

# Orienteering



## Objective

Navigating a large, mapped area, and recording information.



## Equipment

- Enrich School Orienteering Map (enough for every group)
- Orienteering Activity Course Cards (Answers)
- Pens / pencils
- Stopwatch



## Preparation

- Split the children into small groups / pairs and provide each of the groups with the school's Enrich school orienteering map and an orienteering activity / course card, highlighting the designated control points they must visit and record.
- Provide the group with an explanation of the map's main features i.e. Control Points, Start / finish point, Out-of-Bounds, Open Land and Playground.



## Instructions

- At each control point there will be a control marker with a series of 4 numbers and 4 letters. The orienteering activity / course card provided to each group will require the children to record one of these characters at each control point they visit i.e. first letter or first number etc.
- The children / groups must start and finish the activity in the same location. The control points contained in each of the groups' orienteering activity / course card can be visited in any order in a set time. The activity can be a collective start or staggered over a period of minutes, depending on group size and ability.
- Once the groups have navigated their designated course and recorded all the required information, you should check their answers. If correct, advise the group to try another course. If incorrect, perform the route again.
- Orienteering can be delivered in a number of ways, depending on the size and ability of the group. It can be delivered as a team relay with different members of the team completing a course each. It can also be a time trial between teams or individuals, where the teams or individuals have to finish the activity within an allotted time or receive a penalty for returning late.



## Other information

- Arrange your own activity course cards, including multiples and division to achieve their answers.
- Pictures can be added for lower Key Stages and Foundation Stage children to create a treasure trail.
- Increase or decrease the amount of time allotted to complete the activity.

