



17-23 June 2024

**NATIONAL SCHOOL  
SPORTS WEEK 2024**

# Orienteering & Cross-Curricular Outdoor Learning Activity Pack



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# National School Sport Week Cross-Curricular Activity Pack

**Enrich Education's** mission is to have a positive impact on the health and well-being of young people by providing active learning experiences that engage and motivate all young people. We fully endorse the Youth Sports Trust's aim to enable every child to reach their target of 60 minutes physical activity per day and we are delighted to be able to support and contribute to this year's National School Sport Week theme of 'Monster Kick About'

Supporting the development of orienteering in schools is key to our mission. Orienteering is not only fun for children – it is also one of the best ways of contributing to children's daily physical activity. As a sport, orienteering helps children to develop speed, stamina and agility alongside team-working, problem-solving and communication skills. But it also creates excellent opportunities for children to be physically active whilst learning across a wide range of subjects.

This pack includes examples of activities that illustrate how orienteering can be used by schools, not only in PE lessons, but across the whole curriculum. The English, maths and geography activities come with a teacher's activity plan and children's activity sheets. There is a set of four downloadable orienteering markers in the pack and if schools do not yet have a professional orienteering map for their site, they could produce a simple 'in-house' map to enable children to use these activities. Each of the markers also includes a QR code, which activates a simple set of instructions for a football skill-based game, helping children to play for fun, whilst contributing to their target of 60 minutes physical activity.

We hope that this pack will help to encourage schools to see the potential of orienteering, not only as a means to enhance their PE provision, but also to provide opportunities for active, outdoor learning across the whole curriculum.

Enrich Education: Supporting you to develop orienteering in your setting more sustainably and all year round.

# Monster Kick About



## Objective

- To contribute to children's target of 60 minutes of physical activity per day.
- For children to enjoy taking part in different football skills activities.



## Equipment

- Simple map of the activity area (optional)
- Enrich Printable Control Markers
- Digital devices (tablets, smartphones) – one per group (optional)
- Activity Sheet (optional)
- A selection of PE equipment (see below)
- Whistle



## Preparation

- Divide the children into small groups (e.g. 3 children). Four groups can use the activity at any one time, each group starting at a different marker.
- Provide each group with a set of PE equipment (see below). Groups will carry their equipment around with them as they complete the activity.
- The QR codes on each orienteering marker activate instructions for a short football skills activity.
- Alternatively, provide each group with an Activity Sheet. The first letter on each of the markers is linked to a set of instructions for each of the skills activities are shown on the Activity Sheet.
- Identify a suitable area for the activity to take place in e.g. with enough open space for the children to do the football skills activities.
- Prepare a simple map, identifying the positions of each of the orienteering markers. Provide each group with a copy of the map. (Optional)
- Place an orienteering marker at each selected location.
- If using the QR codes on the orienteering markers, explain to children how to activate the QR codes to open the individual skills activity, using their smartphone or tablet.
- If using the Activity Sheet, explain to children how the first letter on each marker is linked to a set of different football skills activity instructions.



## Instructions

- Each group is allocated a different marker as their starting point.
- If they are using the QR codes on the markers, they use a smartphone or tablet to activate the QR code, showing instructions for a short skills activity.
- Alternatively, they look for the first letter on the marker and follow the instructions for the skills activity that is linked to that letter.
- After an appropriate time (e.g. 3 minutes per marker) the teacher signals (e.g. by using a whistle) for the groups to move on to another marker.
- Children continue until they have completed the skills activities at all four markers.



## Other information

- The PE equipment to be provided for each group is as follows:

One football. Five cones

- Emphasise to children that this activity is an opportunity to enjoy practising and developing different football skills. Each group member should have an equal opportunity to participate in the activity. Group members should support, help and encourage other group members.

# Monster Kick About

First Letter from the Marker	Football Activity Instructions
C	<b>Pass and Move</b> - Can you make a small square? Pass the ball to the person next to you and follow the pass round. Remember to control the ball look up and pass with the inside of your foot. How many passes can you make in 30 seconds?
D	<b>Protect the ball</b> - Make a small square. Place a ball on a cone in the middle of the square and have one member of the group act as the keeper. The rest of the team try to pass the ball around the outside of the square and once they have all had a touch they can try and knock the ball off the cone and the keeper must protect the ball without leaving the square.
B	<b>Megs</b> - Spread out in a small space, one of the teams has the ball and the other members of the group must stand with their legs apart. The person with the ball has 30 seconds to dribble the ball through everyone's legs.
H	<b>Follow the leader</b> - Make a large square, one of the teams starts on one side with the ball and the rest of the group starts on the opposite side. The player with the ball must dribble round the square while the others must try to catch them. Time how long it takes to catch up with your teammate.

# Spelling – Missing Letters



## Objective

Spell tricky words with accuracy and confidence.



## Equipment

- School orienteering map
- Orienteering control markers
- Activity sheet



## Preparation

- This activity involves children using letters from specific control markers to fill in the missing letters from tricky words.
- Children could do this activity in pairs.



## Instructions

- The activity sheet has four words that are tricky to spell, each with several missing letters.
- The words are neighbour, accommodate, environment and foreign.
- There is a number of one of the control points indicated above each of the missing letters in each word. Children locate the specified control points on their activity sheet, using their school orienteering map.
- When they locate a control point, they must select a letter or letters from the control marker to fill in the missing letter/s from the word that are below the control point number.
- As the children visit each control marker, they build up the spelling of the word.



## Other information

- Children could prepare by doing 'look / cover/ write / check' with the four words before they start the activity.
- Teachers can differentiate this activity by adding in some of the missing letters to reduce the challenge for some children.
- As a follow up activity, children could select two (?) of the words that they complete and compose a sentence that includes the word.

# Spelling - Missing Letters

Control Marker	2	1			4	3		3	
			i	g			o		r

Control Marker		1	1		4	4		2	3		
	a			o			o			t	e

Control Marker	1	2		3				4		2	2
			v		r	o	n		e		

Control Marker		4		1	3		2
	f		r			g	

# Physical Countdown



## Objective

To use a variety of operations and calculations to make given numbers.



## Equipment

- Orienteering map of school site
- Orienteering control markers
- Activity sheet
- Clipboard (suggested)



## Preparation

- Locate the four orienteering control markers at different points in the playing area/site.
- Children could do this activity in pairs or small groups.
- Print off an activity sheet for each pair/group.



## Instructions

- Teacher to assign groups of 2 or 3 to their starting points.
- Pupils use their orienteering map to locate their starting point and individual markers.
- Pupils take note of their individual target number.
- They then visit 4 different markers and choose up to 4 individual numbers which they use, together with any of the four operations, to reach their target number.
- They must then write a sum, using the numbers that they have chosen together with +, -, x, ÷, ( ) and = signs (as appropriate), which enables them to reach their target number.



## Other information

- A suggested target number for this activity is 10. However, there are a very wide range of different numerical targets that can be used with this activity and the activity sheet can be amended for different targets.

# Physical Countdown

**Control  
Marker**

1

2

3

4

**Target  
Number**

**Number**



**Work it out**

**Answer**



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# European Cities



## Objective

Locate European countries and major cities.



## Equipment

- Orienteering map of school site
- Orienteering control markers
- Activity sheets



## Preparation

- Children could complete this activity in pairs.
- Provide each pair with an activity sheet and school orienteering map.



## Instructions

- Each pair of children are given an activity sheet and a school orienteering map.
- They use their school orienteering map to locate the control points identified on their activity sheet.
- Each control point is linked to a European country. When children visit the control point, they must select the cities that are in that country from the table in their activity sheet. They identify them by writing the 2nd letter from the sequence on the control marker for that control point next to each of the cities.
- They continue until they have visited all four control points and linked each of the cities in the table with a European country.



## Other information

- As a follow up, children could use their atlases to list other major cities for each country.

# European Cities

Control Marker	1	Scotland
Control Marker	2	Italy
Control Marker	3	France
Control Marker	4	Germany

	2nd Letter		2nd Letter
Edinburgh		Glasgow	
Marseilles		Rome	
Munich		Naples	
Paris		Berlin	

**C G P E**

**1 3 4 9**



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**1**

**D T N F**

**9 3 7 5**



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**2**



B I U A

5 6 9 1



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3

H P M O

7 8 4 3



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4



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