

Competitive Orienteering - Mass Start Time Trial



Objective

A competitive and cooperative physical activity which requires children to use their map orienteering skills.



Equipment

- Enrich School Competition Map
- Orienteering Control Markers
- Activity Sheets (Course Cards)
- Pens/pencils
- Stopwatches



Preparation

- Print off a copy of the school's Enrich Competition Map and an Activity Sheet (Course Card) for each team that will take part in the activity.
- Split the pupils into teams of pairs or small groups.
- Ensure pupils are familiar with the map's main features – orienteering control points, start and finish points, any out-of-bounds areas etc.
- When introducing competitive orienteering, it may be helpful to start with short '3 control point' courses to enable pupils to become more familiar with the activity. Teams could then reflect and feedback on which tactics helped them and on any that were unhelpful.



Instructions

- **Mass Start Time Trial:**
- In this variation of competitive orienteering, all teams start simultaneously from the starting zone.
- Teams' course cards and maps are handed out immediately before they start (or face down in a clipboard).
- Teams can be given a specific amount of route planning time (e.g. 1 minute) before they set off.
- Alternatively, the start time can begin from when teams commence their route planning (so that individual teams can decide how much time they invest in planning before they set off on their course).
- Team members must stay together as they complete the course.
- Teams can visit the control points identified on their course card in any order.
- They record the specified information from each control marker (e.g. 1st number, 3rd letter etc.) on their control card.
- There is an optional box on the 12 control point course cards for teams to record their time at the halfway point in their course (ie after visiting 3 or 6 control points).
- When the team has visited all the control points on their course card and recorded the specified information at each one, they must return to the starting/finishing zone.
- Teams could have a penalty of 10 seconds added to their time for each item of incorrect information that they recorded.



Other information

- There are 12 pre-prepared course cards for this activity. There are also editable course cards into which schools can insert their own selection of control point numbers.
- With shorter '3 control' courses, teams can complete multiple courses in one session and then compare their times on each course. The short courses can also be used as an introduction (see above) or as warm-ups before children take part in longer courses.
- Consider organising an orienteering competition with other orienteering schools in your local area or engaging with national orienteering events and competitions. Contact info@enricheducationuk.com for details of schools in your local which have orienteering courses and information about national orienteering events and competitions.

