

Unit 6: Orienteering

LEARNING OUTCOMES

- The student will:**
- *apply orienteering skills to complete a cross-country orienteering event.*

EQUIPMENT

Mini-markers, controls, punches, master maps, course cards, time clock.

CLASS ORGANISATION

Area mapped for orienteering

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
<p><i>Warm up Introduction</i></p>	<p><i>Cross-country orienteering event</i></p>	<p><i>Each student has a master map with 20-25 controls pre-marked.</i></p>	<ul style="list-style-type: none"> • <i>Apply the event procedure clearly and methodically.</i> • <i>Have an example of a control.</i> • <i>Select a course.</i> <p><i>Skills to be reinforced:</i></p> <ul style="list-style-type: none"> • <i>map orientation</i> • <i>thumbing map</i> • <i>recognition of orienteering symbols</i> • <i>following a route</i> • <i>use of handrails</i> • <i>standard procedure for all Orienteering events</i> • <i>recognition of and adherence to country code.</i> <p><i>Each course has 5 control points. There are 5 different courses. Teacher has control descriptions for each course. Each student completes a control card. Controls must be visited in the correct order. A code / symbol / punch registers the students visit to the control point. Students verify and calculate their time on each course.</i></p>
<p><i>Development</i></p>	<p><i>Cross-country Orienteering</i></p>	<p><i>Students are allocated a course. They may be set-off clockwise and anti clockwise. On return, the course is returned to its base and following presentation of the control card to the teacher for checking, another course may be allocated.</i></p>	<p><i>Allow 2 minute intervals. 5 students may be set off at a time. 5 courses.</i></p>
<p><i>Conclusion</i></p>	<p><i>Extensions</i></p>	<p>EXTENSIONS</p> <p>(i) <i>Students compete with each other, one going clockwise the other anti-clockwise.</i></p> <p>(ii) <i>Map memory - the students have to remember the location of all five control points and may not carry a map with them. (W) course may be walked in pairs. Mini-controls demand finer navigation.</i></p> <p>(iii) <i>Attend a recognised orienteering event.</i></p>	<p><i>Codes must be checked to ensure correctness. Calculations of times and tables of results might be completed in co-operation with the maths teacher.</i></p>