



WORLD ORIENTEERING CHAMPIONSHIPS 2024 ACTIVITY PACK

World Orienteering Championships 2024

Cross-Curricular Resource Pack

As the World Orienteering Championships take centre stage in Edinburgh this July, **Enrich Education** is thrilled to partner with **British Orienteering** and the **International Orienteering Federation** to bring you a range of engaging, cross-curricular activities.

This resource pack goes beyond just PE! We'll show you how orienteering can be used to breathe life into subjects like English, Maths, and Science. Packed with teacher's guides, student worksheets, and downloadable orienteering markers, this resource equips you to create active, outdoor learning experiences that will ignite your students' curiosity.

Here's what you'll find inside:

Cross-Curricular Activities: Explore English, Maths, and Science with an orienteering twist! Each activity comes complete with a teacher's plan and student resources.

Interactive Orienteering Markers: Take your learning outdoors! This downloadable set of markers transforms your school grounds into an orienteering adventure.

What is WOC 2024: Explore WOC 2024, find out some key facts and how you can get involved before and during the event!

Team GB Athlete Profiles: Meet the the athletes that will be flying the flag for team GB at WOC 2024!!

Unlocking Potential: Discover how orienteering can enhance your PE provision and spark a love of active, outdoor learning across the curriculum.

Enrich Education: Your Partner in Sustainable Orienteering

This pack provides the tools to get you started, there is no need for a professional map of your area, any basic map can be used! Enrich is here to help you go further. With just 10-15 minutes of your time, we can offer a video call to guide you through using the resources and **creating a simple map for even more enriching activities.**

Let's work together to develop a sustainable orienteering program that keeps your students engaged all year round!

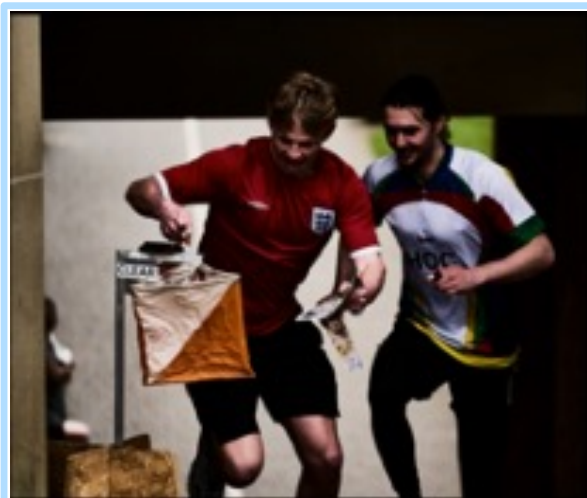
Contact details for Enrich Education are included in the pack.

What is WOC 2024



The WOC is the World Championships for Orienteering. In July, it will be held in Edinburgh, which is the capital of Scotland.

The competition will see the best athletes from around the World aim to navigate between checkpoints (controls) marked on a map around different courses in the city. There will even be a team relay! The winners will be who completes the courses, fastest, and in the correct order!



ORIENTEERING IS A GREAT SPORT FOR ALL AGES WHO ENJOY GETTING OUTDOORS AND HAVING AN ADVENTURE!

GET INVOLVED!



Enrich Education will be a part of **FREE** orienteering activities in July across Edinburgh with British Orienteering and Scotland Orienteering Association!



Friday 12th July - Princes Street Gardens - **PLUS** - Watch the WOC athletes LIVE!
Saturday 13th July - **Monday 15th July** - The Meadows

Take part in a mind-twisting orienteering maze and other fun orienteering activities with fun orienteering courses to tackle!



Meet The Athletes!!



Megan Carter-Davies



PHOTO CREDIT: JANIS LIGATS



Megan is the current World Sprint Champion having won the Championships in 2022!

Born in Wales in 1996, her current club is Swansea Bay Orienteering Club but she also is a member of Halden Skiklubb Elite which is a club in Norway!



Megan's favourite type of orienteering is in the forest and has orienteered all over the World. You can cheer her on as part of the Great Britain team at the World Championships in July!

Ralph Street

You will find Ralph living in Oslo, capital of Norway, where the great areas allow him to train as best as he can for the upcoming Championships



Ralph is a member of South London Orienteers and Bækkelagets in Norway!



When he is not training hard in the forests of Norway, you will find Ralph relaxing before his next event with his favourite hobbies of gaming and binge-watching TV!



FULL CHAMPIONSHIP INFORMATION

www.woc2024.org.uk



European Cities



Objective

Locate European countries and major cities.



Equipment

- Orienteering map of school site
- Orienteering control markers
- Activity sheets



Preparation

- Children could complete this activity in pairs.
- Provide each pair with an activity sheet and school orienteering map.



Instructions

- Each pair of children are given an activity sheet and a school orienteering map.
- They use their school orienteering map to locate the control points identified on their activity sheet.
- Each control point is linked to a European country. When children visit the control point, they must select the cities that are in that country from the table in their activity sheet. They identify them by writing the 2nd letter from the sequence on the control marker for that control point next to each of the cities.
- They continue until they have visited all four control points and linked each of the cities in the table with a European country.



Other information

- As a follow up, children could use their atlases to list other major cities for each country.

European Cities

Control Marker	1	Scotland
Control Marker	2	Italy
Control Marker	3	France
Control Marker	4	Germany

	2nd Letter		2nd Letter
Edinburgh		Glasgow	
Marseilles		Rome	
Munich		Naples	
Paris		Berlin	

Spelling – Missing Letters



Objective

Spell tricky words with accuracy and confidence.



Equipment

- School orienteering map
- Orienteering control markers
- Activity sheet



Preparation

- This activity involves children using letters from specific control markers to fill in the missing letters from tricky words.
- Children could do this activity in pairs.



Instructions

- The activity sheet has four words that are tricky to spell, each with several missing letters.
- The words are neighbour, accommodate, environment and foreign.
- There is a number of one of the control points indicated above each of the missing letters in each word. Children locate the specified control points on their activity sheet, using their school orienteering map.
- When they locate a control point, they must select a letter or letters from the control marker to fill in the missing letter/s from the word that are below the control point number.
- As the children visit each control marker, they build up the spelling of the word.



Other information

- Children could prepare by doing 'look / cover/ write / check' with the four words before they start the activity.
- Teachers can differentiate this activity by adding in some of the missing letters to reduce the challenge for some children.
- As a follow up activity, children could select two (?) of the words that they complete and compose a sentence that includes the word.

Spelling - Missing Letters

Control Marker	2	1			4	3		3	
			i	g			o		r

Control Marker		1	1		4	4		2	3		
	a			o			o			t	e

Control Marker	1	2		3				4		2	2
			v		r	o	n		e		

Control Marker		4		1	3			2
	f		r			g		

Physical Countdown



Objective

To use a variety of operations and calculations to make given numbers.



Equipment

- Orienteering map of school site
- Orienteering control markers
- Activity sheet
- Clipboard (suggested)



Preparation

- Locate the four orienteering control markers at different points in the playing area/site.
- Children could do this activity in pairs or small groups.
- Print off an activity sheet for each pair/group.



Instructions

- Teacher to assign groups of 2 or 3 to their starting points.
- Pupils use their orienteering map to locate their starting point and individual markers.
- Pupils take note of their individual target number.
- They then visit 4 different markers and choose up to 4 individual numbers which they use, together with any of the four operations, to reach their target number.
- They must then write a sum, using the numbers that they have chosen together with +, -, x, ÷, () and = signs (as appropriate), which enables them to reach their target number.



Other information

- A suggested target number for this activity is 10. However, there are a very wide range of different numerical targets that can be used with this activity and the activity sheet can be amended for different targets.

Physical Countdown

**Control
Marker**

1	2	3	4
---	---	---	---

**Target
Number**

Number

--	--	--	--



Work it out

Answer

Interactive Fitness Trail



Objective

To increase children's fitness and stamina



Equipment

- Orienteering Map of school site
- Orienteering control markers
- Suitable area for the activity (i.e. open space)
- PE mats (for any markers that are located on a hard / concrete surface)
- Activity Sheet
- Clipboards and pens/pencils.



Preparation

- The QR codes on each orienteering marker activate a short exercise video. However, children can also use the instructions on their Activity Sheet to carry out each of the exercises.
- Identify a suitable area for the activity to take place in e.g. with enough open space, grass on which children can do exercises etc
- Mats may be required at any markers that are placed where the surface is concrete.
- Provide children with an orienteering map and Activity Sheet.
- The numbers of the markers/exercises are shown on the Activity Sheet, together with information about each exercise.
- Explain to the children how they can use their Activity Sheet to record their exercises and progress.
- If using the QR codes on the orienteering markers, explain to children how to activate the QR codes on the markers to open the individual fitness trail videos, using e.g. a smartphone or tablet.



Instructions

- Children use their orienteering map to locate each marker.
- At the marker, they use a smartphone or tablet to activate the QR code to show the video exercise clip.
- Alternatively, children can follow the exercise instructions on their Activity Sheet.
- Children can record on their Activity Sheet how many times they repeated the exercise.
- Each video clip contains a *maximum* of 30 seconds of exercise. (A timer is shown on the video screen). Children can record the time they spent on the activity on their Activity Sheet.
- There are also two levels of difficulty for each exercise. Children should be encouraged to start with the 'Level a' exercises for the first few times they complete the fitness trail.



Other information

- It is important to emphasise that children should use this trail as an opportunity to enjoy improving their personal fitness and stamina. There are no prior expectations about the duration or number of repetitions that children should complete for each exercise, and this will vary between individual children. Teachers should ensure that all children are able to participate safely at their own level, and that the activity is inclusive and encouraging for all children, regardless of their individual levels of fitness/stamina.
- As children repeat the Fitness Trail over a number of weeks, they can compare the sheets that they have completed to map their own progress in terms of increasing fitness levels and stamina.

Interactive Fitness Trail

Marker Number	Exercise Level (Level a is standard. Level b is more challenging)	Exercise	Time (How long did I do the exercise for?)	Number of Repetitions	How I Felt * (Use a number from the scale below.)
1		Plank/Up Down Plank			
2		High Knee Marching/Sprints			
3		Jumping Jacks / Star Jumps			
4		Squats/Squat Jumps			

Marker Number	Exercise Instructions
1	Plank / Up down Plank
	a) Plank – shoulders forward, bum down, belly tight squeeze as one (don't forget to breathe).
	b) Up down plank – start in same position, don't let the hips rotate and swing side to side.
2	High Knee Marching / High Knee Sprints
	a) Start with feet hip-width apart, raise your knee to chest, switch knees on the way down. Pump your opposite arm to knee at a marching pace you feel comfortable with.
	b) Same as above but move at a sprinting or running pace. Don't lose the height of the knee for speed.
3	Jumping Jacks / Star Jumps
	a) Start in a standing position with feet hip-width apart. Jump your feet outside of your hips and raise your hands above your head. Once your hands touch, jump back to your starting position
	b) Start in a tucked position, push your feet into the ground and explode up into the jump. As you jump, reach your arms and legs out into the letter X, land back in the starting position with soft knees
4	Squats/Squat Jumps
	a) Squats - Feet slightly turned out, chest up shoulders back.
	b) Squat jumps - making sure you land with soft knees to take the impact and spring up on pointed toes.

C G P E

1 3 4 9










1

D T N F

9 3 7 5










2

B I U A

5 6 9 1










3

H P M O

7 8 4 3










4

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