



Curriculum Objectives

Venue

Equipment

Move up a level

PSSI Homepage

Strand Unit: Orienteering

- Find controls on the school site using a map, where some of the objects are the same, distinguished only by their orientation.
 - Introduce a mass start score event.
 - Reinforce the concept of map orientation.
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- Outdoors.
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- Master map.
 - One A4 copy of the map per pair with controls pre-marked.
 - Control descriptions.
 - 12 controls, each with a different coloured crayon hanging from it (available at the end of this lesson).
 - One control card per pair and a master control card for correction.
 - Whistle or hooter to start and finish.
 - Stopwatch.
 - Each pair needs a watch, preferably a digital one.
 - Photocopiable samples of all necessary resources may be found at the end of this lesson.
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- Primary School Curriculum (1999) Physical Education, page 57-59.
 - Physical Education Teacher Guidelines, pages 91.

Reference

Note

Walking Activities and Outdoor Challenges

To complete this strand, you should select suitable activities from both parts of the **Walking Activities & Outdoor Challenges** section.



ORGANISATION

Hang controls and mark them on your master map. See sample map at the end of this lesson.

Complete the teacher's master control card.

Divide the children into pairs.

The more controls you have out, the more challenging the event becomes.

ACTIVITY

Warm up and stretching: Visit your warm up bank.

Mass start score event

Give each pair a map, a control card, a clipboard and pencil.

Explain to the children that this type of orienteering involves visiting controls in any order. Each correct control is worth ten points. The time limit is ten minutes, or whatever length of time you decide.

Give two to three minutes for the children to make their route choice.

It's a mass start.

Have a heavy penalty, e.g. a loss of 20 points, for each minute they are late back. Be sure to list the latecomers and record their finishing times.

Blow a warning whistle/ signal when there is one minute left.

The children can swap control cards with another pair and correct each other's as you call the correct answers.

TEACHING POINTS

- Emphasise the importance of staying together as a pair. Being found alone incurs disqualification.
- They must also return to the finish as a pair, if one is late they both incur penalty points.
- It is important that they write down their start time so that they know what time they are due back.

DEVELOPMENT

Team score event

The event is run exactly as above with the following variations:

Children are in teams of four or six. Each team has a captain, whose responsibility it will be to ensure that no two pairs are visiting the same controls.

Controls farthest away from the start are worth 20 points, middle ones are worth 10 points, and those closest are worth 5 points.

Allow teams at least five minutes to make their route choices.

When the allotted time is up, allow time for the captains to record the symbols found by their team members onto one control card.

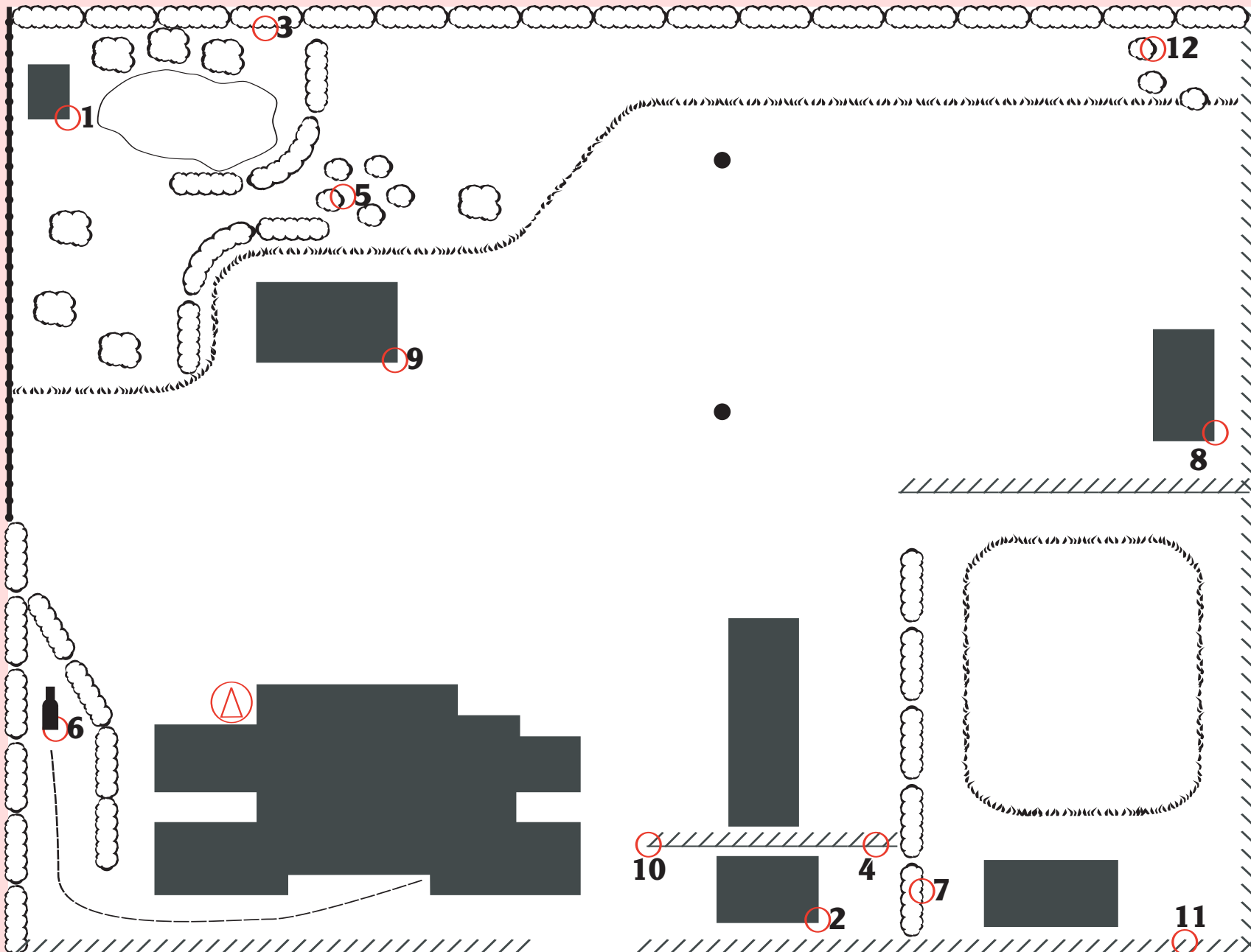
Variation:














The winning team is the first **entire** team back with an all-correct control card.

It is very important to record the finish order, as the fastest team will not necessarily be the winners.

- In the interest of safety, you might insist that the children work in pairs.

ACTIVITY CARD – SAMPLE MAP



-  *Start*
-  *Building*
-  *Wall*
-  *Fence*
-  *Grass border*
-  *Tree*
-  *Hedge or bushes*
-  *Path*
-  *Pond*
-  *Bottlebank*
-  *Posts*
-  *Finish*
-  *Start and Finish*

ACTIVITY CARD – CONTROLS

A

B

C

D

ACTIVITY CARD – CONTROLS

E

F

G

H

ACTIVITY CARD – CONTROLS

I

J

K

L

ACTIVITY CARD – CONTROL CARDS

1	7	1	7	1	7	1	7	1	7
2	8	2	8	2	8	2	8	2	8
3	9	3	9	3	9	3	9	3	9
4	10	4	10	4	10	4	10	4	10
5	11	5	11	5	11	5	11	5	11
6	12	6	12	6	12	6	12	6	12