



WORLD ORIENTEERING WEEK 11 - 17 May 2022

Resource Pack for Teachers and Youth Leaders



SESSION PLAN

ORIENTEERING IN ONE EASY-TO-IMPLEMENT LESSON!

Orienteering is a sport that helps deliver cross-curricular learning objectives in a fun and active way, combining physical fitness, map reading skills and decision making.

This online resource pack contains a simple Pitch Orienteering exercise, and everything needed to deliver this exercise in a 30-minute lesson, including maps and control markers that can be easily downloaded and printed.

Pitch Orienteering

A fun and fast paced activity reinforcing map orientation, following a route, decision making and teamwork.

Pack Contents

- p.1 Instructions for use.
- p.3-5 Supporting resources including answer sheets and markers.
- p.6-10 Colour themed maps for pupils.
- p.11-14 12 Control markers (3 x numbers 1-4) and Start / Finish marker.
- p.15 Find out more about Orienteering.

Learning Objectives

- 1) **Map Orientation:** Relating a map to the ground.
- 2) **Counting:** Adding up the numbers at each point you visit.
- 3) **Teamwork:** Encouraging communication and teamwork.

Space required

The exercise can be conducted on a pitch area or you can create maps for other courts/playground areas on your school site.

Curriculum application

Maths

Count, read and write numbers.

English

Handwriting – forming digits.

PE

Master basic movements, running, balance and agility.

Developing social skills and communicating with others.

Think Inclusive

Consider the safety of all the children when they are moving within the space.
Think about the adaptations to the space to ensure access for all.

INSTRUCTIONS FOR TEACHER OR YOUTH LEADER

Before the session: print off the master map and 12 control markers, as well as copies of the 10 courses and answer sheets.

- Lay out the 12 markers onto the pitch as per the master map.
- Put children into pairs.
- Explain that the triangle on the map represents the start.
- Give child 1 the map of one of the courses, child 2 is responsible for adding up the total of the numbers they find on the marker for the course they are doing.
- Give successive pairs different maps to start with, so that they don't all follow each other.
- When a pair returns from a course with the correct answer, they should write it in the matching colour course segment on the answer sheet .
- You can then give them another map in the set, this time with child 2 holding the map and child 1 adding up (swap roles each time they start a new course).

Progression or simplification

- Reduce or increase the number of control points the pupils visit.
- Introduce mathematical challenges with the numbers (e.g. subtraction, multiplication).

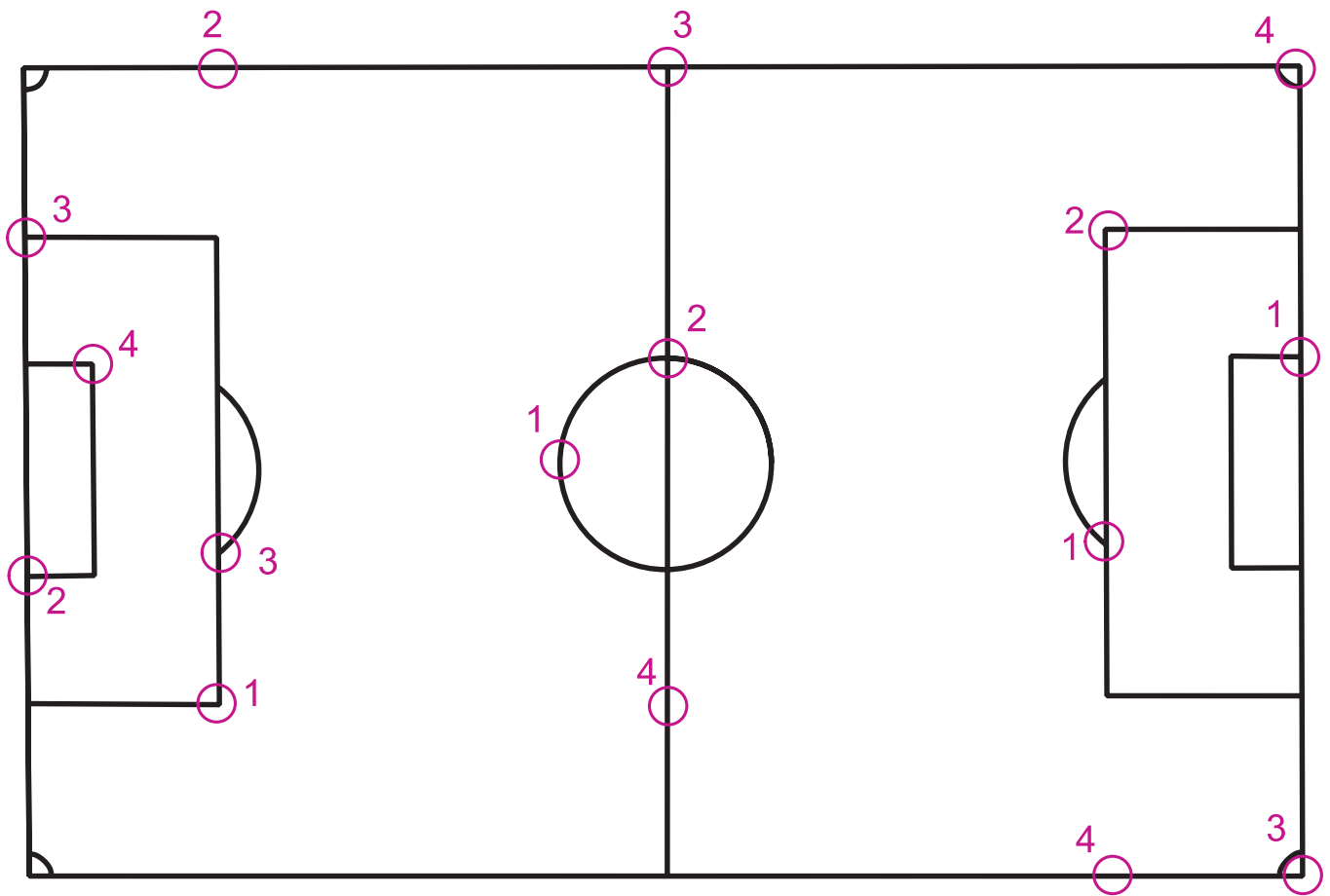
TEACHERS, REGISTER YOUR ACTIVITY

Teachers, don't forget to register your event today on the web address below

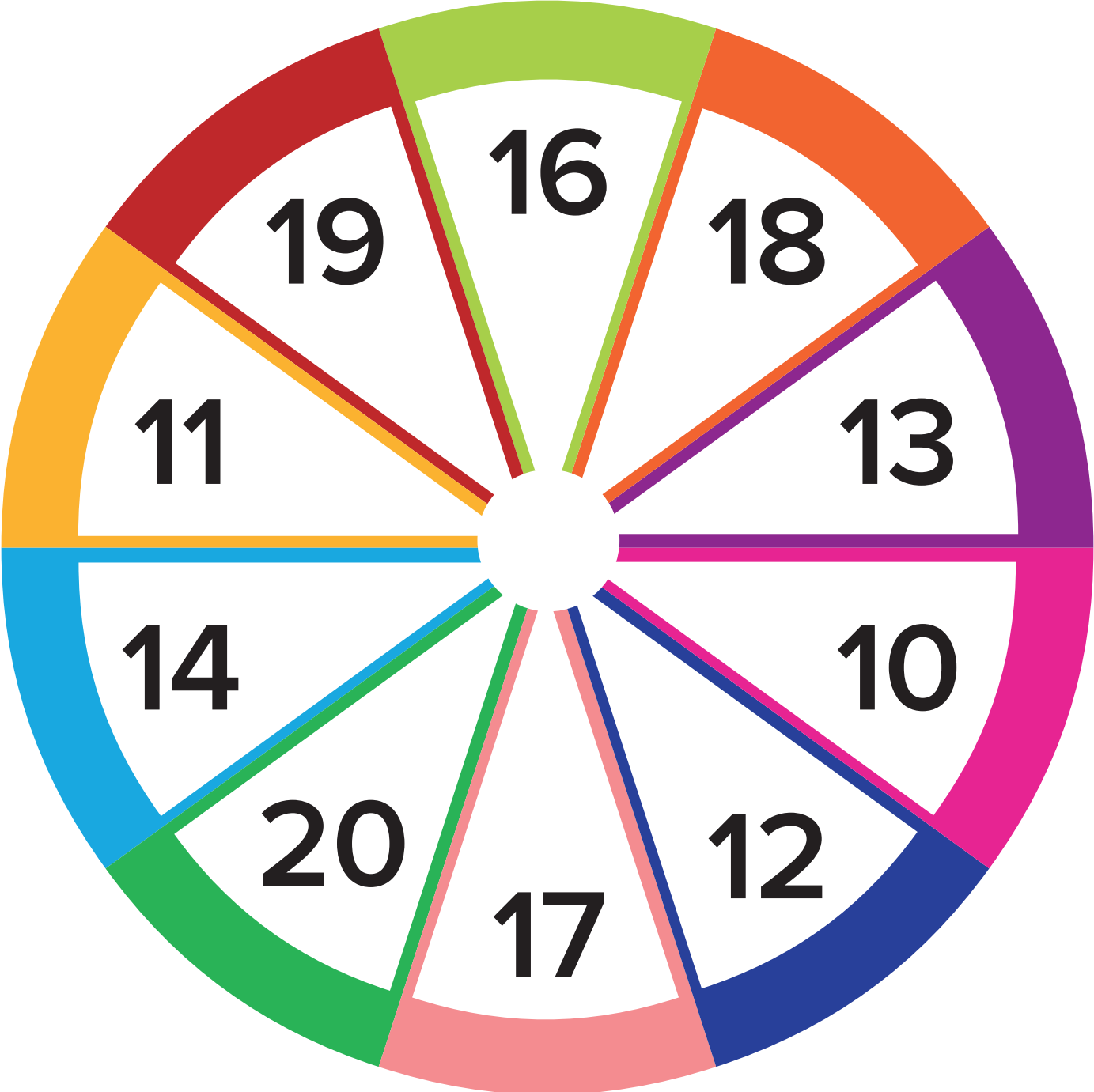
www.britishorienteering.org.uk/wow2022

HAVE FUN WITH ORIENTEERING!

MASTER MAP FOR MARKER PLACEMENT

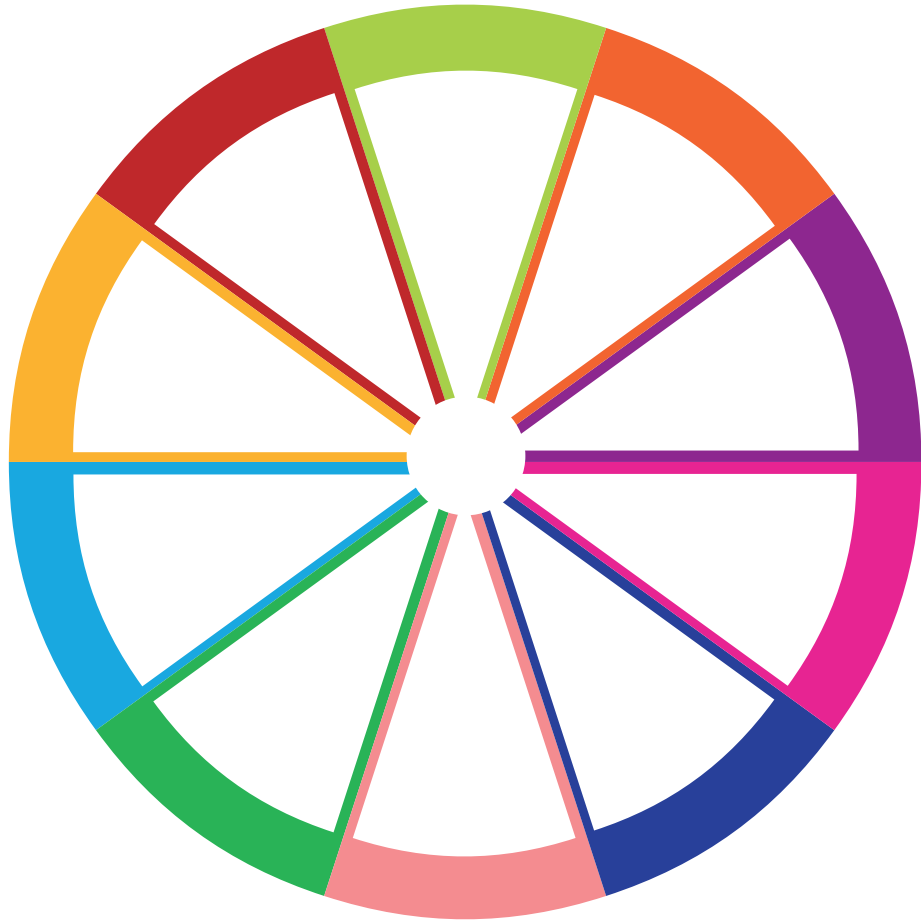


PITCH O SOLUTION SHEET



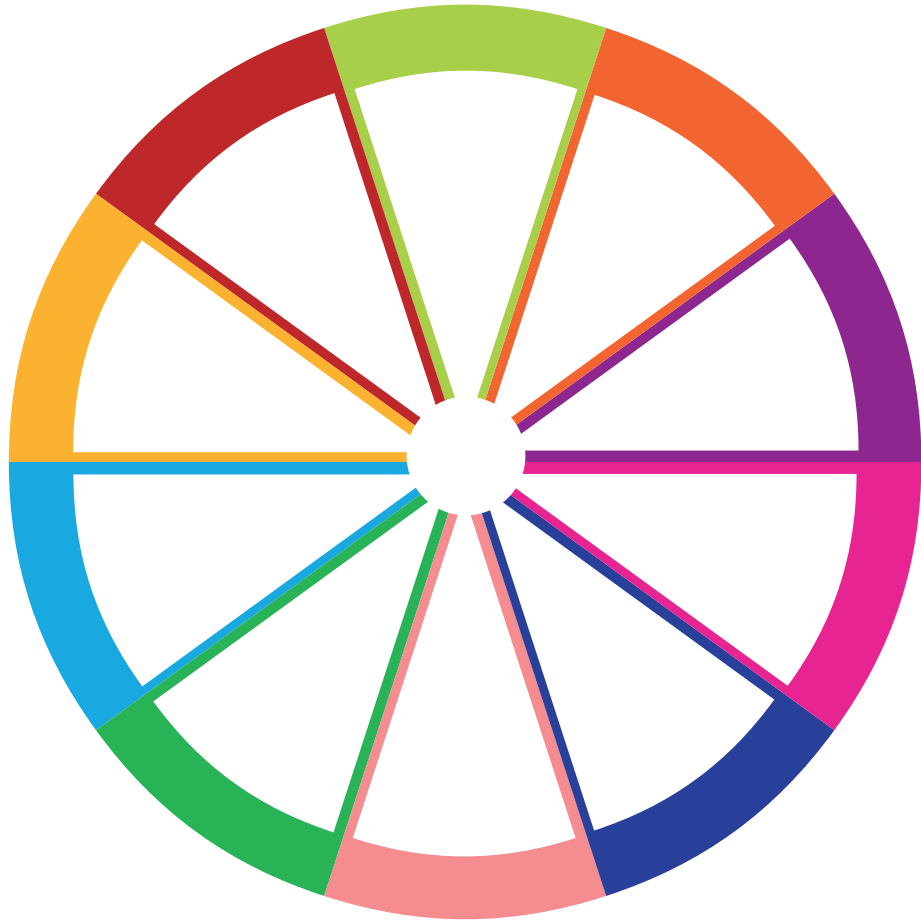
PITCH O ANSWER SHEET

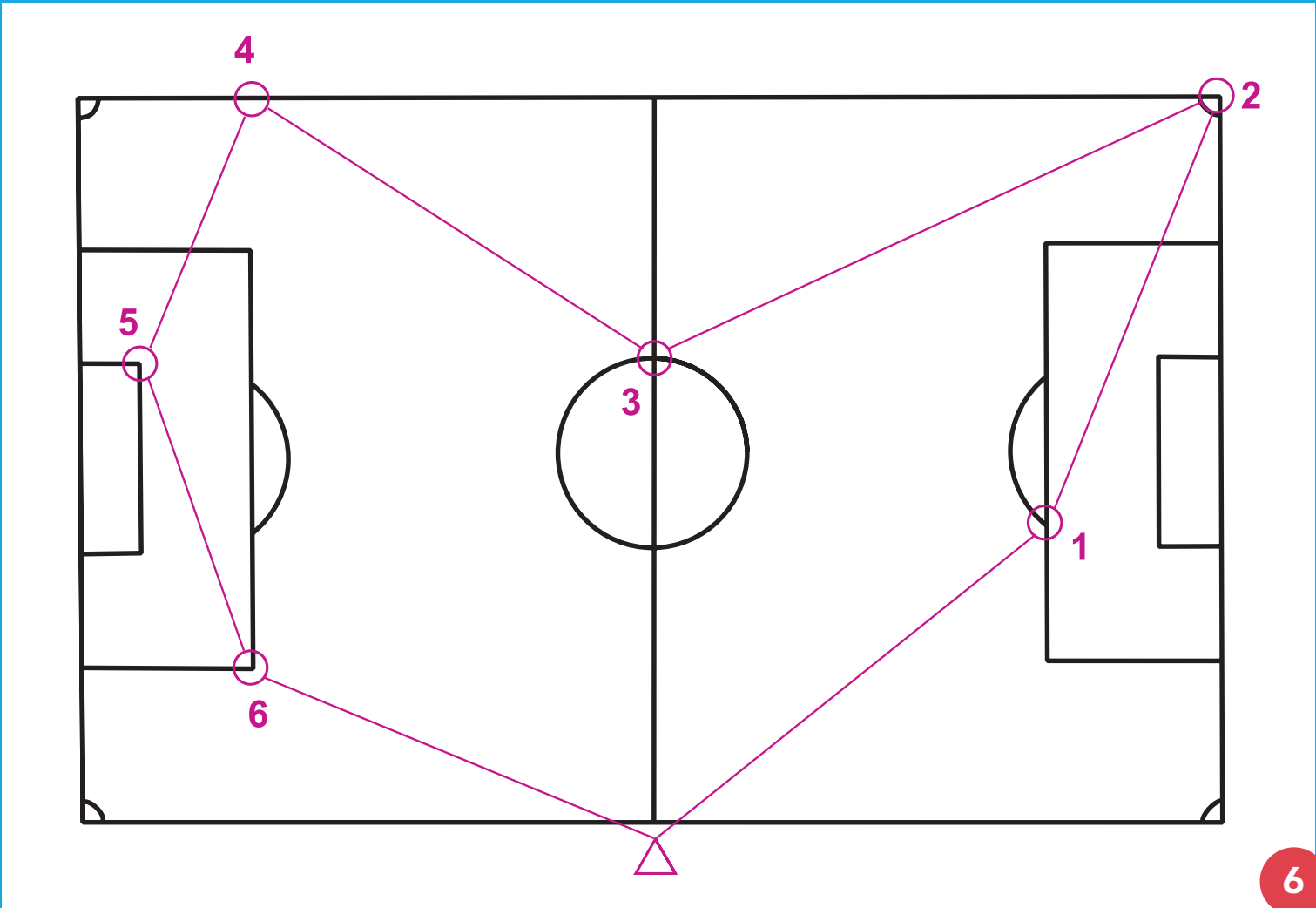
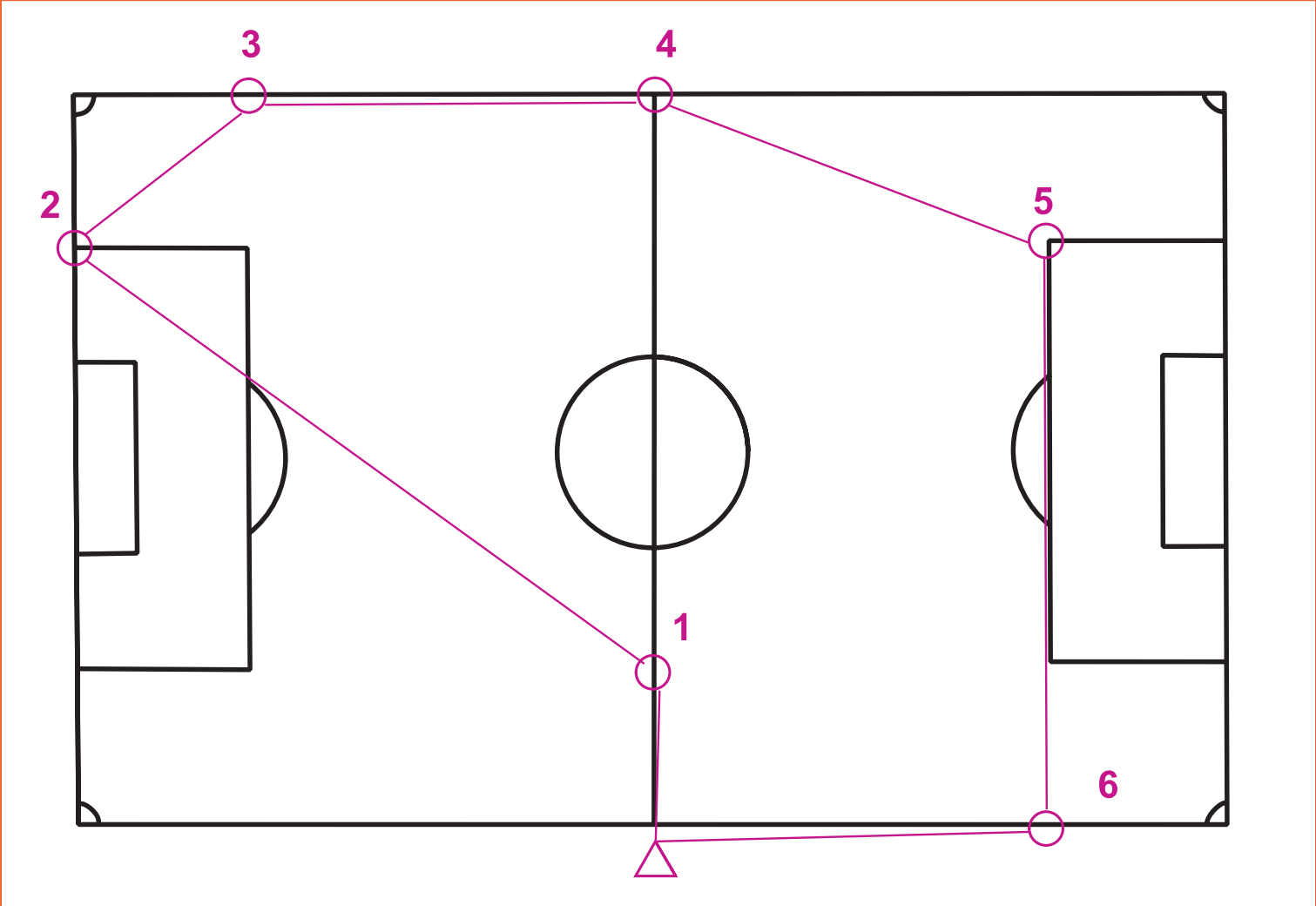
Write down the total for each course in the correct segment. Each course has its own coloured segment.

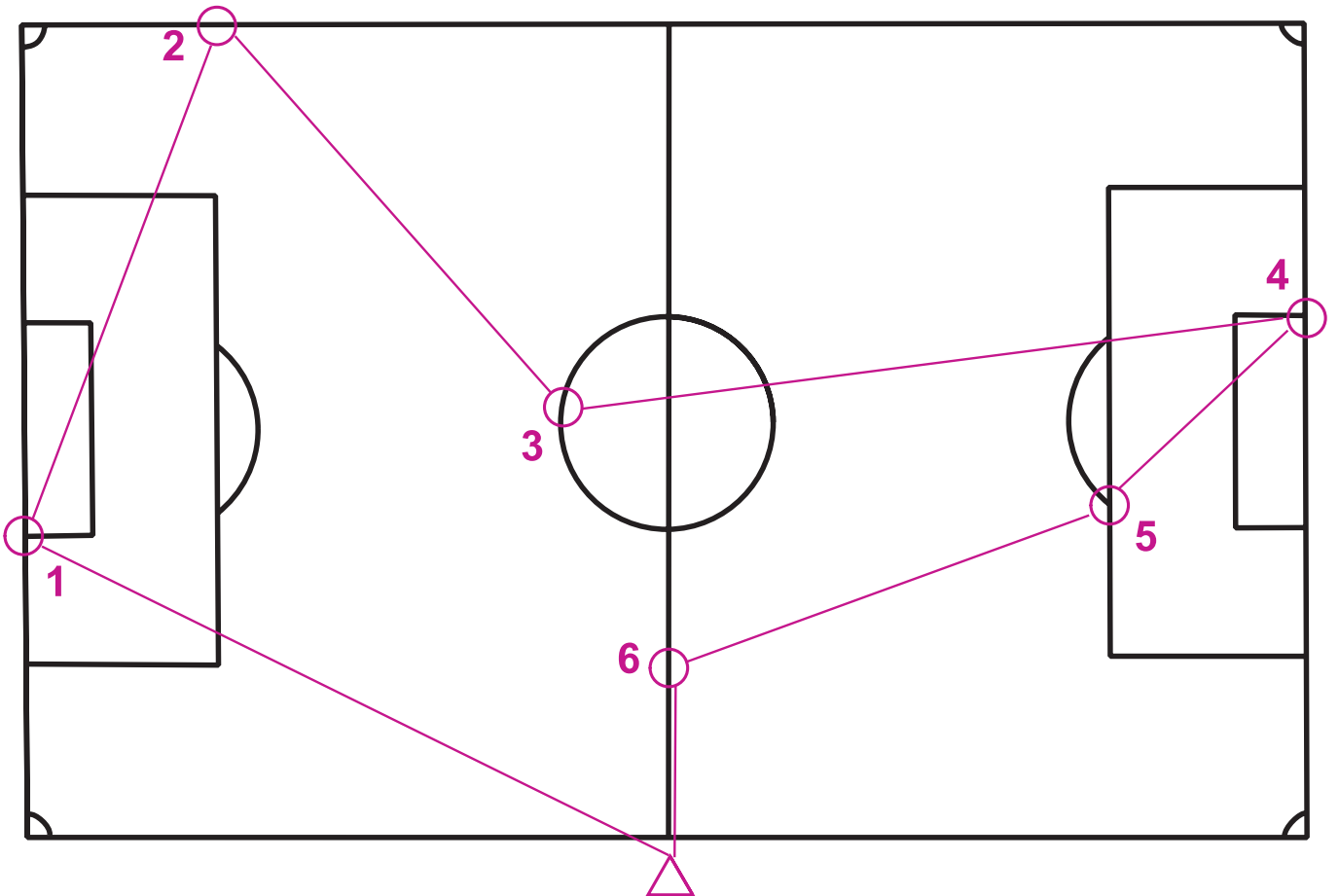
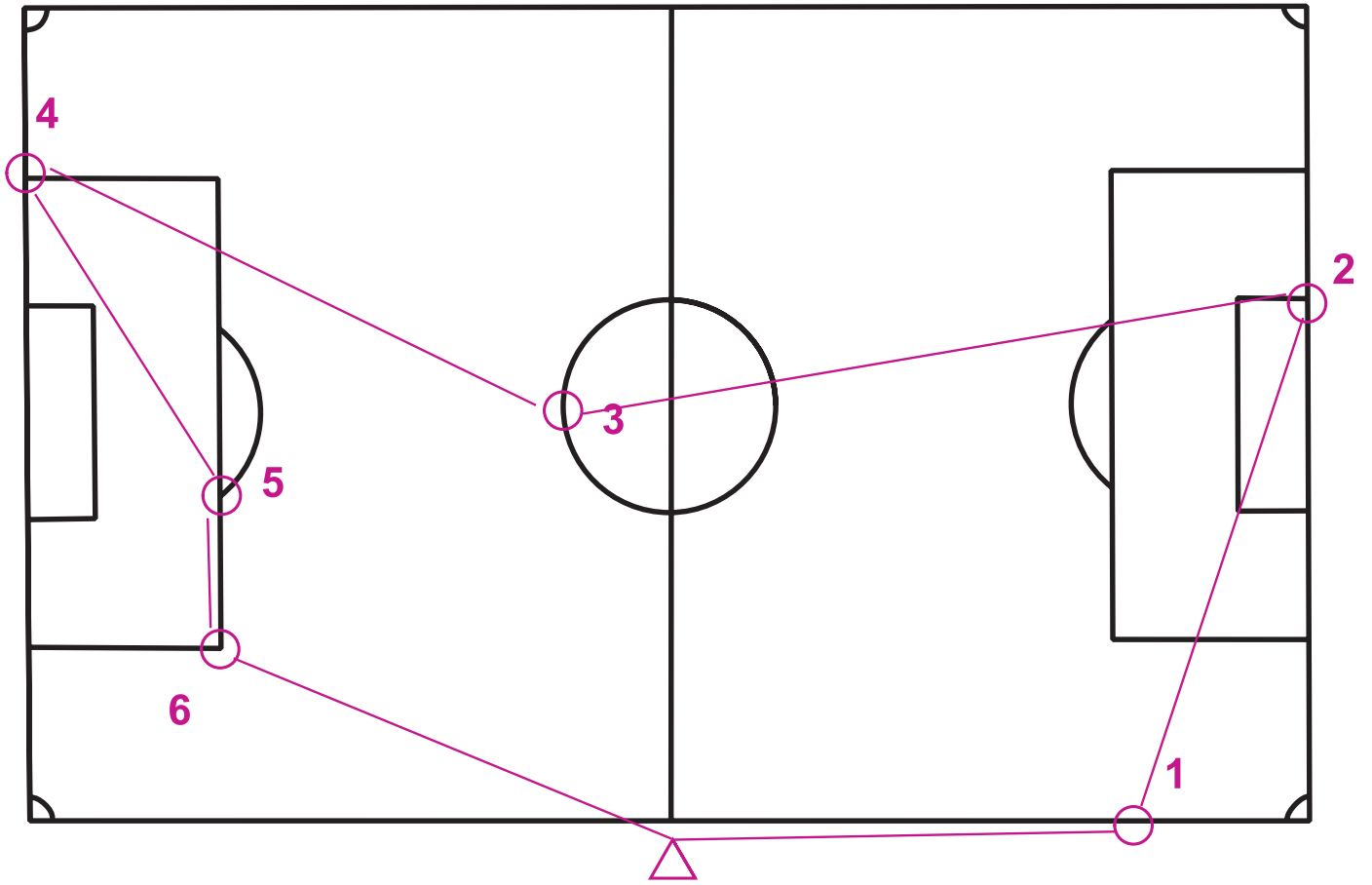


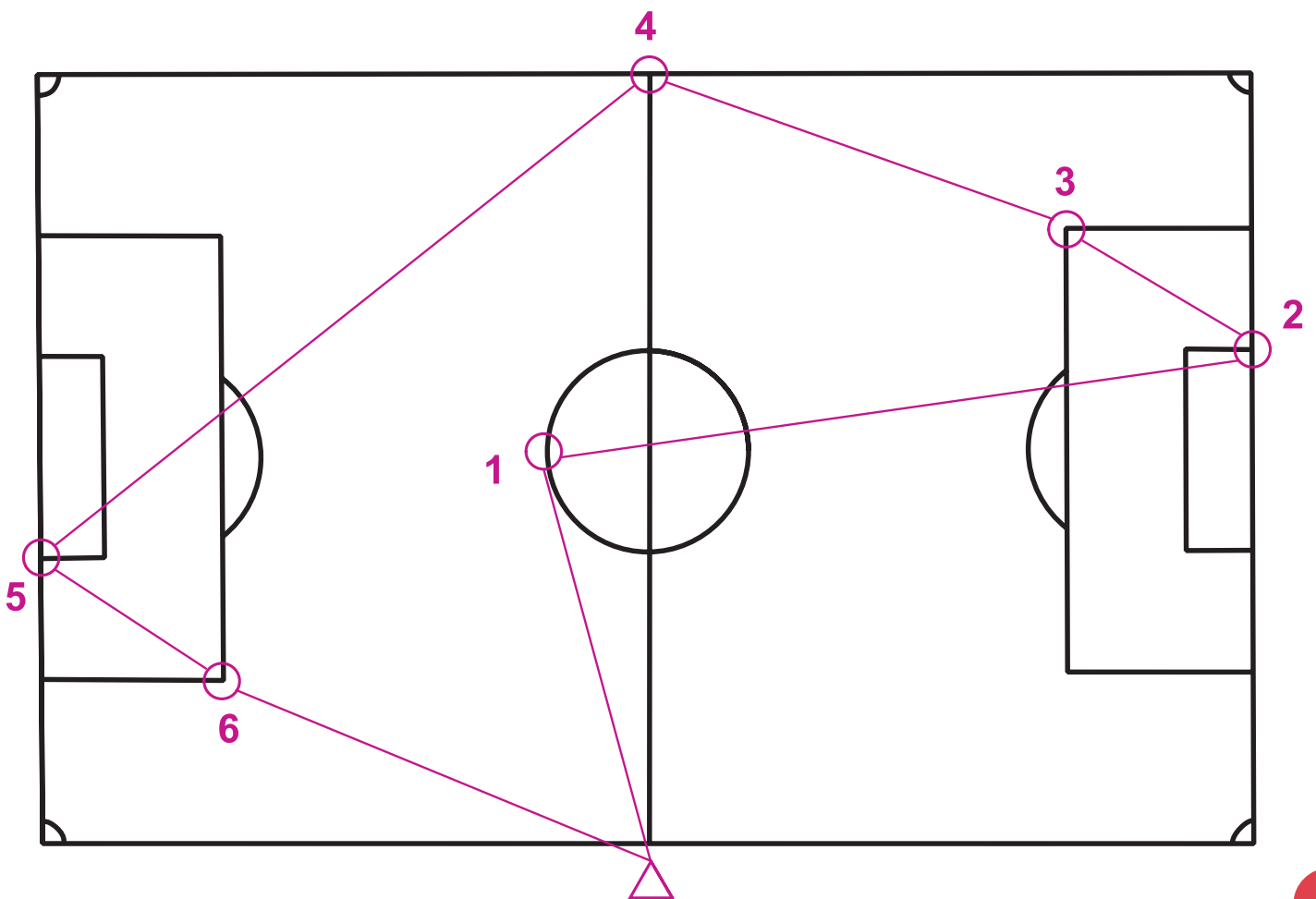
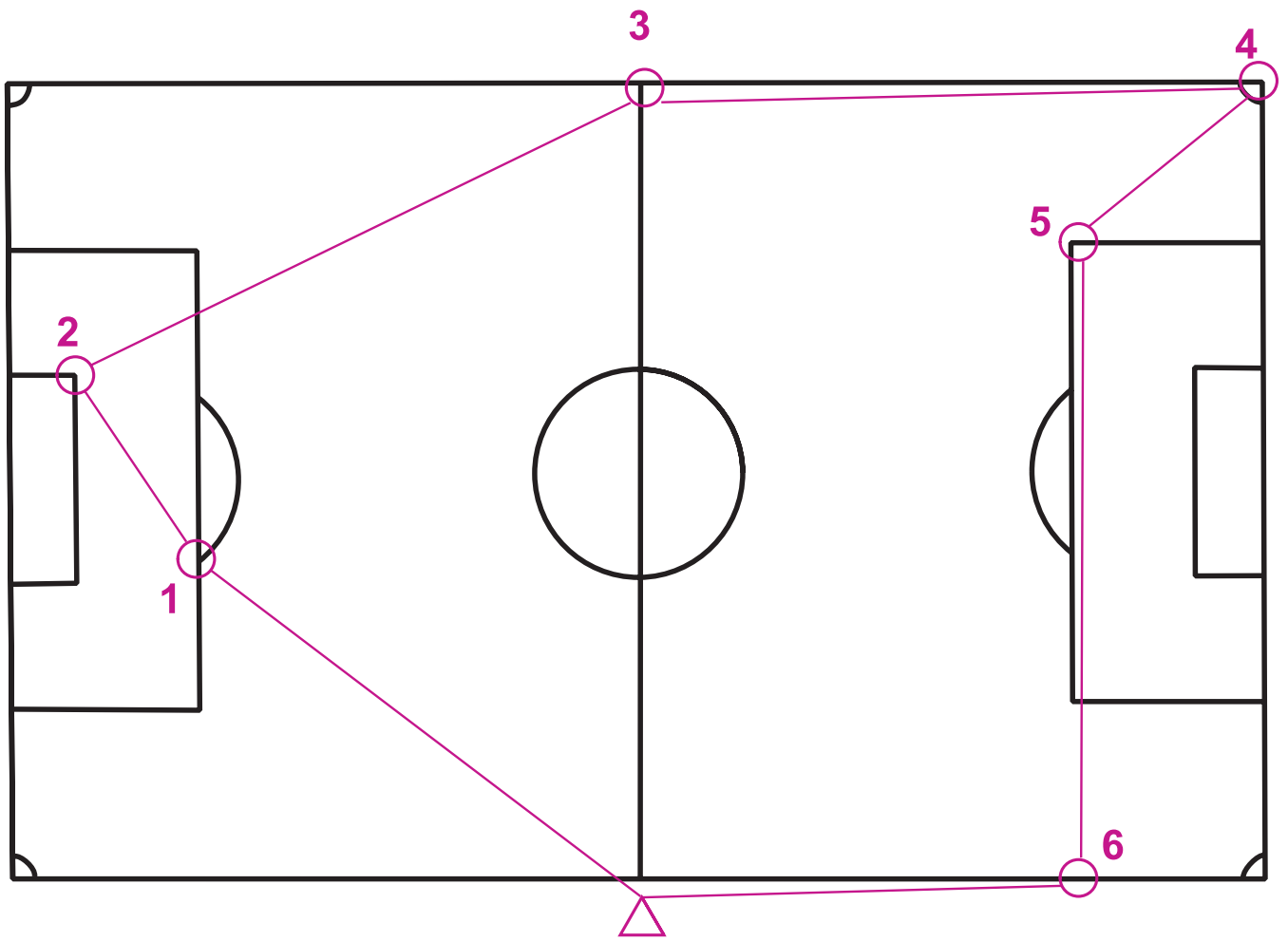
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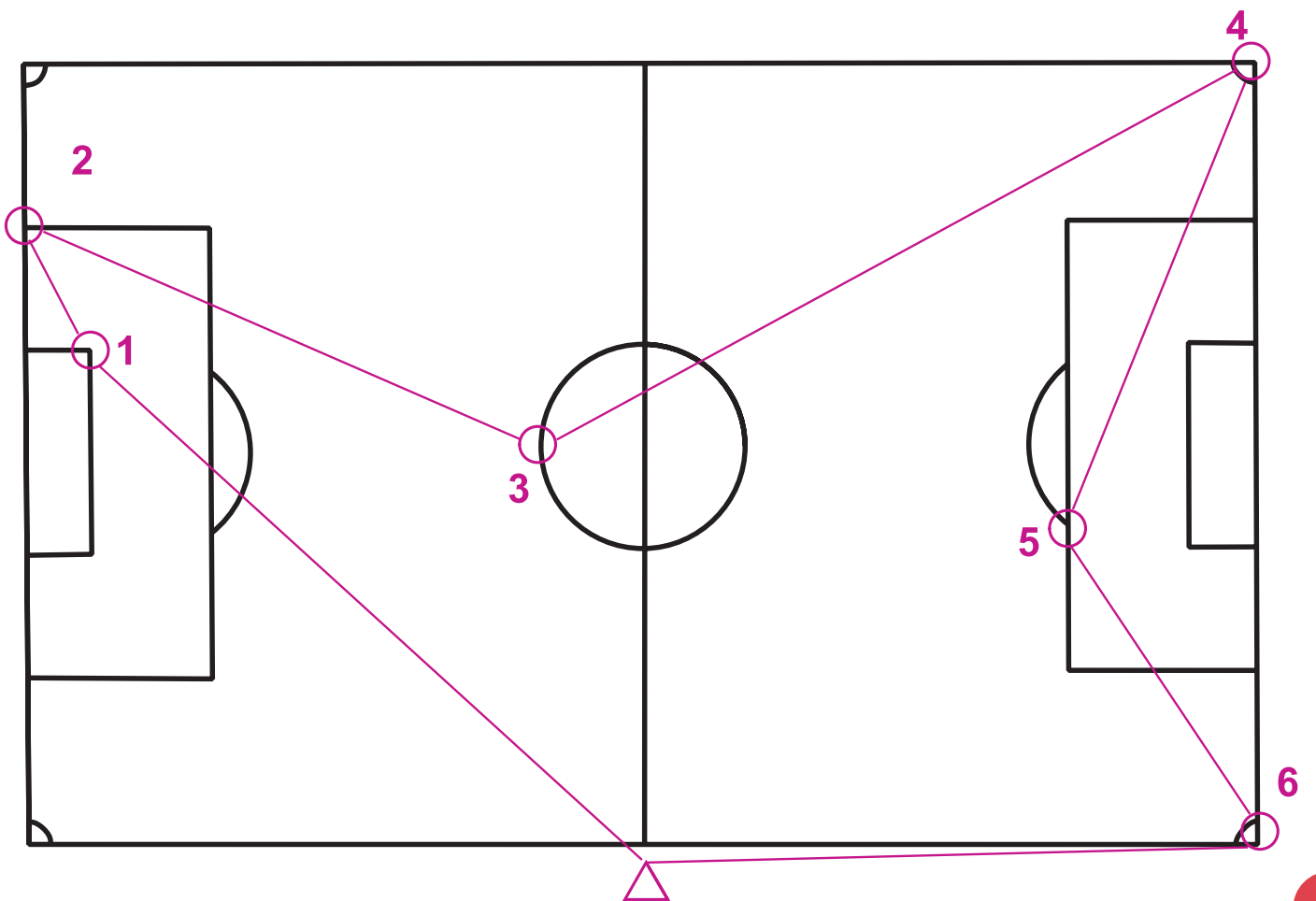
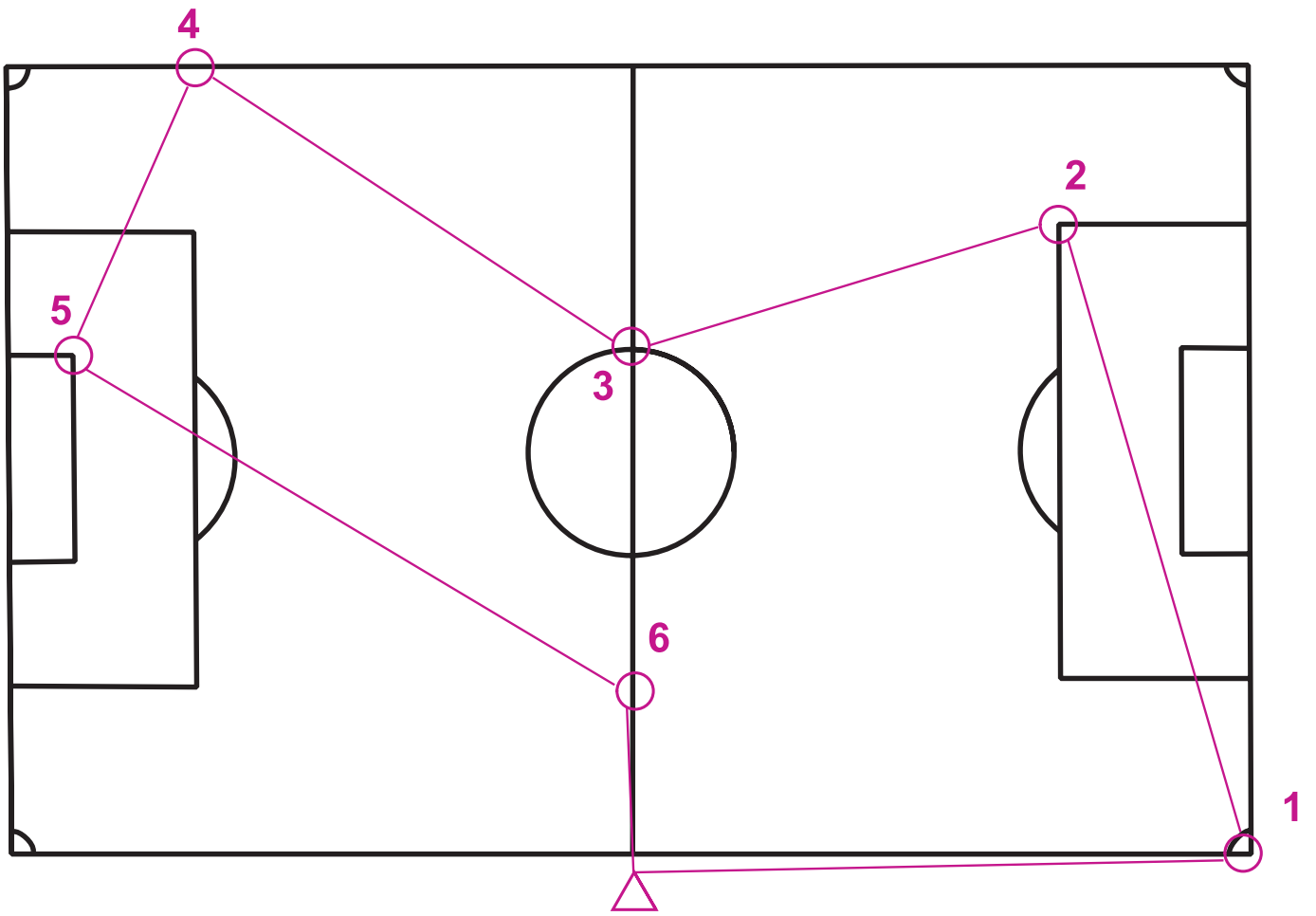
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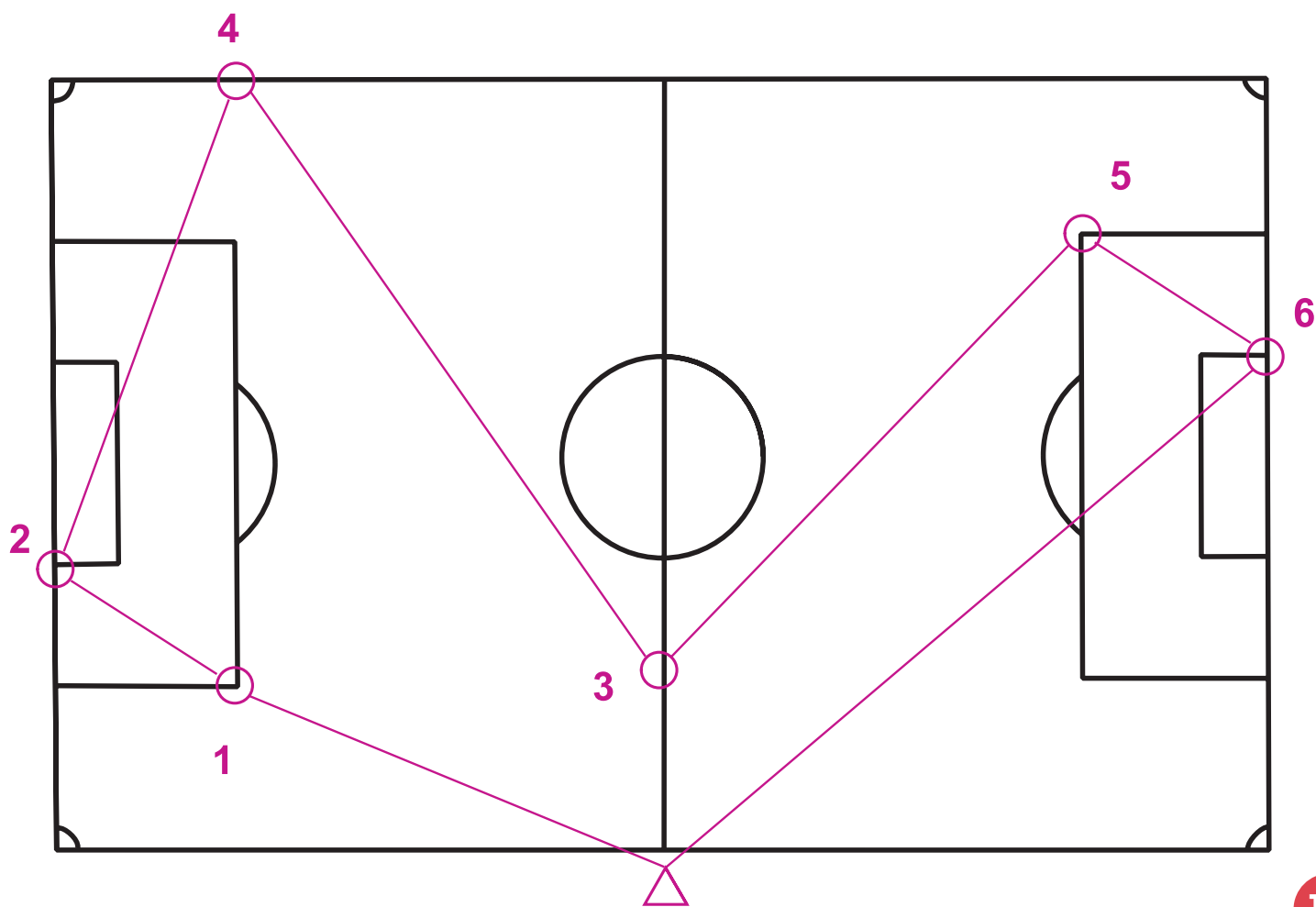
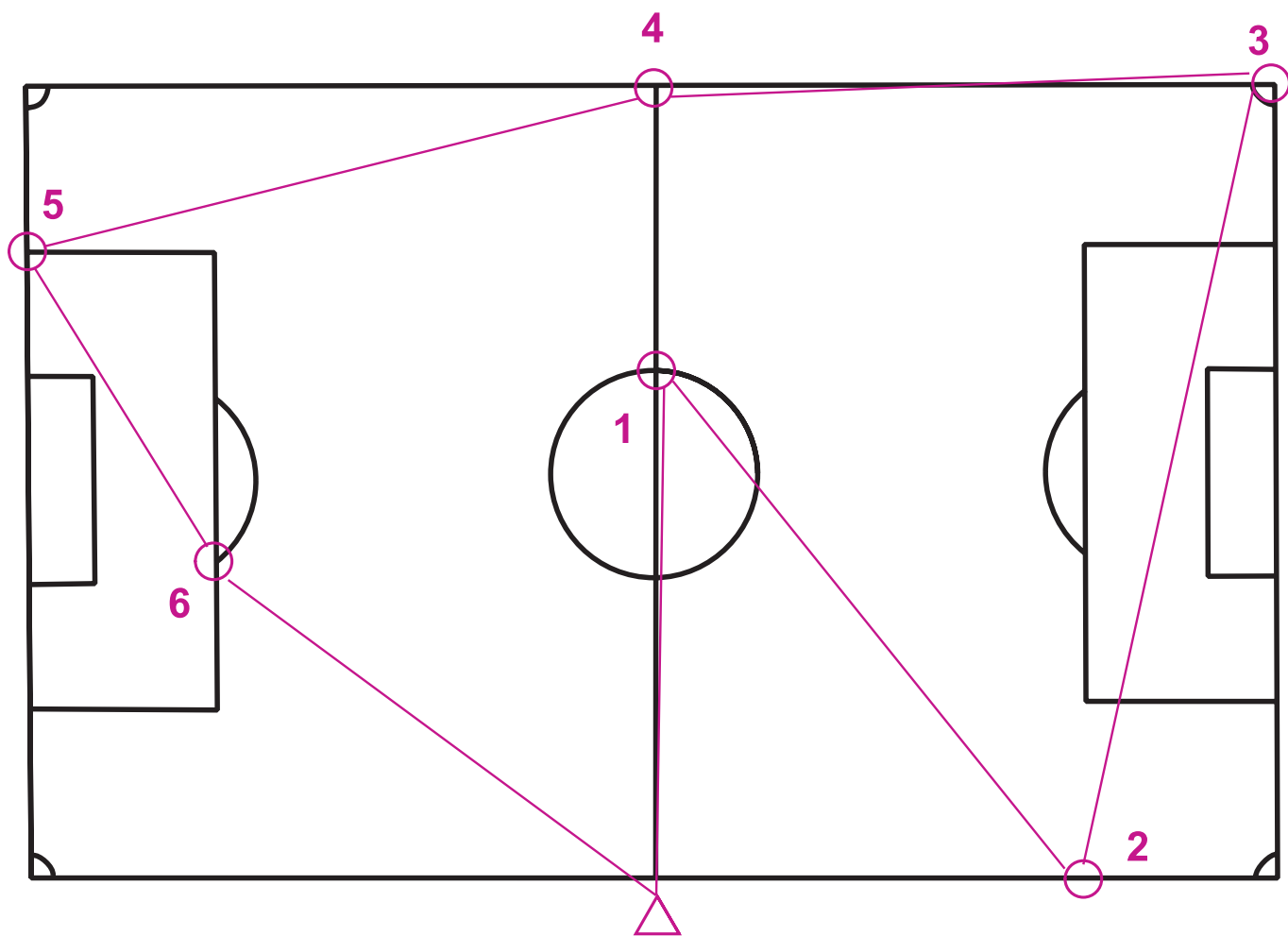












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2

3

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3

4

1

2

3

4



**START
FINISH**

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FINDING OUT MORE ABOUT ORIENTEERING

If your children enjoyed these orienteering exercises, there are several ways to follow-up and develop further opportunities for orienteering at school or with a youth group.

British Orienteering can assist with any query about the sport. There are also orienteering clubs in all areas. They can help advise how to make an orienteering map of your school site and can supply information on activities in the local area.

To find out details of any local club, or have any further questions, contact info@britishorienteering.org.uk

The British Schools Orienteering Association offer free membership to schools and can supply orienteering equipment. Bishop Sports and Leisure Ltd also supply orienteering resources suitable for schools.

Contact details

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| ■ British Orienteering (National Federation) | www.britishorienteering.org.uk |
| ■ British Schools Orienteering Association | www.bsoa.org |
| ■ Bishop Sports and Leisure Ltd | www.bishopssport.co.uk |





WOW! Register your event today and access FREE RESOURCES!

www.britishorienteering.org.uk/wow2022