

Control Description Writing

Preparation:

For each exercise station there is a map with a course drawn on. Place one map beside each exercise station. Give out a pen and an answer sheet to each person.

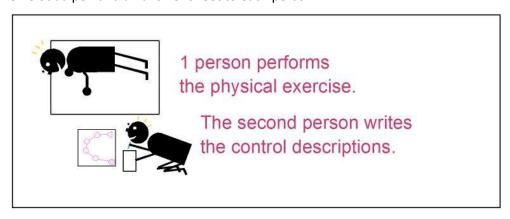
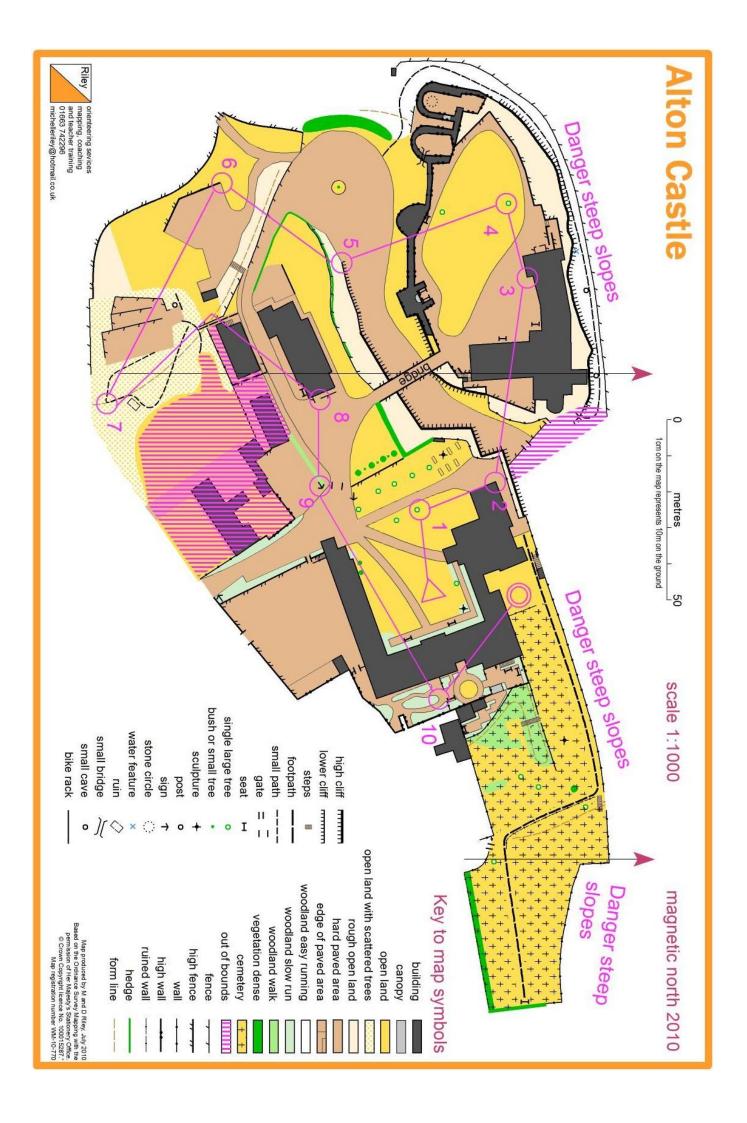


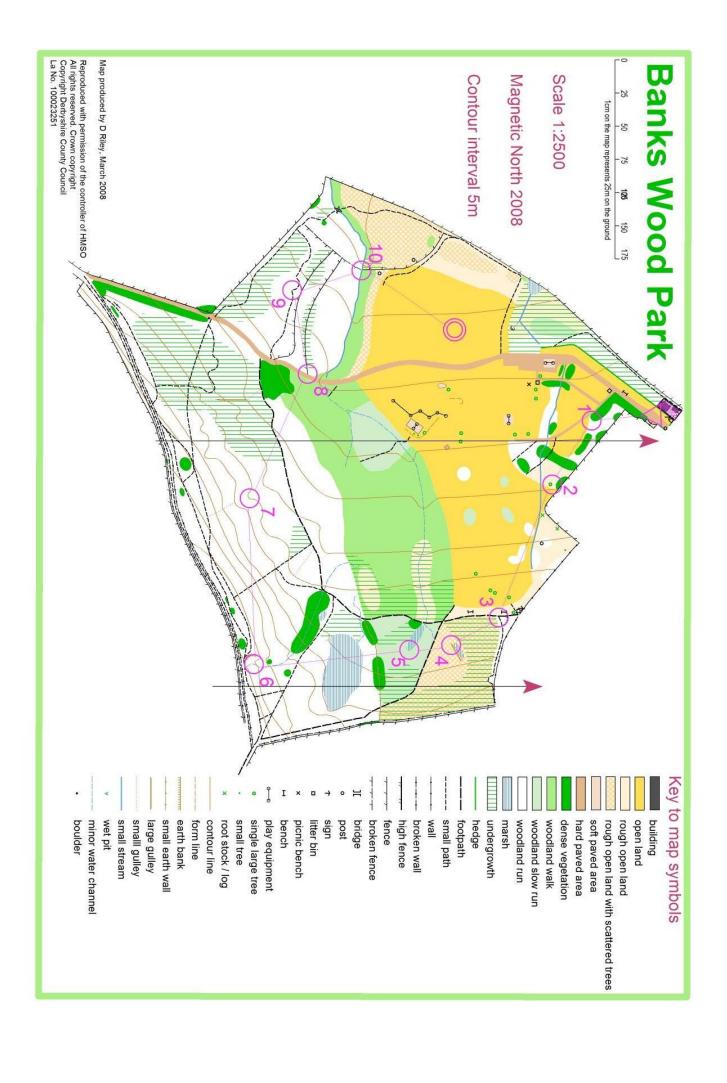
Diagram 1

How it works:

Person 1 does the exercise for the prescribed period of time (e.g. 45 seconds). Whilst person 1 is performing the exercise the second person looks at the maps and writes the appropriate number by the appropriate control description on the answer sheet. Some are very simple however some courses have control points with similar control descriptions. Hopefully this will make people think. The aim is to get as many matches as possible within the 45 seconds.

At the end of the circuit training session the coach can give out the solutions sheets and participants can work out how many they have got right.





Gorse Hall Primary School

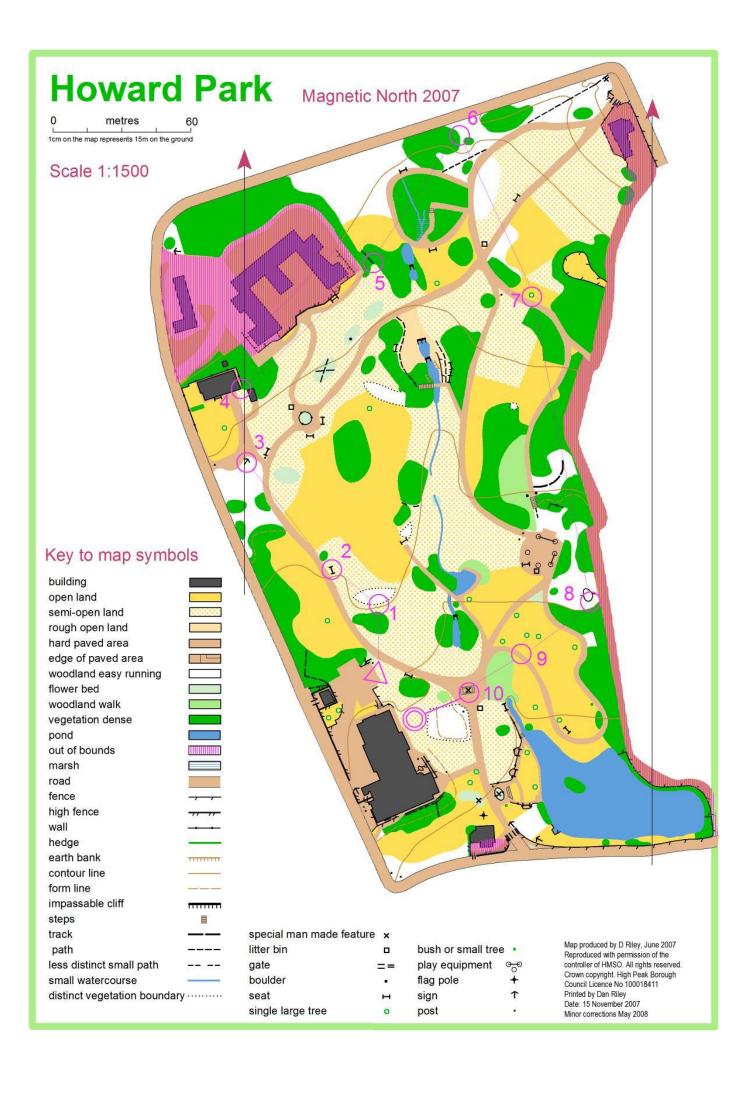
scale 1:1000

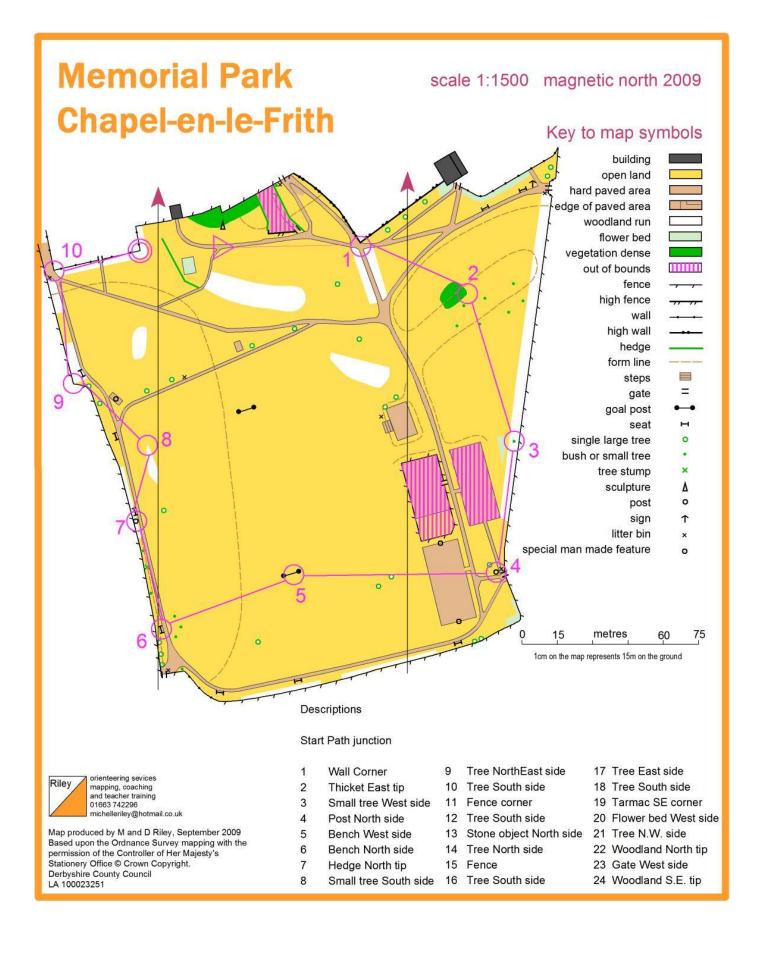
1cm on the map represents 10m on the ground

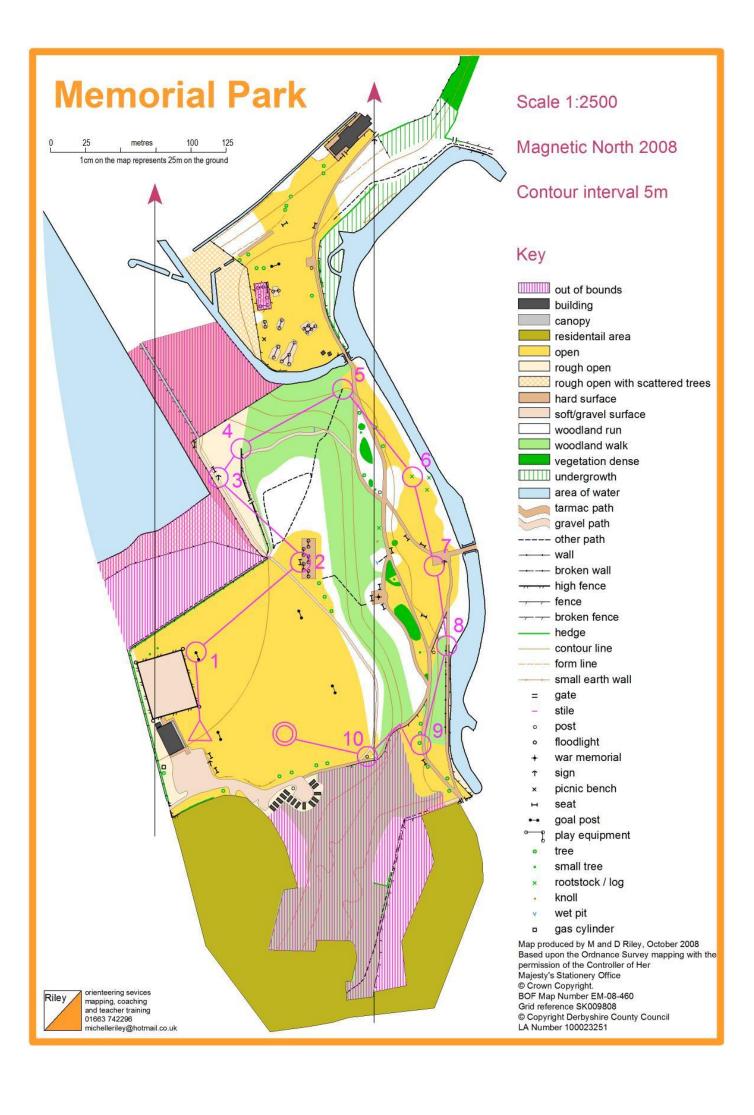
magnetic north 2011

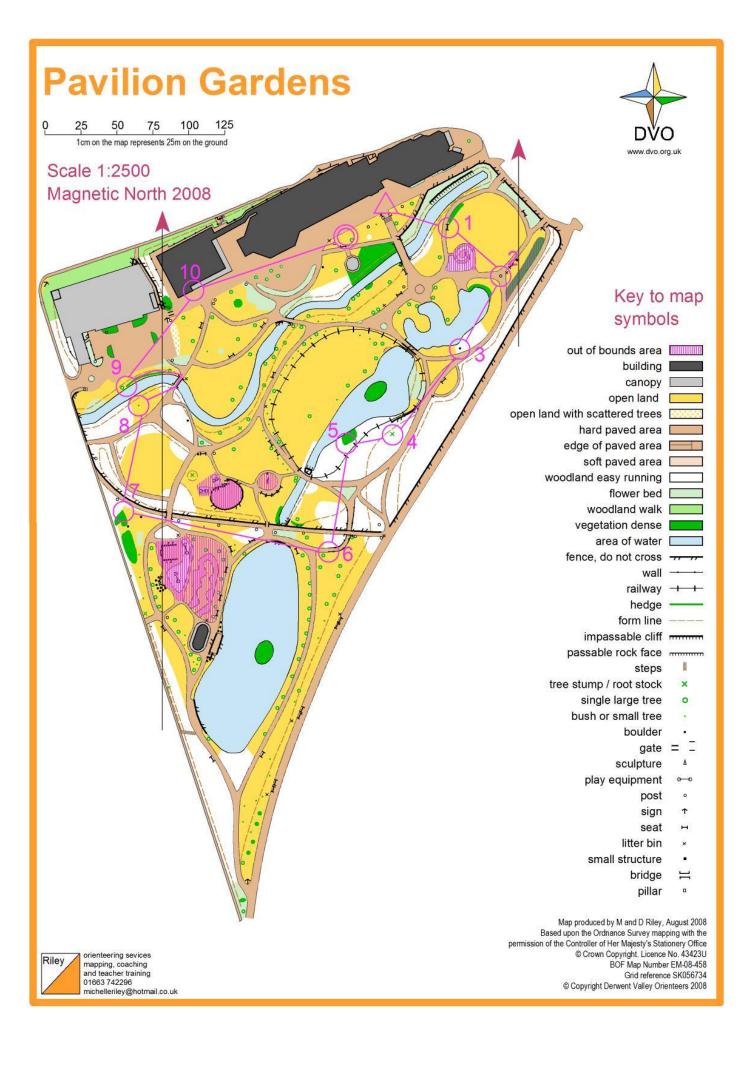
Key to map symbols

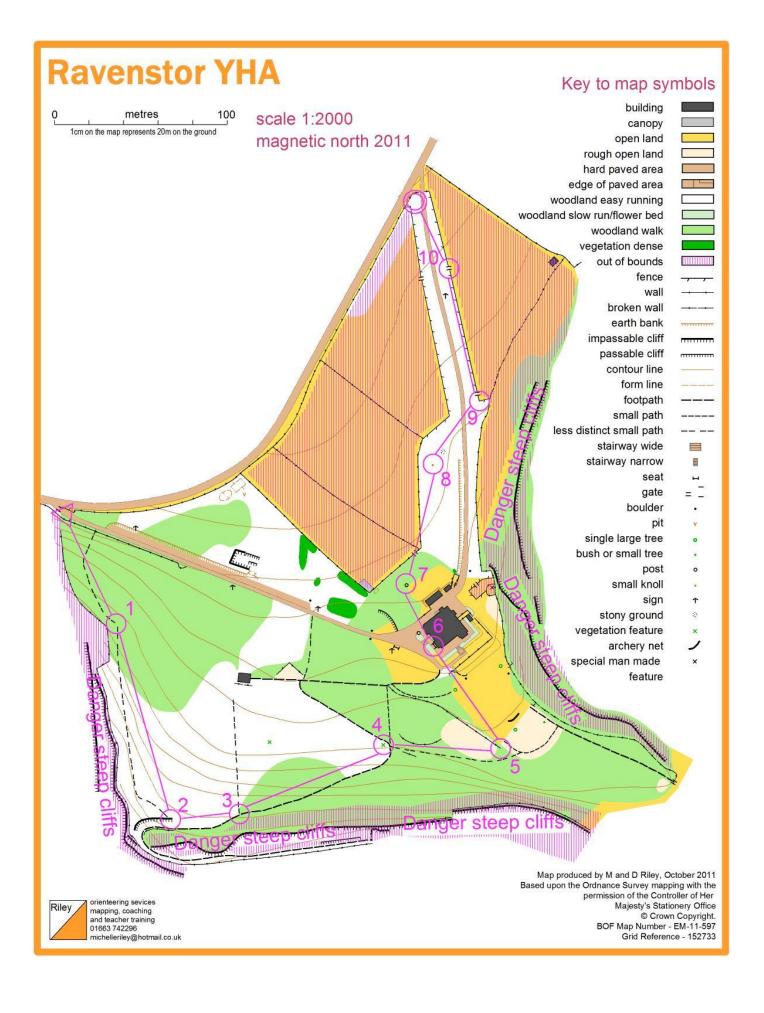


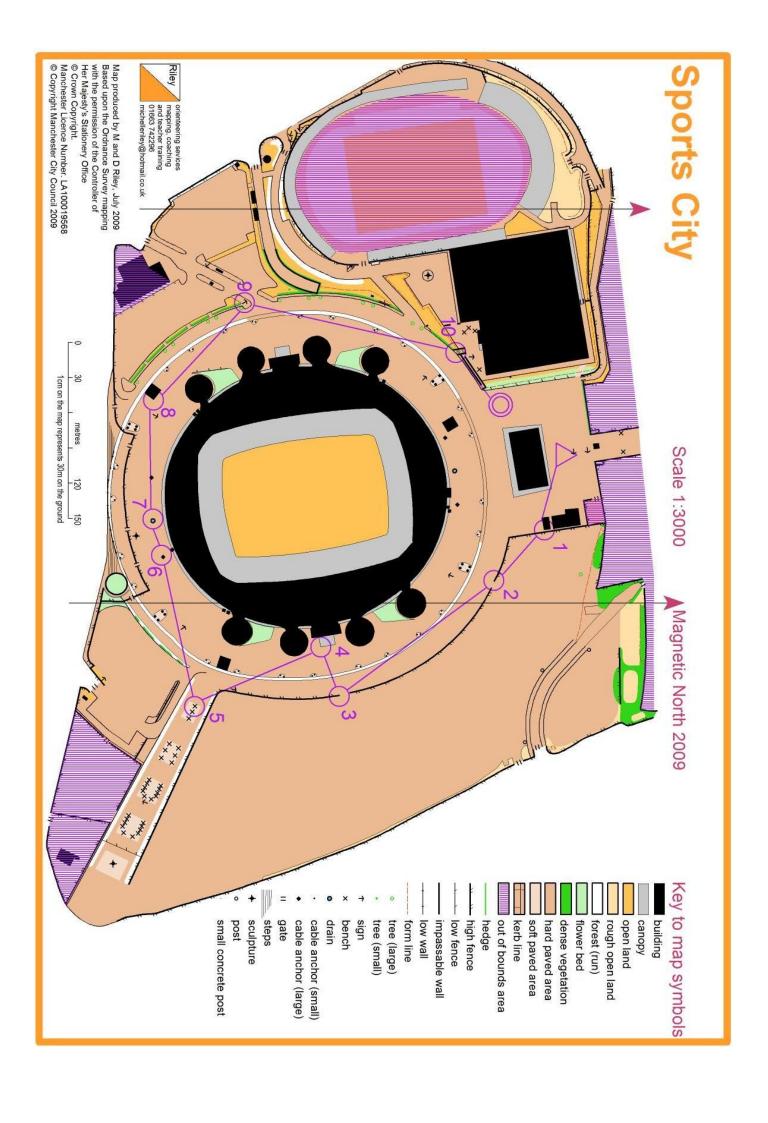




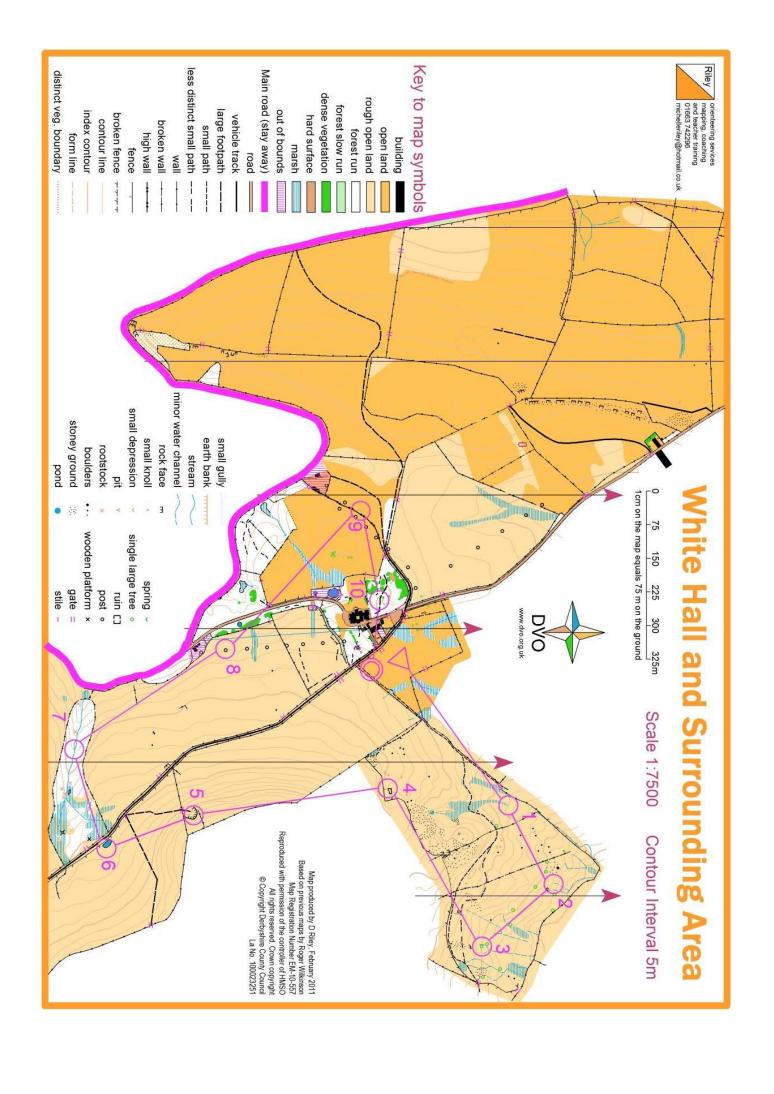


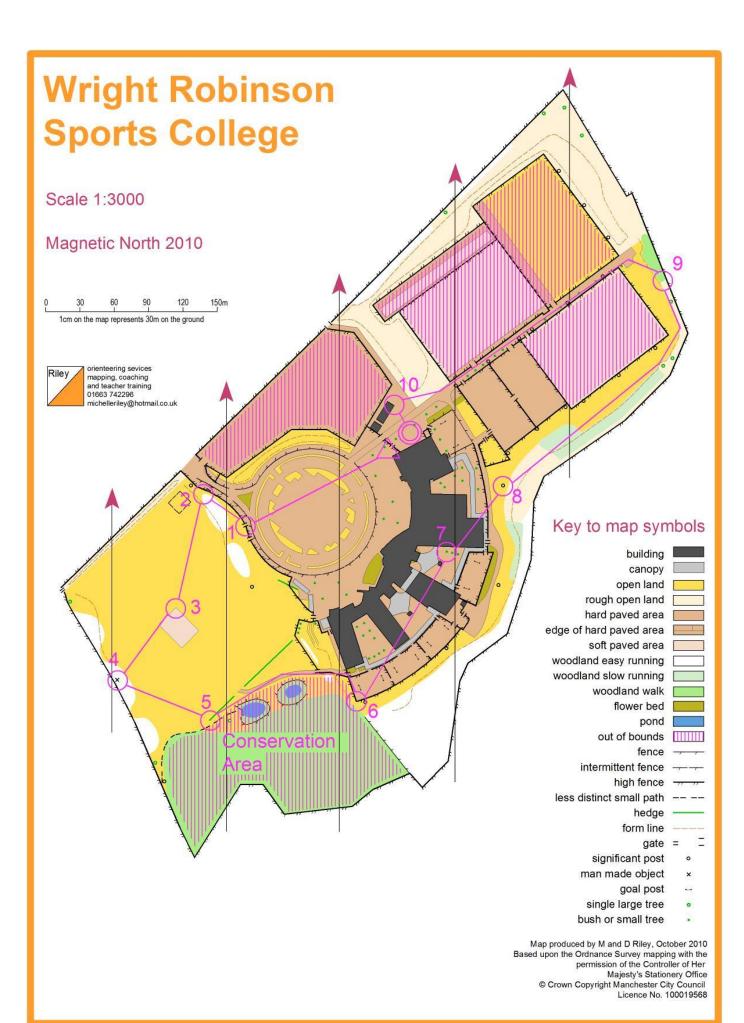






St. Anne's Academy Scale 1:2000 1cm on the map represents 20m on the ground Magnetic North 2011 Key to map symbols building canopy Contour Interval 5m open land rough open land woodland slow running marshland undergrowth allotment area out of bounds hard paved area edge of paved area soft paved area small path track fence high fence broken fence high wall contour line form line earthbank steps single large tree small bush or tree small depression seat picnic bench post gate Map produced by M and D Riley, November 2011 Based upon the Ordnance Survey mapping with the permission of the Controller of Her Majesty's orienteering sevices Stationery Office © Crown Copyright.Based upon Riley mapping, coaching and teacher training 01663 742296 Ordnance Survey mapping with the permission of Her Majesty's Stationery Office © Crown copyright. Licence No 100023108 © Copyright Rochdale MBC





Answer Sheet

			Wr	ite the correct co	ontrol number in	the box after th	e description			
	•		J] .					
Alton Castle	tree north side	Building S.E. corner	Crag west end	Path bend	Sign	Woodland walk north tip	Fence south end	Fence north end	Tree south side	Building west corner
Gorse Hall	post	Building S.E. corner	Small tree	Hard paved area N.E. corner	Hard paved area N.W. corner	Tree stump	Gate west side	Tree	Building S.W. corner	Hard paved area S.W. corner
Banks Wood	Fence / stream junction east side	Fence east end	Ditch bend	Earth bank S.W. end	Tree north side	Dense vegetation S.E. side	Path junction	Marsh East tip	Re-entrant	Path bend
Howard Park	Path bend	Tree	Path south end	Sign	Woodland easy running south side	bench	Building east corner	Dense vegetation east side	Fence south side	Statue
Memorial Park Chapel	Post	Goal post	Special man made feature	Bench	Woodland run north tip	Fence corner	Wall corner	Path junction	Dense vegetation east tip	Small tree
Memorial Park Whaley Bridge	Sign	Bench	Goal post	Post	South tree south side	Wall north end	Root stock	Hard paved area south west corner	Path north east end	High fence north end
Pavilion Gardens	Dense vegetation north tip	Tree	Building corner	Bush	Boulder	Dense vegetation south tip	Tree stump	South wall west end	Bench	Post
Ravenstor	Crag east end	Path bend	Bench	Vegetation feature	Wall south east end	Path junction	Knoll north side	Gate west side	Fence corner	post
Sport City	North west bench	Cable anchor S.W. side	Building East corner	Drain east side	Sign	Canopy south east corner	Fence south east end	Steps (top)	Fence north end	Building south east corner
St. Anne's Academy	High fence corner	Hard paved area S.W. corner	Fence west end	Broken fence corner	Hard paved area north east corner	Path corner	Marsh east tip	South most bench	Broken fence bend	Depression
Whitehall	Pond east side	Pit	North ditch south end	Crag foot	Post	Marsh north tip	Ruin south side	Stream junction	Re -entrant	South tree
Wright Robinson	Soft paved area north tip	Building east corner	West most small tree	Man made object	Gate	Post	Hedge S.W. end	Woodland easy running N. tip	Woodland walk south side	High fence corner

Solutions

Alton Castle	tree north side	1	Building S.E. corner	3	Crag west end	5	Path bend	7	Sign	9	Woodland walk north tip	1 0	Fence south end	8	Fence north end	6	Tree south side	4	Building west corner	2
Gorse Hall	post	2	Building S.E. corner	4	Small tree	6	Hard paved area N.E. corner	8	Hard paved area N.W. corner	10	Tree stump	9	Gate west side	7	Tree	5	Building S.W. corner	3	Hard paved area S.W. corner	1
Banks Wood	Fence / stream junction east side	10	Fence east end	8	Ditch bend	6	Earth bank S.W. end	4	Tree north side	2	Dense vegetation S.E. side	1	Path junction	3	Marsh East tip	5	Re-entrant	7	Path bend	9
Howard Park	Path bend	9	Tree	7	Path south end	5	Sign	3	Woodland easy running south side	1	bench	2	Building east corner	4	Dense vegetation east side	6	Fence south side	8	Statue	10
Memorial Park Chapel	Post	4	Goal post	5	Special man made feature	7	Bench	6	Woodland run north tip	8	Fence corner	9	Wall corner	10	Path junction	1	Dense vegetation east tip	2	Small tree	3
Memorial Park Whaley Bridge	Sign	3	Bench	2	Goal post	1	Post	10	South tree south side	9	Wall north end	8	Root stock	6	Hard paved area south west corner	7	Path north east end	5	High fence north end	4
Pavilion Gardens	Dense vegetation north tip	7	Tree	9	Building corner	10	Bush	8	Boulder	3	Dense vegetation south tip	5	Tree stump	4	South wall west end	6	Bench	1	Post	2
Ravenstor	Crag east end	2	Path bend	1	Bench	6	Vegetation feature	4	Wall south east end	5	Path junction	3	Knoll north side	8	Gate west side	10	Fence corner	9	post	7
Sport City	North west bench	5	Cable anchor S.W. side	6	Building East corner	8	Drain east side	7	Sign	9	Canopy south east corner	4	Fence south east end	2	Steps (top)	10	Fence north end	3	Building south east corner	1
St. Anne's Academy	High fence corner	1	Hard paved area S.W. corner	3	Fence west end	10	Broken fence corner	2	Hard paved area north east corner	4	Path corner	9	Marsh east tip	7	South most bench	8	Broken fence bend	6	Depressio n	5
Whitehall	Pond east side	6	Pit	9	North ditch south end	2	Crag foot	5	Post	8	Marsh north tip	1	Ruin south side	4	Stream junction	7	Re - entrant	10	South tree	3
Wright Robinson	Soft paved area north tip	3	Building east corner	10	West most small tree	7	Man made object	4	Gate	1	Post	8	Hedge S.W. end	5	Woodland easy running N. tip	2	Woodland walk south side	9	High fence corner	6