

Outdoor Orienteering

A resource for tutors/teachers to support the Home or School Based Summer Programme

Learning objectives:

This activity builds skills in 'Learning to Learn' specifically developing effective task and organisational skills as well as 'communication skill development.

Key skills include:

- Geography- develop map reading skills, develop the ability to create a simple map of the school grounds/ home/ garden
- Oral language – develop positional language
- PE- Orienteering is an activity in the outdoor and adventures strand

Introduction

This activity can be as simple or detailed as needed and thus created to meet the abilities and interests of any learner. Use whatever space, big or small, be that a schoolyard, garden or local amenity/area.

General discussion:

- What is a map? What do we use maps for? Where do we see maps?
- Look at a variety of maps including modern maps e.g. google maps online and old maps e.g. road map from a tourism centre.
- Explain the concept of orienteering to the students and explain the activity and safety points to them.
**It might be a good idea to do a walking tour of the area to allow the students to take photos for the creation of their maps, to discuss safety points such as no go zones and to outline the areas which they can use for the activity.*
- Discuss different options for controls e.g. number and letter system where cone number 1 has a matching letter attached or some schools may have orienteering punchers.

Development

- **Gather materials** - Large piece of card or paper to draw the map, drawing materials, cones and pieces of card for controls, answer sheet for the controls, pen and paper for each group/ student and a clipboard if available.
- **Create the map** - Give the student/ group time to draw their map.
**This can be differentiated by providing a pre outlined map or allowing the student to use photos that he/she can take once they have put the cone out or by drawing it using shapes on Microsoft word.*
- **Put out the controls** - Allow the students to put out the controls and mark on their map where they are
**If you are having a few groups it may be a good idea to give each group a set of the same colour cone, each group will then know which colour they are looking for. Alternatively, one group can design the activity and all the other students can complete the course.*
- **Complete the orienteering course** - Allow the students plenty of time to complete the activity
**If you are worried about safety, you could ask each group to return to you each time they find the control given and you can send them to the next one. This allows you to monitor their movements easily.*

Conclusion

Go through each groups answers and see if the completed the course correctly.

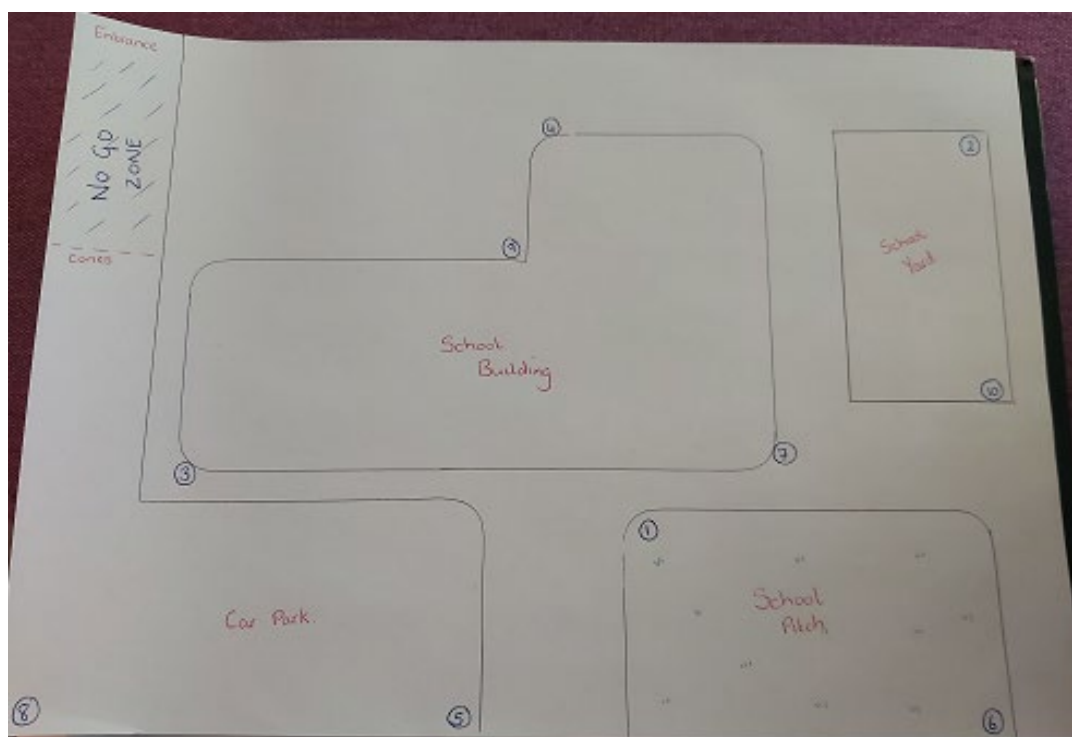
Resources

Useful websites

- Irish orienteering website www.orienteering.ie
- This pdf is a complete guide to beginners orienteering for schools- there are a lot of warm up activities and simple yard based orienteering activities for younger students (junior infants- second class) which may be of interest to teachers and parents. All resources are provided.

https://www.britishorienteering.org.uk/images/uploaded/downloads/schools_tri_o_resources.pdf

Examples of map and control sheet



Group	Starting Point	Cone Sequence								
A	3	7	1	4	2	9	5	10	6	8
B	6	3	5	9	1	10	8	2	4	7
C	8	9	2	5	7	3	10	6	1	4
D	2	10	8	3	5	7	1	4	9	6
E	5	1	10	8	4	6	7	9	2	3

Answer Key

Cone Number	Letter
1	H
2	Z
3	Q
4	A
5	F
6	T
7	C
8	G
9	E
10	L