

Extra-Curricular OAA Club - Session Three

6-Control-Point Orienteering Courses



Equipment

3-Control-Point Course Cards and 6-Control-Point Course Cards

Enrich Orienteering Maps (1 per student)

Whiteboard markers / water-based felt tip pens

Orienteering Control Markers Guide



Preparation

- Prepare and print off enough 3 and 6-Control-Point orienteering course cards – one x 3-Control-Point Course Card and three(?) x 6-Control-Point Course Cards for each pair/three.
- 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 the students into pairs or threes. Give each team a 3-Control-Point course card and a laminated school map. Teams must stay together and visit the control points in the order that they appear on their course card.
- Teams set off at the same time and race each other to complete their course.
- Check completed course cards, using the 'Orienteering Control Markers Guide'.
- Now give each team a 6-Control-Point Course Card. Point out to students that there are now six control points to visit and that they must record specified information from each control marker. (You may wish to mix up the make-up of teams at this stage.)
- Teams must stay together and visit the control points in the order on their course card.
- Check completed course cards.
- Give each team another course card. This time, teams could complete the course competitively. You could choose teams of similar ability to compete against each other, some teams could be given a 'head start' on other teams, or all teams could set off together. You may also wish to mix up the make-up of teams for this go.



Other information

At the end of the session:

- Give positive feedback on e.g. students working together, students helping each other, giving maximum effort etc.

