

# Orienteering



Orienteering is a challenging adventure sport that provides opportunities for pupils to challenge both their physical and intellectual limits. From September 2012 Orienteering is part of the School Games Programme and will provide a great opportunity for more young people than ever before to enjoy the benefits of Orienteering”.

Mike Hamilton - British Orienteering Chief Executive

The School Games is made up of four levels of competition and Orienteering formats for Primary and Secondary Intra and Inter School have been created that provide a pathway for young people to progress and develop.



## Case Study

School Games Format piloting took place on the 17/18th July 2012 at Priestnall School, Stockport and sessions were introduced to a group of Year 7's and Year 8's across separate sessions.

On this occasion as they took place in PE lessons, the time was restricted to 1 hour and faced with 60 students the lead Coach quickly had to adjust his programme,

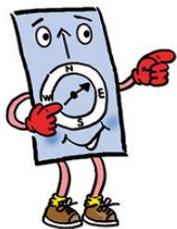


“We halved the group and half did the symbols relay with a couple of teachers whilst I ran the cones exercise with some Young Leaders. Having 30 students on the cones exercise working in pairs was no problem and 1 and a half hours after school would be ideal for doing one or two of the introductory formats before a Score competition. Relays are a format most children are familiar with so the Map Symbols relay always goes down really well.

The simple formats require fewer maps and colour printing than I have previously needed. On the feedback forms a number of pupils highlighted it was hard work, they still enjoyed it though. I noticed that even non athletic pupils were running as hard as they could”

Hamish Willis - Regional Community Orienteering Coach (North)





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"It was the best PE lesson this term"

"Interesting"

"Fun"

"It was good to be outdoors"

"I really enjoyed it"

"I was surprised by the variety and flexibility that the Orienteering activities and competitions offer. With activities you can do on standard school fields like Pitch Orienteering to the traditional Orienteering Score Competition there is something for everyone regardless of size of School or facilities"

With the cones it is a matter of having plenty of pens, control cards and maps available as well as answer cards so they aren't struggling to check the answers in large groups. Our coach split the teams and colour coded them so we had a blue team, red team etc. and this worked well"

Ms Standish SCo, Priestnall School

## What the SGO said...

"Orienteering is a Sport that can accommodate whole classes at INTRA level or multiple teams e.g. B, C, D teams at INTER level. When competing individually at Secondary age like the competition we ran, athletes count as scorers within a school team (as in Cross Country) which is more straightforward than I imagined. It is a fantastic alternative to some of the more traditional sporting competitions, and we are looking to run Orienteering at Level 2 and Level 3 in 2013"

Elle Baker - Stockport School Games Organiser

