

Extra-Curricular OAA Club - Session Five

Completing Courses as Relays



Equipment

- 6-Control-Point Course Cards
- Whiteboard markers / water-based felt tip pens (1 per child)
- Enrich Orienteering Maps (1 per child)



Preparation

- Print off enough 6-Control-Point Course Cards (Three per group?)
- The course card resources include pre-prepared course cards, and also blank editable cards which can be prepared by inserting selected control point numbers and details of the information that students must record from the control markers.



Instructions

Orienteering:

- Split students into threes. (Have one group as a pair if necessary). Provide each team with a different prepared 6-Control-Point Course Card, a whiteboard pen or pencil and one of the laminated school orienteering maps.
- Remind students of the tactics discussed in the previous session – ie planning the order that you will visit control points before setting off to create the shortest route.
- Give teams a set time limit to plan before they must set off. On return, check their completed course cards for accuracy and do a quick review of how well their planning worked.
- Now discuss with students how they would complete the same activity as a relay. (The first person in the group sets off from a starting point, collects a number and returns to the starting point and records it on the course card. The next person then sets off to collect the next number – and so on, until they have collected each of the six numbers and completed the information on the course card.)
- How could they plan ahead to complete the course as a team relay in the quickest possible time? e.g. They could plan to visit the furthest control points first, assign different team members to different control points so that the fastest runner visits the furthest control point etc.
- Give each team a different course card which they must complete as a relay. Give them a set time limit to plan and then set the first member of each team off at the same time.
- Check completed course cards for accuracy. Repeat, if time allows.



Other information

At the end of the session:

- Review with pupils how successful their planning was – did it enable them to complete their course more quickly?
- Give positive feedback on e.g. children working together, children helping each other, creative solutions etc.

