e.g. seek and find, problem solving, plan do and review. |
| Words relevant to teamwork | e.g. achievement, communication, encouragement, listening, participation, review, support, trust, tactics. |