

Extra-Curricular OAA Club- Session Two

3-Control-Point Orienteering Courses



Equipment

- 3-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-Control-Point orienteering course cards (four course cards per team?).
- 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.
- Briefly revisit the main points from Session One with students – the importance of teamwork and supporting each other, how orienteering involves finding control points using their map and recording a piece of information from the control marker.



Instructions

Orienteering:

- Split the students into threes (have one team as a pair or a four if necessary). Provide each team with a different 3-Control-Point course card, a whiteboard pen or pencil and one of the laminated school orienteering maps.
- Explain to students that they must visit each of the three control points shown on their course card and record the information from each control marker, as specified on the course card. They must stay together as a team and visit control points in the order that they appear on their course card. For the first go, ask students to concentrate on recording the information carefully, rather than completing the course very quickly.
- Check each team's answers using the 'Orienteering Control Markers Guide' and address any misunderstandings.
- Now give each team a different course card and ask them to complete it as quickly as possible. (Any 'early finishing' teams can be given another course to complete.)
- Now 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 membership 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, accurately recording information etc.

