

Curricular Area: Health & Wellbeing (Physical Activity and Sport) Level: 1

Introduction to Orienteering



<p><u>Experience and Outcomes</u> Within and beyond my place of learning I am enjoying daily opportunities to participate in physical activities and sport, making use of available indoor and outdoor space. HWB1-25a</p> <p><u>Learning Outcome</u></p> <p>Pupils have an awareness of the sport of Orienteering Pupils can recognise north on ground and on map and orientate map Pupils can follow basic course of discs within a grid, keeping map orientated (set) Pupils can follow a basic cross country course in a team keeping map set and identifying basic features and symbols Pupils can work individually, with a partner and as part of a team</p>	<p><u>Resources</u> coloured discs, rope, maps, clothes pegs(north pole peg), control markers, score cards, pencils school playing field</p>
<p><u>Activity</u> Ask pupils what they know about the sport of orienteering. Map, points of compass, running, finding controls, fun</p> <p>Issue all in group with a map showing a grid of coloured discs with pre marked route. Explain north on ground and match with 'north pole peg' attached to map as reference point. Pre marked route in grid roped from disc to disc to act as a handrail</p> <p>Remove rope and issue new course within coloured disc grid. Can work in pairs, follow my leader, taking turns. Partner confirms location. Partner can select next control to visit, Timed, Relays etc</p> <p>Introduce basic map symbols and descriptions using matched up laminated cards. Cards in a tub and collected individually as a running relay then sorted in pairs when all collected.</p> <p>Explain cross country course and issue map (with peg). Issue and explain course descriptors and score card for team. Issue pencil to record a code</p>	<p><u>Assessment</u> Pupils should be able to explain the basics of the sport of orienteering and demonstrate setting map. Pupils should show an understanding of moving with map set and recognising basic features on the ground from the map Pupils display cooperation and teamwork as well as ability to work on own.</p>

and a word which makes a sentence when all collected. All controls visible from same start and finish point. Adult accompanies group to supervise. Gather group to get feedback on success of activity. Get answers of the sentence for words collected.

Musical corners elimination game (points of the compass)

Ask what has been learned and achieved during the session, individually and as a group.

Signpost to local orienteering clubs and future opportunities within school.

* An indoor task in the event of poor weather is to introduce map work by pupils drawing a birds eye view of their living room or garden. This will include a legend with symbols, colour, points of compass etc. (See illustrations) Scale can also be introduced.

A plan of the classroom can be drawn allowing exercises to set the map and follow a route around the room.

Pupils can cut old maps to create jigsaw puzzles for others to put together.

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