

# Competitive Orienteering - Staggered 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 zones, 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

- **Staggered Start Time Trial:**
- Each team starts from the same starting zone at 30 second intervals.
- Teams' map and course cards should only be given to them immediately before they start the course so that they do not have time to plan their route in advance.
- Teams must visit the orienteering control points in the order in which they appear on their course card.
- They record the specified information from each control marker (e.g. 1<sup>st</sup> number, 3<sup>rd</sup> letter etc.) on their control card.
- Team members must stay together as they complete the course.
- 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 finishing zone.
- The team's time is recorded from the starting zone and stops when the last member reaches the finishing zone.
- Teams can have 10 seconds deducted from their time for each piece of correct information that they record.



## 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](mailto:info@enricheducationuk.com) for details of schools in your local which have orienteering courses and information about national orienteering events and competitions.

