

Daily Mile



Objective

To use the Enrich School Orienteering Map and Orienteering Control Markers to design and use a course for the 'Daily Mile'.



Equipment

- Enrich School Orienteering Map
- Orienteering Control Markers
- Rulers
- String



Preparation

- Children could carry out the activity in pairs or small groups.
- Provide each pair of children with an Enrich School Orienteering Map, a ruler marked in centimetres and a short (15cm?) piece of string.
- Children need to have a basic understanding of map scale to complete this activity.



Instructions

- Explain to children that they are going to design a route for their Daily Mile using their Enrich School Orienteering Map and Orienteering Markers.
- They must plan a circuit which starts/finishes at one of the markers and incorporates several other markers.
- The size of their circuit should add up to 1 mile when completed a set number of times.
- They must measure the size of potential circuits by measuring the distance in cm between individual markers on their Enrich School Orienteering map and then converting this to metres, using the scale on their map.
- Where it is possible to travel between a pair of markers in a straight line, children can use their ruler to measure the distance in cm. However, if it will be necessary to take an indirect route e.g. to travel around the edge of a building, children lay the string along the route on their map and then measure the distance against their ruler.
- Things for children to consider:
 - How many circuits would children have to complete for their Daily Mile? (Ideally children should have to complete several circuits – but too many could be boring.)
 - Would the course be interesting? (e.g. Would it include any 'twists and turns'?)
 - Would it be practical? (e.g. Would it incorporate too many areas where the children would be out of sight of the teacher, will it work as an 'all weather' circuit etc?)
- Children should follow up this activity by trying out the circuits that they have designed as their Daily Mile.



Other information

- One mile is equal to approximately 1610 metres.
- Children could also use their Enrich map and markers to design a Daily Mile course for younger children using the Enrich Phonics and Number Markers.
- The class could choose a different Daily Mile course for each week/half term etc from the ones they have designed.

