

Walk/Jog/Sprint



Objective

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



Equipment

- Enrich Orienteering Maps
- Activity Sheets



Preparation

- The object of the game is for students to plan a route in which they must include specific ways of travelling between control points – walk, jog, sprint – in a way that enables them to complete the course as quickly as possible.
- Divide the class into pairs or small teams.
- Provide each pair/team with a map.
- Provide each pair/team with an Activity Sheet.
- Explain the activity to the students. They should think carefully about which type of travel they should use for each journey e.g. sprints could be used for control points that are close to each other or walks could be saved for travel between the final control points, when team members are more tired.
- Identify a starting point for the activity.



Instructions

- The activity begins with a planning session in which each team uses their map and Activity Sheet to plan their route. They must enter the way that they will travel between each control point on their route into the course card on their Activity Sheet.
- Teachers could discuss potential tactics with students prior to the activity or review which tactics teams used following the activity.
- For four-control-point courses, students must select one walk, one jog and one sprint for the three journeys between control points.
- For seven-control-point courses, students must divide two walks, two jogs and two sprints between the 6 journeys between control points.
- At the end of the planning session, teams go to the starting point for the activity. The teacher then signals for the activity to start.
- Each team must stay together and must follow their course as they planned (ie they must walk, jog or sprint between control points as they indicated on their course card). For each control point they visit, they must record the item of information stipulated on the course card – 2nd number. The Activity Sheet is editable, so, if necessary, this can be changed for subsequent games.
- When they have visited each of the specified control points, teams return to the starting point.
- This game can be played competitively, with two teams racing against each other to complete the same course. (The team that most effectively plans their journeys would have the advantage.)
- Alternatively, teams could time themselves to complete their planned route, then change the way that they planned their journeys for the same route to to see if they could improve their time.



Other information

One person in each team could be nominated to be 'referee' to ensure that their team keeps to their journey plan.

