

O C A B U L A R Y

Team work

Map

Coordinates

Orienteering

Compass

Direction

Thumbing













Folding

Safety

Map symbols

By the end of this unit, you will understand the sport orienteering and know how to effectively navigate a small course using map skills.

Orienteering Map Symbols

1		Building	7		Open land
2		Bushes	8		Play apparatus
3		Fence	9		Tree
4		Footpath	10		Pond
5		Playground	11		Stream
6		Humanly-constructed objects	12		Wall

If you like treasure hunts, you should enjoy orienteering. In a nutshell, orienteering is an exciting outdoor adventure sport that offers a mental and physical challenge. The aim of orienteering is to navigate, in sequence, to different control points that are located on a special course, using a specially-drawn map. In orienteering you need to work closely as a team to help each other find different points to complete the course. If you cannot work as a team this may delay your team in getting back to the finish.

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	Each lesson uses the following skills	Lesson	What will you learn	Learning Review
	How can we work together as a team?	1	In this lesson we will be working together to complete several activities. We will begin to learn how each other work and apply this to working together as a team.	
	What skills do we need physically for orienteering?	2	We will be looking at physical skills that are key in orienteering. We will be working on our balance, co-ordination and agility and build these to allow us to apply to orienteering.	
	What map skills will I need for orienteering?	3	Today we will be learning about the different points of a compass and how this will help us with the directional aspect of orienteering.	
	How do I read a map?	4	We will be looking at maps and the different symbols which will help us to locate where things are.	
	How can we keep ourselves safe while orienteering?	5	In this lesson we will be looking at the rules within the sport orienteering that protects us and ensures we are safe throughout the activity.	
	How can I use 'thumbing and folding' techniques to help me to navigate?	6	In this final session of this block of orienteering you will be learning how to help yourself navigate by narrowing down the section of the map you are using at a specific time.	