

Orienteering Maps

Orienteering involves completing a course by navigating between checkpoints or controls.

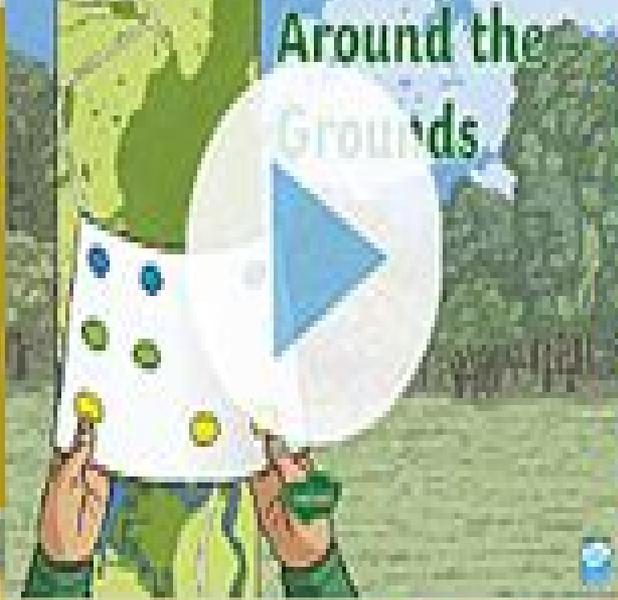
The controls are marked on a special orienteering map.

Orienteering maps use their own symbols to represent different features.

The challenge is to navigate between the control points in the correct order, deciding on the best route to complete the course.

In competitive orienteering, you need to try to complete the course in the quickest time.

Around the Grounds



Three Words

How did you get on with the different activities in today's lesson? Did you enjoy them? Were you successful? Did you find anything challenging? What would you do better at next time?

Now, in just three words, try to state up how you did or just about each of these activities or aspects from today's lesson.

- Being outdoors
- Working with others
- The Map Symbol Puddle activity
- The Orienteering Exercise
- Ride and Pitch
- Map reading
- Orienteering

OAA: Orienteering: Around the Grounds

What you should know and understand: The purpose of this activity is to develop your understanding of orienteering and map reading skills.

Learning Objectives:

- Understand the purpose of orienteering.
- Understand the purpose of map reading.
- Understand the purpose of map reading.

Resources:

- Orienteering map
- Compass
- Control points

Procedure:

- Explain the purpose of orienteering to the children.
- Show them the map and explain the symbols.
- Divide them into groups and let them start the course.
- Monitor their progress and provide support where needed.
- Discuss their experiences and what they have learned.

Assessment:

- Observe their map reading skills.
- Check their understanding of the symbols.
- Ask them to explain their route.

The Orienteering Exercise

Resources:

- Orienteering map
- Compass
- Control points

Procedure:

- Explain the purpose of the exercise.
- Show them the map and explain the symbols.
- Divide them into groups and let them start the course.
- Monitor their progress and provide support where needed.
- Discuss their experiences and what they have learned.

Assessment:

- Observe their map reading skills.
- Check their understanding of the symbols.
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American Medical Association



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Learning to Teach Primary PE Ian Pickup, Lawry Price, Julie Shaughnessy, Jon Spence, Maxine Trace, 2008-05-06 This book encourages effective teaching and learning in primary physical education supporting the reader in meeting the QTS Standards and beyond It explores the importance of PE for children s learning and advocates a developmental approach to teaching it also examines a model of professional practice based on personal reflection and self appraisal and emphasises the importance of continuing professional development A rich selection of practical activities is provided which cater for children s learning needs across the primary years Content is related to current agendas and issues including the Primary National Strategy Excellence and Enjoyment Every Child Matters and the forthcoming Olympics *Buying Back the Land* Ian Palmer, 1988-12 Analyzes administrative struggle and resistance from the late 1960s through to the present day in land purchases for Aboriginal communities *Departments of Labor, Health and Human Services, Education, and Related Agencies Appropriations for 2003* United States. Congress. House. Committee on Appropriations. Subcommittee on the Departments of Labor, Health and Human Services, Education, and Related Agencies, 2002 **ECGBL 2019 13th European Conference on Game-Based Learning** Lars Elbæk, Gunver Majgaard, Andrea Valente, Saifuddin Khalid, 2019-10-03 **Characteristics of State Public Assistance Plans Under the Social Security Act** United States. Bureau of Family Services, 1964 *Characteristics of State Public Assistance Plans Under the Social Security Act: Staff development provisions* United States. Bureau of Family Services, 1964 **Digest of Official Actions** American Medical Association, 1959 **Construction** Ivan S. Macdonald, Robert Craik McLean, Frederick Reed, M. B. Toutloff, 1908 **Construction**, 1908 **Digest of Official Actions: 1959-1968, by F. J. L. Blasinghame** American Medical Association, 1971 Digest of Official Actions, 1959-1968 American Medical Association, 1971 **Aging** North Carolina. General Assembly. Legislative Research Commission, 1966 **The Ohio State University Monthly** Ohio State University. Alumni Association, 1926 Oregon Administrative Rules Compilation, 2015 **Ice and Refrigeration**, 1925 Independent Schools Year Book 1987 J. F. Burnet, 1987 *Guide to U.S. Government Publications* Thomson Gale, 2005-08 Abstracts of Health Care Management Studies, 1983 Current significant studies of hospital management and planning Although journal articles and other published literature are included unpublished studies such as those with limited or regional distribution are also described Focuses on the hospital and its environment with emphasis on information gathered through structured surveys and studies Classified arrangement Author source subject and microfilm indexes The Estates Gazette, 1978 *People of Today*, 2006

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