

## Unit 1: Score orienteering

**LEARNING  
OUTCOMES****The student will :**

- *apply a range of orienteering skills and strategies when making route-choice decisions, (attack points, collecting features and handrails)*
- *increase his/her confidence through finding controls and encouraging students to use a number of orienteering skills i.e. thumbing, setting, checking-off points*
- *be able to fill in a control card correctly*
- *experience an enjoyable and challenging activity*
- *make decisions on the basis of personal/group strengths and limitations.*

**RESOURCES**

*A copy of the map per student with 10-20 control points identified, control description sheet, control cards per participant. Control + punches if required. Stop clock, whistle, pencil per student.*

**SCORE EVENT – EVENT PROCEDURE**

*A large number of orienteering controls are set out in a designated area. These may be permanently in place. A points value is allocated to each control, with higher marks awarded to controls located on the periphery or in difficult locations. The participant is required to visit as many controls as possible in any order within a specified time limit. The participant may be instructed to punch a control card or to transfer a code or symbol, to confirm his/her presence at the control site. All participants start at the same time — a mass start. Should the time limit be exceeded the participant is penalised (e.g. 5 point deduction for each full or part minute spent over the time limit). A bonus (e.g. 10 points) may be awarded for participants who return on or before the time allowed*

**SAMPLE DESCRIPTION/SCORING SHEET**

<i>No</i>	<i>Description</i>	<i>Pts. Value</i>
1	Flower bed south end	5
2	Building N.W. corner	5
3	Fence corner	5
4	Evergreen tree	5
5	Middle tree	10
6	Mast	20
7	Hedge end	2

**EXTENSION**

*The nature of score orienteering is ideally suited to a team element.*

*Teams of 3 or 4 are challenged to decide on the allocation of controls to team members. Factors such as control difficulty, fitness and time limits become significant. Team management and leadership are required. The task may be made more demanding by reducing the number of maps allowed per team. Two maps for a team of 4 will require decisions on pairing or individual running. It will also promote map memory. Teams may be allowed a map and control card per person or per team.*

*Each team member can contribute to the team score, therefore this activity is ideally suited to a mixed ability group.*

*The post-event discussion is an opportunity to highlight effective route choice and navigation together with efficient team management.*