

Relay Orienteering



Objective

- For students to take part in intellectual and physical challenges.
- For students to follow a route on a map



Equipment

- Enrich Orienteering Maps
- Activity Sheets (Course Cards)
- Number Cards



Preparation

- Print off and cut up a course card for each team.
- Print off and cut up a set of number cards to be given to each team.
- Course cards each have 8 control points but can be adapted to be used for smaller teams (ie a team of four would just use the first four control points).
- Print off orienteering maps (one for each team).
- Identify a starting point on the school site.
- Divide the class into teams of up to 8 students.
- Give each team a map and a course card.
- Give each team member a number card. (They should not show their number to other team members). They look for the location of their control point on the map.
- The team member with card 1 stays at the starting point. They keep their team's map and are given the course card.
- Other team members go to the location of their control point (according to their card number).



Instructions

- The teacher gives a signal and team member 1 in each team uses their map to locate the first control point on their course card.
- They run from the starting point to this control.
- They pass the map and control card to team member 2 (who is at the control point) and run back to the starting point.
- Team member 2 uses the map to locate the next control point on their course card. They run to this control point, pass the map and control card to team member 3 (who is at the control point) and run back to the starting point.
- They use the map to locate the next control point.....
- This continues until the control card and map have been passed to the team member at the last control point on the control card. This person runs back to the starting point.
- The team have completed their relay when all the team members have returned to the starting point.



Other information

- This game can be played competitively, with pairs of teams using the same control card to race against each other.
- The Activity Sheet is editable, so teachers can insert different control points as required.

