



# WORLD ORIENTEERING WEEK

15 - 21 May 2019

Resource Pack for Teachers and Youth Leaders



# GIVE YOUR PUPILS A CHANCE TO TRY ORIENTEERING IN ONE EASY-TO-IMPLEMENT LESSON!



World Orienteering Week takes place during 15 -21st May 2019. A wide variety of orienteering activities will be taking place that week across the world, so every primary school is invited to join a global community getting a taste of orienteering.

Orienteering is a sport that helps cross-curricular learning objectives as an outdoor activity, combining physical fitness, map reading skills and decision making.

This online resource pack contains a simple orienteering exercise suitable for pupils in primary school Years 3-6. It provides everything needed to deliver this exercise in a 30-minute lesson, including maps and control markers that can be easily downloaded and printed.

## Pack Contents

- p.2 Instructions for use.
- p.3-5 Maps for pupils, with 3 courses of varying difficulty.
- p.6-15 Control markers numbered 1-9 and Start/Finish marker.
- p.16 Follow-up after the activity – what next?

## Learning Objectives:

- 1) **Physical fitness:** Part of an active lifestyle for health & fitness
- 2) **Map reading:** Aid spatial awareness, relating map to ground
- 3) **Decision Making:** Gain confidence to make and act on decisions.

Children can take part as singles or in pairs, so that every child can positively engage with the activity.

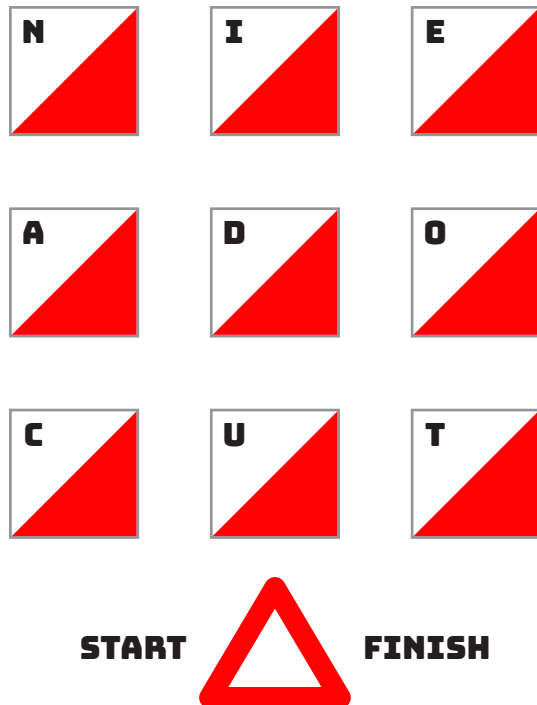
## Space required

The exercise can be conducted safe space, inside or outside. It should be carried out in at least 20m x 20m space.

# INSTRUCTIONS FOR TEACHER OR YOUTH LEADER



- Print out the 9 red & white marker pages.
- Print out copies of the 3 maps as needed.
  - Suggestion: For a class of 30 pupils, print 15 copies of each map and share 1 map between 2 children
- Laminate all pages for repeated and possible outside use.
- Set out the Start/Finish triangle and the red & white marker pages in a 3x3 grid as per the diagram below. It's important to place each lettered marker in the correct position relative to others.
  - Suggestion: Allow 5-10 metres between each marker.



- Show the pupils how to orientate the map – “turn the map the right way”.
- The task is to navigate round each course, spelling out word(s) using the letters on each marker.
- Course A is the simplest. Courses B and C are more challenging.
- Answers: Course A – “CAN DIE OUT”  
Course B – “A CODE UNIT”  
Course C – “EDUCATION”
- When they have finished each course, they should write down their answer to avoid telling others.

## HAVE FUN WITH ORIENTEERING!

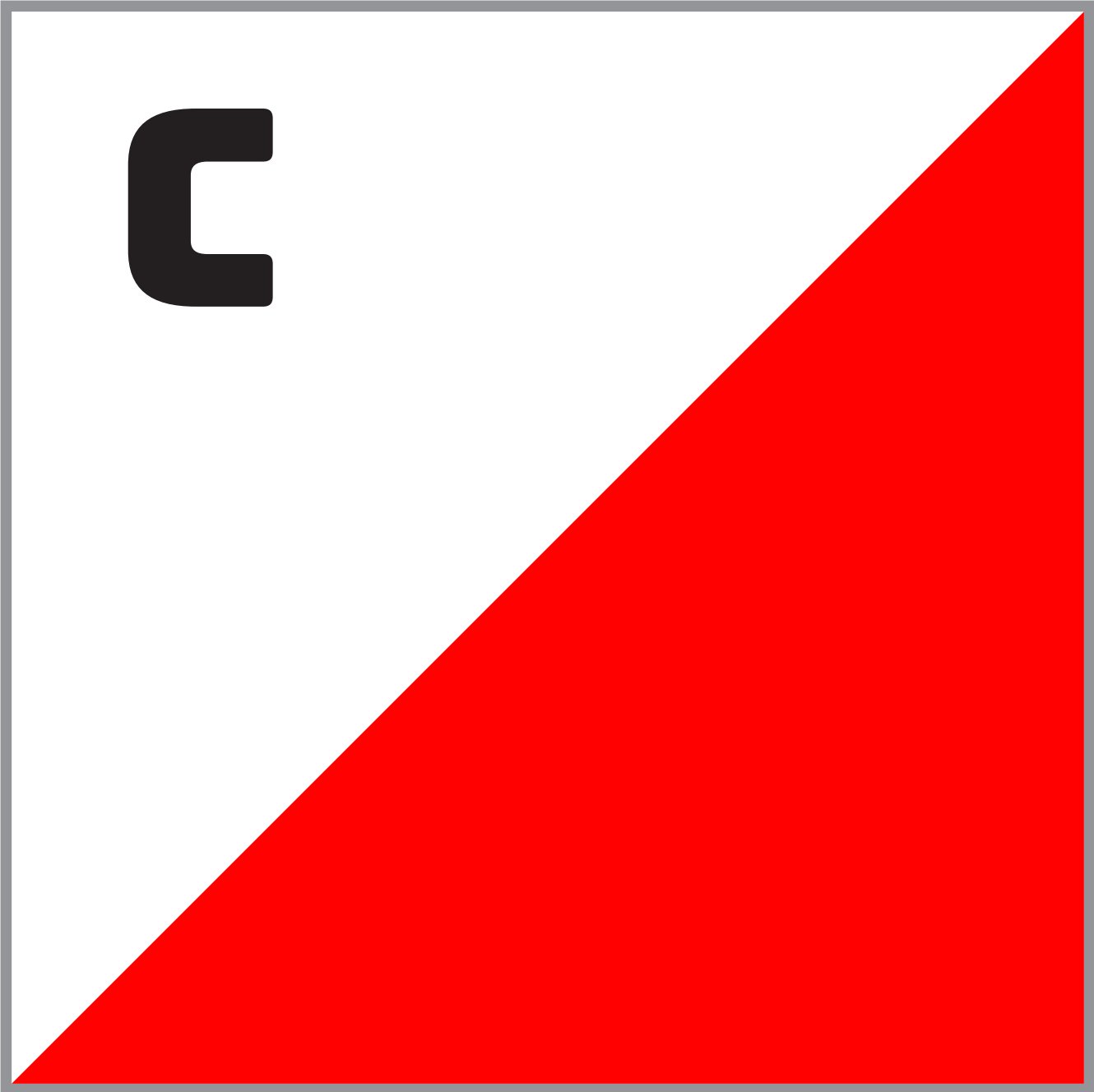


# E



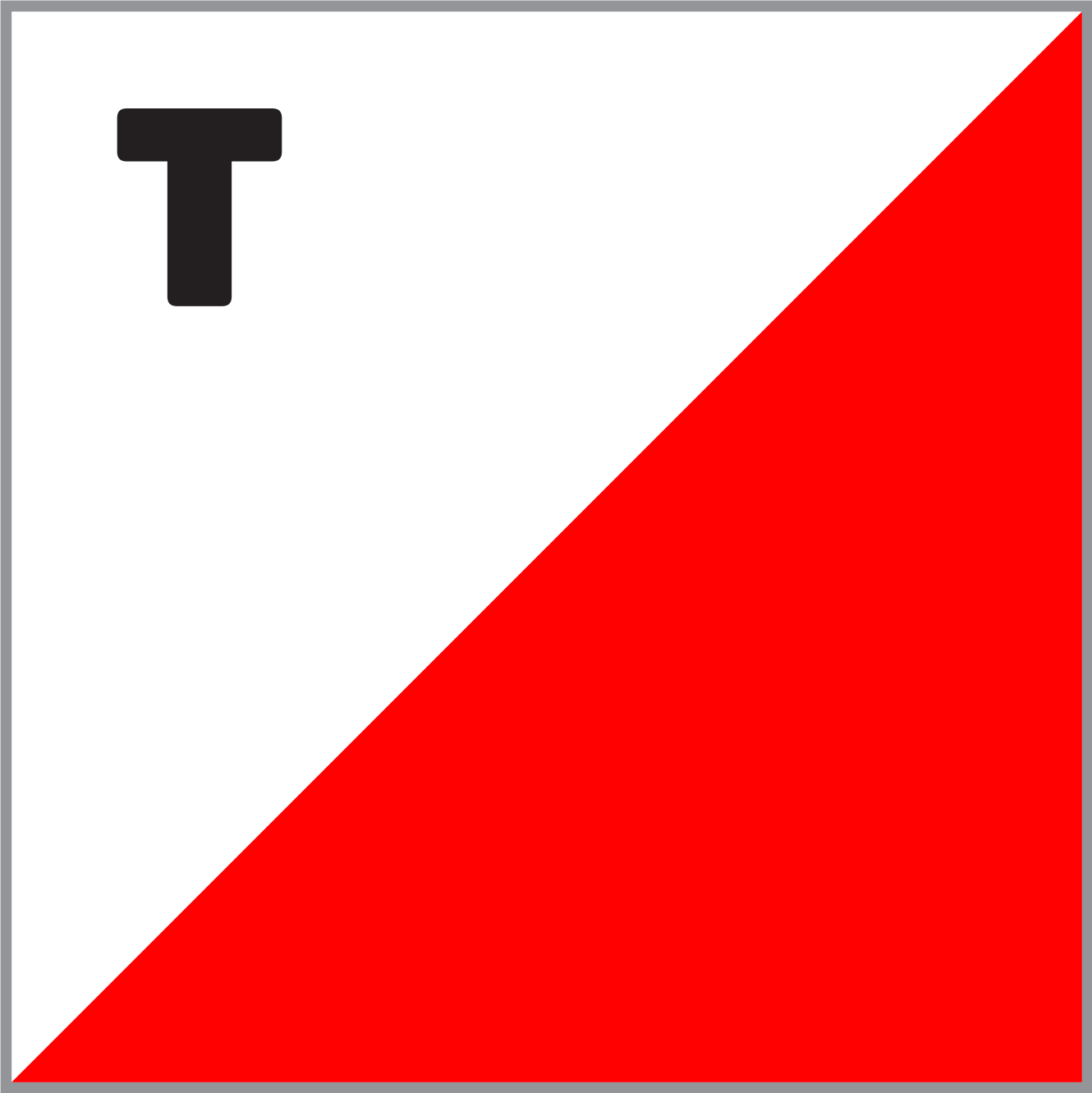
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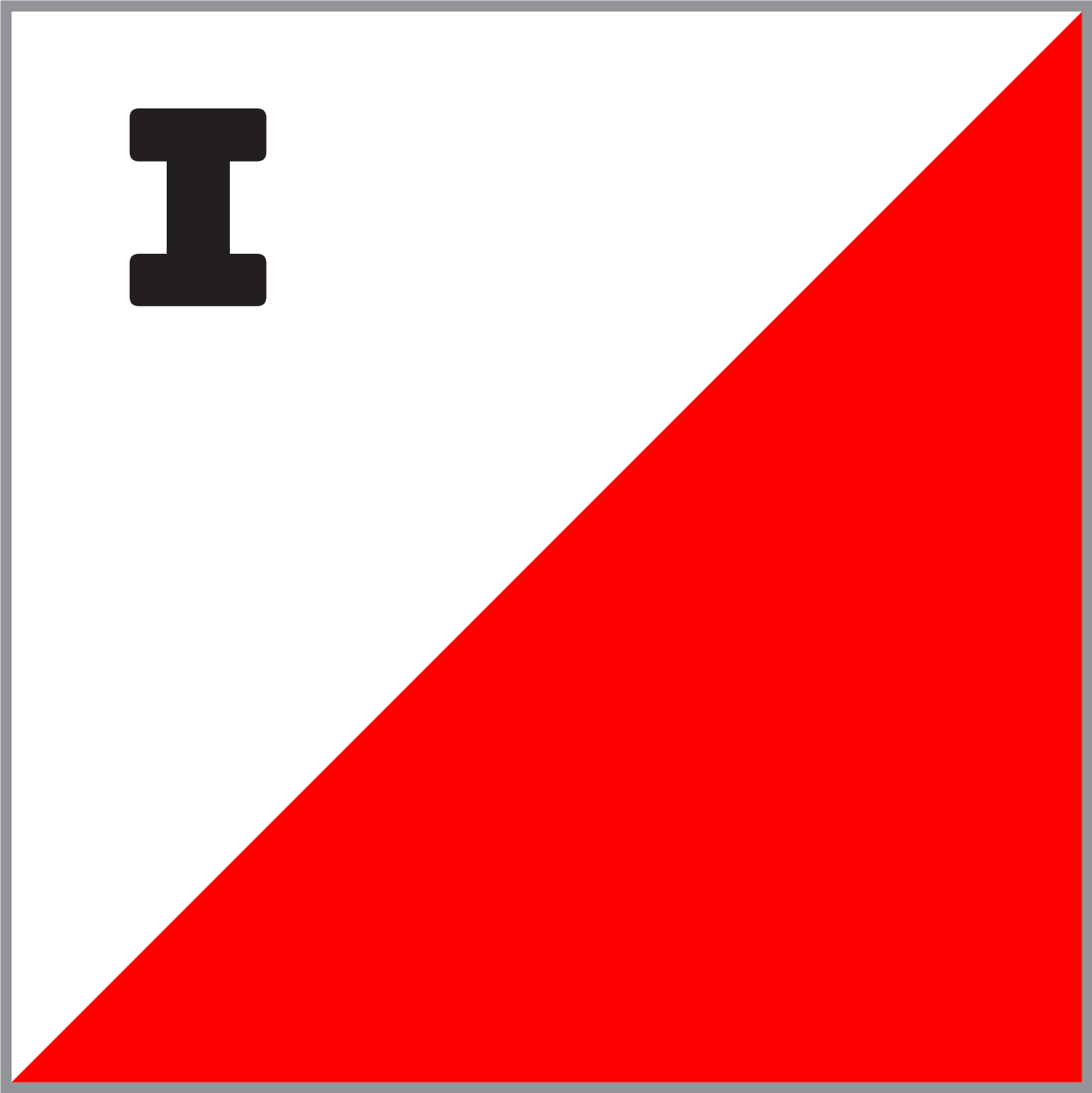














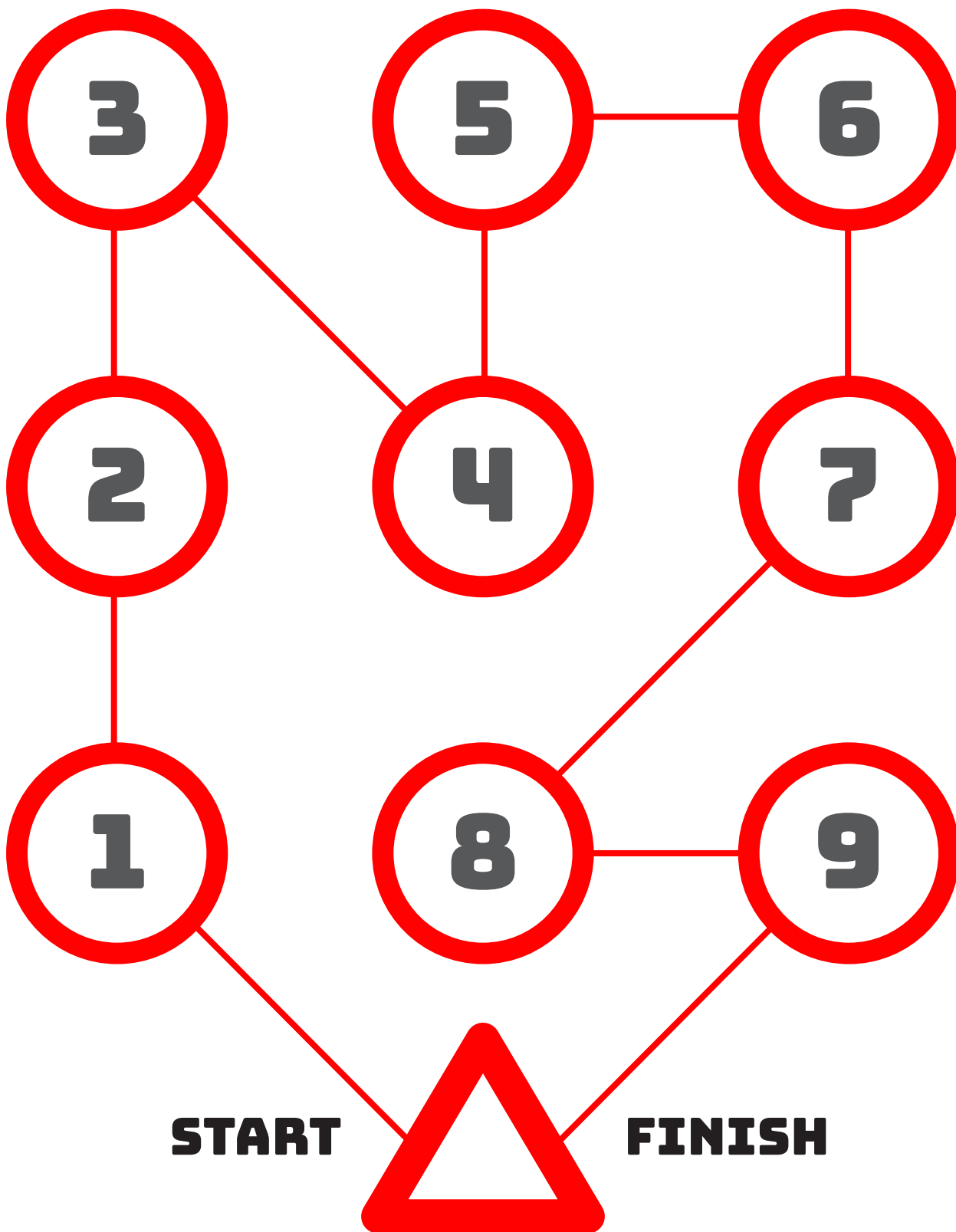




**START  
FINISH**

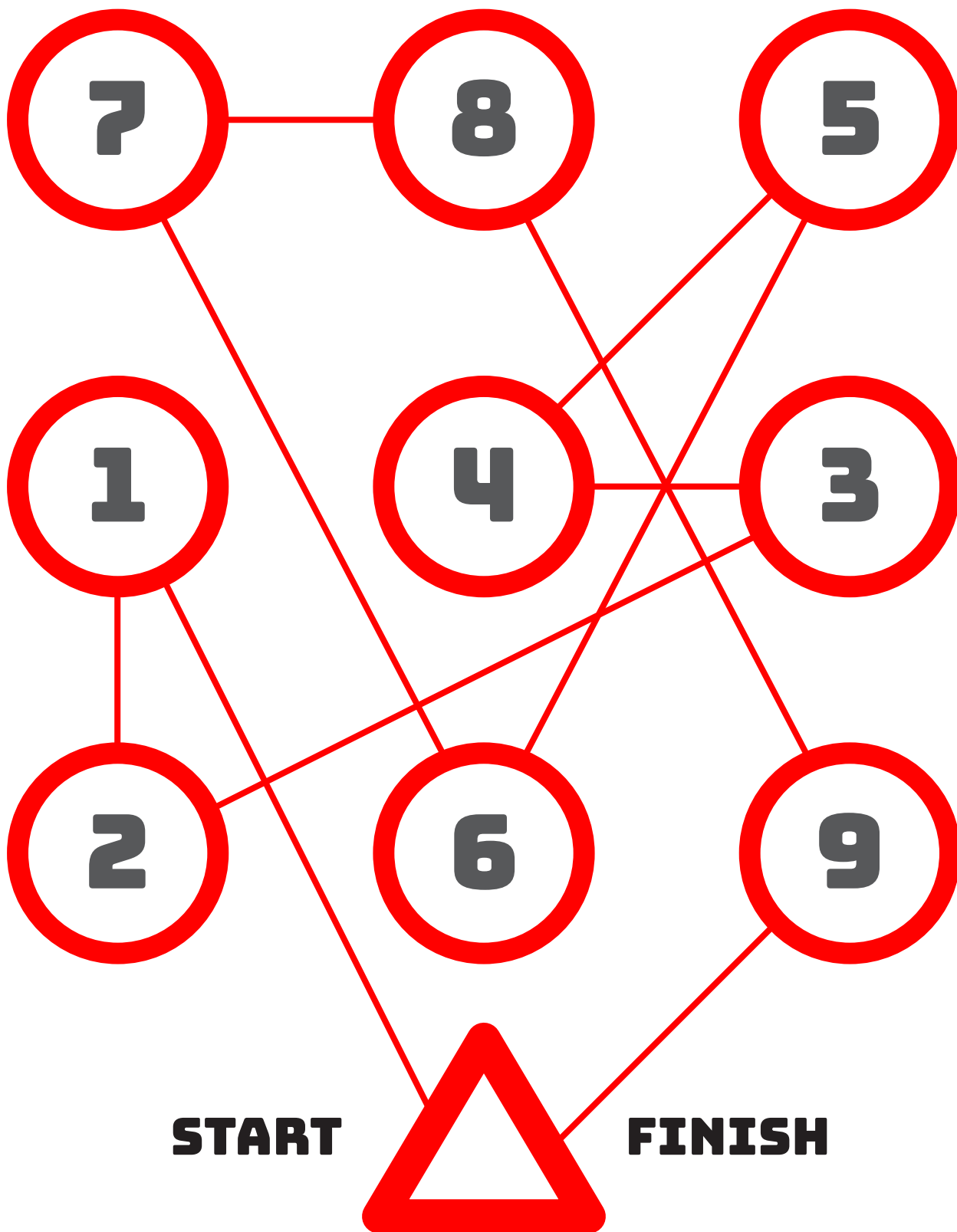
# COURSE A

Spell out the word(s)!



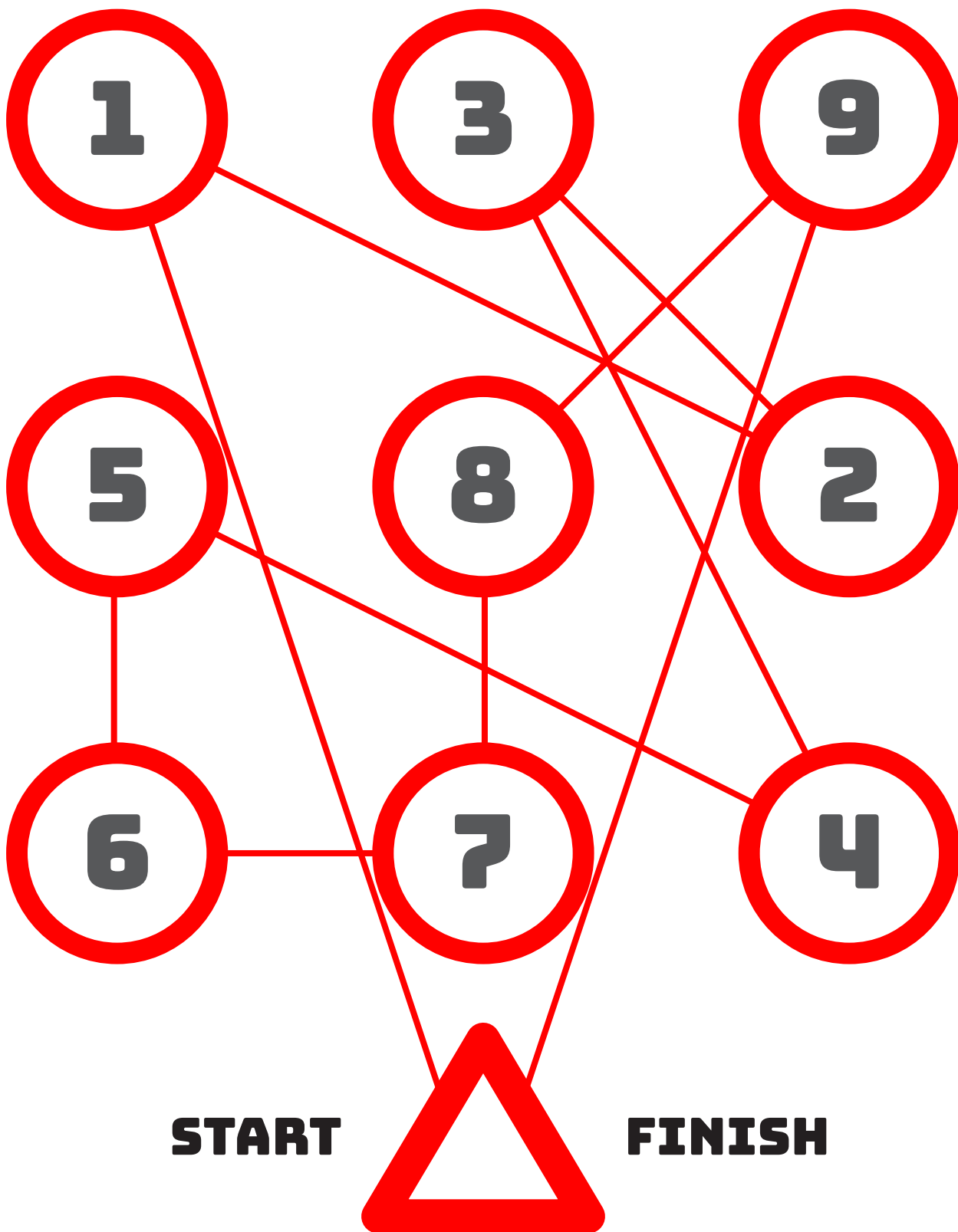
# COURSE B

Spell out the word(s)!



# COURSE C

Spell out the word(s)!





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## FINDING OUT MORE ABOUT ORIENTEERING

If your children enjoyed these orienteering exercises, there are several ways to follow-up and develop further opportunities for orienteering at school or with a youth group.

The national federation British Orienteering can assist with any query about the sport. There are also orienteering clubs in all areas. They can help advise how to make an orienteering map of your school site and can supply information on activities in the local area.

To find out details of any local club, or have any further questions, contact [info@britishorienteering.org.uk](mailto:info@britishorienteering.org.uk)

The British Schools Orienteering Association offer free membership to schools and can supply orienteering equipment. Bishop Sports and Leisure Ltd also supply orienteering resources suitable for schools.

### Contact details

■ British Orienteering (national federation)	<a href="http://www.britishorienteering.org.uk">www.britishorienteering.org.uk</a>
■ British Schools Orienteering Association	<a href="http://www.bsoa.org">www.bsoa.org</a>
■ Bishop Sports and Leisure Ltd	<a href="http://www.bishopsport.co.uk">www.bishopsport.co.uk</a>



**WOW!** Register your event today and access FREE RESOURCES!

[www.britishorienteering.org.uk/wow2019](http://www.britishorienteering.org.uk/wow2019)