

Unit 4: Pacing

**LEARNING  
OUTCOMES**

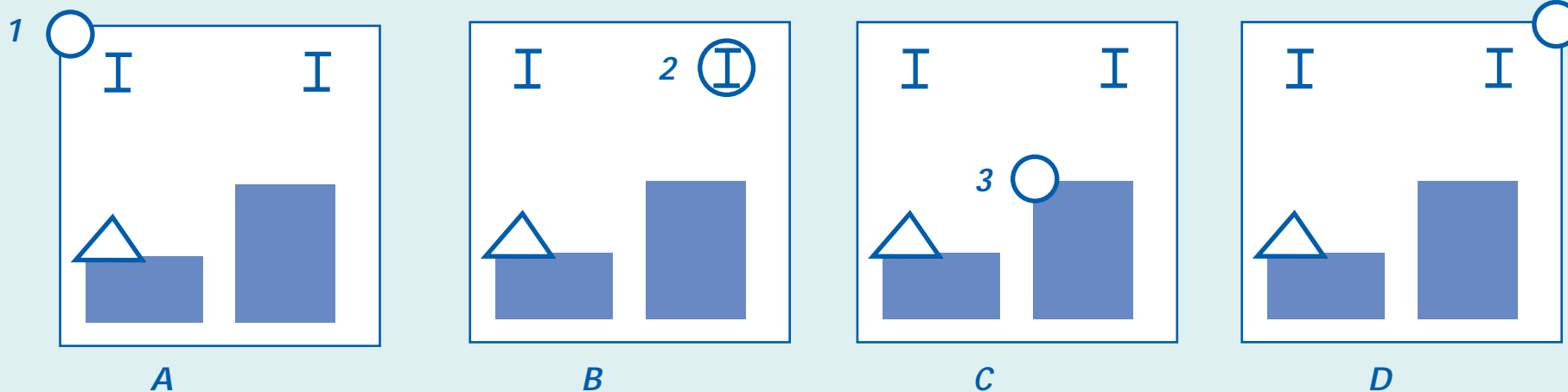
- The student will:**
- employ pace counting as a means of estimating distance effectively
  - be able to accurately transfer the control site to their master map.

**PREPARATION**

Select a start point and a series of control locations. Measure the distance from the start to each control site. Prepare a series of maps or cards each one showing a start and one control point. Each student will require a pacing card.

**PROCEDURE**

Students complete a control card typical of that associated with an orienteering event. They are also allocated their own grounds/forest map.



**EXTENSION - PACING**

Students start at the same time and select a card/map. Having chosen a map they must:

- Copy the control onto their own map
- Check the accuracy of the control point transfer. Teachers should also check.
- Using the scale bar estimate the distance from the starting point to the control site. (Record on pacing card).
- Convert the estimated distance to a personal pace count before setting out. (Record on pacing card).
- Check the accuracy of your estimation of distance by walking the route.
- Having completed the routine in relation to the chosen card, return to base, select another card and continue.
- The teacher gives the actual distances to each control site from the start.

**Pacing Card II**

Name .....

	Distance Estimation	Pacing Count	Accuracy
Card A	<input type="text"/>	<input type="text"/>	<input type="text"/>
Card B	<input type="text"/>	<input type="text"/>	<input type="text"/>
Card C	<input type="text"/>	<input type="text"/>	<input type="text"/>
Card D	<input type="text"/>	<input type="text"/>	<input type="text"/>