

A photograph of three young women in red t-shirts looking at a map outdoors. One woman is pointing at the map with a white marker. The t-shirts have 'THE GRAND ACADE' printed on them. The background is a grassy area.

# **Orienteering & Cross-Curricular Outdoor Learning Activity Pack**

# School Orienteering & Cross-Curricular Outdoor Learning Activity Pack

**Enrich Education's** mission is to have a positive impact on the health and well-being of young people by providing learning experiences that can engage and motivate all young people.

As the official education partner of the **International Orienteering Federation**, supporting the development of orienteering in schools is key to our mission. Orienteering is one of the most inclusive school sports, with every child being able to fully participate and enjoy opportunities to develop team-working, problem-solving and communication skills, alongside speed, stamina and agility.

This pack includes a small sample of the 350+ activities found on the **National Award Winning** Enrich Education School Orienteering Digital Hub. These activities illustrate how orienteering can be used by schools to create fun and engaging opportunities for sport and physical activity, not only in PE lessons, but across the whole curriculum. The English, maths and science activities come with a teacher's activity plan and children's resource sheets. There is a set of four downloadable orienteering markers in the pack and if schools do not yet have a professional orienteering map for their site, they could produce a simple 'in-house' map from Google maps or mark out a large area to enable children to use these activities. Each of the markers also includes a QR code, which activates a short exercise video clip. These can be used to combine orienteering with children's fitness and exercise and could also be used to engage parents in a fun family learning activity.

We hope that this pack will help to encourage schools to see the potential of orienteering, not only as a means to enhance their PE provision, but also to provide inclusive opportunities for active, outdoor learning across the whole curriculum.

Enrich Education's contact details are included in the pack. If you have 10 or 15 minutes free for a quick video/phone call, please get in touch and we can explain how to use the resources and advise on some easy steps to produce a simple map to further enhance

[Book an Activity Pack Support Call Now](#)

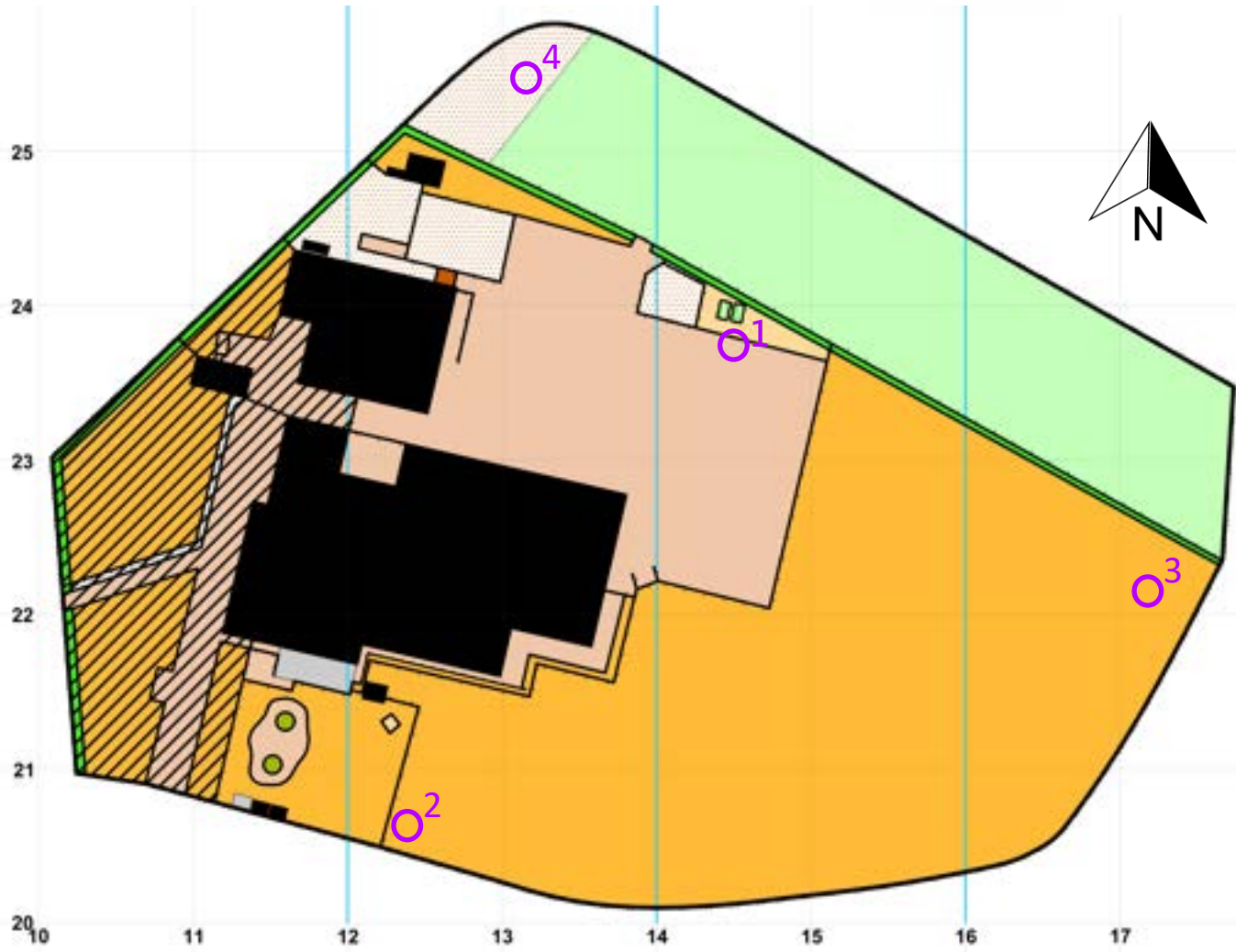
Watch our **Introduction to School Cross-Curricular Orienteering** video here



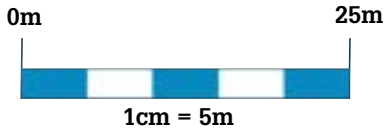
# Key

-  Building
-  Paved Area/Playground
-  Open Land
-  Vegetation Fight/Hedge
-  Rough Open Land
-  Planting
-  Wood Chippings
-  Forest—Slow Running
-  Car Park
-  Canopy
-  Out of Bounds
-  Artificial Grass
-  Stairway
-  Passable Fence
-  Impassable Fence
-  Retaining Wall
-  Prominent Tree
-  Stump/Stool
-  Special Man Made Feature / Play
-  Table
-  Bench / Chair
-  Activity Equipment
-  Tunnel/Bridge
-  Boulder
-  Magnetic North Line
-  Control Point

# Example School Map



Scale 1:500



# Example School Map



# Spelling – Missing Letters



## Objective

Spell tricky words with accuracy and confidence.



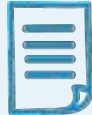
## Equipment

- School orienteering map
- Orienteering control markers
- Activity sheet



## Preparation

- This activity involves children using letters from specific control markers to fill in the missing letters from tricky words.
- Children could do this activity in pairs.



## Instructions

- The activity sheet has four words that are tricky to spell, each with several missing letters.
- The words are neighbour, accommodate, environment and foreign.
- There is a number of one of the control points indicated above each of the missing letters in each word. Children locate the specified control points on their activity sheet, using their school orienteering map.
- When they locate a control point, they must select a letter or letters from the control marker to fill in the missing letter/s from the word that are below the control point number.
- As the children visit each control marker, they build up the spelling of the word.



## Other information

- Children could prepare by doing 'look / cover/ write / check' with the four words before they start the activity.
- Teachers can differentiate this activity by adding in some of the missing letters to reduce the challenge for some children.
- As a follow up activity, children could select two (?) of the words that they complete and compose a sentence that includes the word.



# Spelling - Missing Letters

Control Marker	2	1			4	3		3	
			i	g			o		r

Control Marker		1	1		4	4		2	3		
	a			o			o			t	e

Control Marker	1	2		3				4		2	2
			v		r	o	n		e		

Control Marker		4		1	3		2
	f		r			g	



# Interactive Fitness Trail



## Objective

To increase children's fitness and stamina



## Equipment

- Orienteering Map of school site
- Orienteering control markers
- Suitable area for the activity (i.e. open space)
- PE mats (for any markers that are located on a hard / concrete surface)
- Activity Sheet
- Clipboards and pens/pencils.



## Preparation

- The QR codes on each orienteering marker activate a short exercise video. However, children can also use the instructions on their Activity Sheet to carry out each of the exercises.
- Identify a suitable area for the activity to take place in e.g. with enough open space, grass on which children can do exercises etc
- Mats may be required at any markers that are placed where the surface is concrete.
- Provide children with an orienteering map and Activity Sheet.
- The numbers of the markers/exercises are shown on the Activity Sheet, together with information about each exercise.
- Explain to the children how they can use their Activity Sheet to record their exercises and progress.
- If using the QR codes on the orienteering markers, explain to children how to activate the QR codes on the markers to open the individual fitness trail videos, using e.g. a smartphone or tablet.



## Instructions

- Children use their orienteering map to locate each marker.
- At the marker, they use a smartphone or tablet to activate the QR code to show the video exercise clip.
- Alternatively, children can follow the exercise instructions on their Activity Sheet.
- Children can record on their Activity Sheet how many times they repeated the exercise.
- Each video clip contains a *maximum* of 30 seconds of exercise. (A timer is shown on the video screen). Children can record the time they spent on the activity on their Activity Sheet.
- There are also two levels of difficulty for each exercise. Children should be encouraged to start with the 'Level a' exercises for the first few times they complete the fitness trail.



## Other information

- It is important to emphasise that children should use this trail as an opportunity to enjoy improving their personal fitness and stamina. There are no prior expectations about the duration or number of repetitions that children should complete for each exercise, and this will vary between individual children. Teachers should ensure that all children are able to participate safely at their own level, and that the activity is inclusive and encouraging for all children, regardless of their individual levels of fitness/stamina.
- As children repeat the Fitness Trail over a number of weeks, they can compare the sheets that they have completed to map their own progress in terms of increasing fitness levels and stamina.



# Interactive Fitness Trail

Marker Number	Exercise Level (Level a is standard. Level b is more challenging)	Exercise	Time (How long did I do the exercise for?)	Number of Repetitions	How I Felt * (Use a number from the scale below.)
1		Plank/Up Down Plank			
2		High Knee Marching/Sprints			
3		Star Jumps / Jumping Jacks			
4		Squats/Squat Jumps			





# Interactive Fitness Trail

Marker Number	Exercise Level (Level a is standard. Level b is more challenging)	Exercise	Time (How long did I do the exercise for?)	Number of Repetitions	How I Felt * (Use a number from the scale below.)
1		Plank/Up Down Plank			
2		High Knee Marching/Sprints			
3		Jumping Jacks / Star Jumps			
4		Squats/Squat Jumps			

Marker Number	Exercise Instructions
1	<b>Plank / Up down Plank</b>
	a) Plank – shoulders forward, bum down, belly tight squeeze as one (don't forget to breathe).
	b) Up down plank – start in same position, don't let the hips rotate and swing side to side.
2	<b>High Knee Marching / High Knee Sprints</b>
	a) Start with feet hip-width apart, raise your knee to chest, switch knees on the way down. Pump your opposite arm to knee at a marching pace you feel comfortable with.
	b) Same as above but move at a sprinting or running pace. Don't lose the height of the knee for speed.
3	<b>Jumping Jacks / Star Jumps</b>
	a) Start in a standing position with feet hip-width apart. Jump your feet outside of your hips and raise your hands above your head. Once your hands touch, jump back to your starting position
	b) Start in a tucked position, push your feet into the ground and explode up into the jump. As you jump, reach your arms and legs out into the letter X, land back in the starting position with soft knees
4	<b>Squats/Squat Jumps</b>
	a) Squats - Feet slightly turned out, chest up shoulders back.
	b) Squat jumps - making sure you land with soft knees to take the impact and spring up on pointed toes.



# European Cities



## Objective

Locate European countries and major cities.



## Equipment

- Orienteering map of school site
- Orienteering control markers
- Activity sheets



## Preparation

- Children could complete this activity in pairs.
- Provide each pair with an activity sheet and school orienteering map.



## Instructions

- Each pair of children are given an activity sheet and a school orienteering map.
- They use their school orienteering map to locate the control points identified on their activity sheet.
- Each control point is linked to a European country. When children visit the control point, they must select the cities that are in that country from the table in their activity sheet. They identify them by writing the 2nd letter from the sequence on the control marker for that control point next to each of the cities.
- They continue until they have visited all four control points and linked each of the cities in the table with a European country.



## Other information

- As a follow up, children could use their atlases to list other major cities for each country.



# European Cities

Control Marker	1	Spain
Control Marker	2	Italy
Control Marker	3	France
Control Marker	4	Germany

	2nd Letter		2nd Letter
Madrid		Seville	
Marseilles		Rome	
Munich		Naples	
Paris		Berlin	



# Physical Countdown



## Objective

To use a variety of operations and calculations to make given numbers.



## Equipment

- Orienteering map of school site
- Orienteering control markers
- Activity sheet
- Clipboard (suggested)



## Preparation

- Locate the four orienteering control markers at different points in the playing area/site.
- Children could do this activity in pairs or small groups.
- Print off an activity sheet for each pair/group.



## Instructions

- Teacher to assign groups of 2 or 3 to their starting points.
- Pupils use their orienteering map to locate their starting point and individual markers.
- Pupils take note of their individual target number.
- They then visit 4 different markers and choose up to 4 individual numbers which they use, together with any of the four operations, to reach their target number.
- They must then write a sum, using the numbers that they have chosen together with  $+$ ,  $-$ ,  $\times$ ,  $\div$ ,  $()$  and  $=$  signs (as appropriate), which enables them to reach their target number.



## Other information

- A suggested target number for this activity is 10. However, there are a very wide range of different numerical targets that can be used with this activity and the activity sheet can be amended for different targets.



# Physical Countdown

**Control  
Marker**

1	2	3	4
---	---	---	---

**Target  
Number**

**Number**

--	--	--	--



Work it out

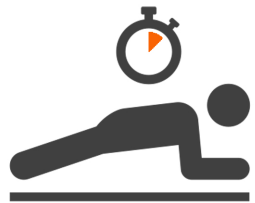
Answer





C G P E

1 3 4 9



YOUTH SPORT TRUST | CHANGEMAKER BUSINESS

1



D T N F

9 3 7 5



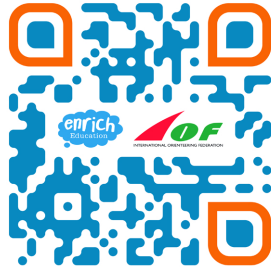
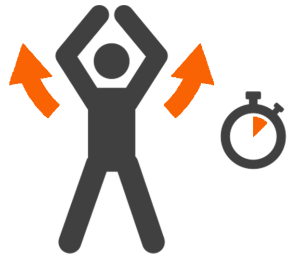
YOUTH SPORT TRUST | CHANGEMAKER BUSINESS

2



**B I U A**

**5 6 9 1**



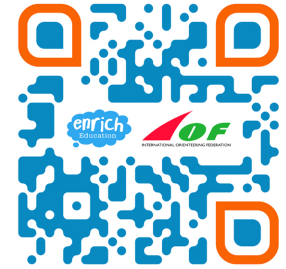
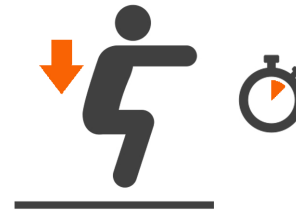
**YOUTH SPORT TRUST | CHANGEMAKER BUSINESS**

**3**



**H P M O**

**7 8 4 3**



**YOUTH SPORT TRUST | CHANGEMAKER BUSINESS**

**4**



# GET EXCLUSIVE DISCOUNT ACROSS ENRICH EDUCATION SCHOOL ORIENTEERING PACKAGES

**Listening Skills 7**

**Chronology Relay - 20<sup>th</sup> Century Britain**

**Chronology Relay - 20<sup>th</sup> Century Britain**

**Kit Out a Roman Soldier**

**Equipment**

- 20<sup>th</sup> Century Britain Post Cards
- 20<sup>th</sup> Century Britain Slide Cards
- 20<sup>th</sup> Century Image cards
- Hoops

**Instructions**

The teacher gives a signal. The first child runs from their team's base and collects a card from their team's hoop at the other end of the playing area.

- They must pick cards at random - they cannot look at the card before collecting it.
- They run back with their card and place it in their team's hoop.
- The next child can then run to collect a card.
- When the team has collected their set of cards, they must work together to put these cards into chronological order.
- When the team has collected each of the 20<sup>th</sup> Century cards, they must put them in chronological order.
- The first team to have collected each of the 20<sup>th</sup> Century cards (with an event slide card, image card and Britain slide) for each event and to have put them in correct chronological order, is the winner.

**Equipment**

- British School Orienteering Map
- Orienteering control markers
- Activity Sheet
- Answer Sheet
- Roman soldier kit pictures

**Key**

Ramridge Primary School

**enrich Education**

News | About Us | Contact Us

Logout

Orienteering & Outdoor Learning Dashboard | Activity Browser | My account

**Available Activities (196)**

Filter by:

- All Subject Areas
- All Age / Key Stages
- All Topics
- All Equipment and Requirements

**Y5, 6 Spelling List - Missing Letters**

Children build up a collection of interesting 'positive' adjectives by selecting letters from specified control markers to fill in the missing letters from individual adjectives.

**Key facts**

- English
- Key Stage 5
- Vocabulary
- Active Learning
- Orienteering
- Regulation
- Orienteering

**Writing Two-Digit Numbers as**

**enrich Education**

News | About Us | Contact Us

Logout

Orienteering & Outdoor Learning Dashboard | Activity Browser | My account

**Available Activities (196)**

Filter by:

- All Subject Areas
- All Age / Key Stages
- All Topics
- All Equipment and Requirements

**Y5, 6 Spelling List - Missing Letters**

Children build up a collection of interesting 'positive' adjectives by selecting letters from specified control markers to fill in the missing letters from individual adjectives.

**Key facts**

- English
- Key Stage 5
- Vocabulary
- Active Learning
- Orienteering
- Regulation
- Orienteering

Scan the QR code with your phone camera to receive your discount!







0151 489 1123

[info@enricheducationuk.com](mailto:info@enricheducationuk.com)

[www.enricheducationuk.com](http://www.enricheducationuk.com)