

ORIENTEERING

Sainsbury's
**SCHOOL
GAMES**



ORIENTEERING

Spirit of the Games: Excellence through competition — how does your sport exemplify these values?



Orienteering requires passion when finding controls at speed or in a short space of time.



Encourages respect for officials and fellow competitors as well as rules and boundaries.



Encourages independent decision making when choosing the route to controls.



Develops confidence through the satisfaction of perseverance, skill improvement and leadership.



Provides opportunities for players to support and cooperate with team mates as well as fellow competitors.



Provides opportunities for overcoming physical and intellectual limits.

What are the benefits of playing your sport?

Orienteering is an active outdoor adventure sport that challenges both the mind and the body. Finding points and making choices develops self-belief, respect and team work. Boys and girls can compete together so the sport is ideal for all ages and mixed abilities.

Why is it easy to run competitions in your sport?

The Orienteering competitions can be played on a range of surfaces to suit your school environment and can be delivered by young leaders. For schools new to Orienteering many of the introductory INTRA formats do not need specific equipment or a mapped site allowing fun and progression into easy to organise traditional Score competitions.

Priority competitions:

Name of the competition:

Age group/gender:

What level/location:

Who can run it?

How to enter it:

When does it take place?

Next steps after this competition:

Team Score Competition

Year 5/6/7. Athletes compete in teams of three. Males/female/mixed.

Local inter school or central venue leagues/events (e.g. local mapped secondary school sites or parks).

Supported by teachers, SGOs, local Orienteering Clubs.

Local entry through SGOs.

Schools/SGOs/LOCs can be quite flexible however we suggest March–July (maybe reliant on Orienteering club support).

Local competition to qualify to County (Level 3) event.

Name of the competition:

Age group/gender:

What level/location:

Who can run it?

How to enter it:

When does it take place?

Next steps after this competition:

Individual Score Competition

Years 8/9/10. Athletes compete individually. Can compete in school teams (e.g. four counters like in cross country). Males/female/mixed.

Local inter school or central venue leagues/events (e.g. local mapped secondary school sites or parks).

Supported by teachers, SGOs, local Orienteering Clubs.

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What should schools do if they want to cater for Years 3 and 4?

Orienteering is well suited for Years 3 and 4 and a multi-games approach involving the Primary intra format activities. Netball numbers, counting cones, followed by a team score competition are recommended.

Young Leader/Officials courses/qualifications available:

Young Leader Training and Teaching Orienteering Part 1 and Part 2 are available. See www.britishorienteering.org.uk/page/teaching

Relevant web links:

- www.britishorienteering.org.uk/page/schools

Signposted competitions:

British Schools Score Championships (BSSC)

- Boys and girls compete separately in a 45 min score event.
- The event is held each year in October.
- The categories for competition are; Primary: Years 5 and 6.
- Middle/Prep: Years 5 to 8.
- Lower Secondary: Years 7 to 9.
- Upper Secondary: Years 10 to 13.
- Pairs may also compete at Years 5 to 8 and younger competitors may take part at the discretion of the school.

British Schools Orienteering Championships (BSOC)

- Team competition (requires 3 to score).
- Individuals can enter but the emphasis of the event is towards the school team and age class competitions.
- The event is programmed to take place in November (competitors are expected to have taken part in at least three orienteering events before entering the championships).
- Middle/Prep: Years 5 to 8.
- Large Secondary: Years 7 upward (601 or more on roll).
- Small Secondary: Years 7 upward (up to 600).
- Tertiary, 6th Form Colleges and Colleges of Further Education.
- Pairs may also compete at Years 5 to 8 and younger competitors may take part at the discretion of the school.

Both competitions are open entry but individuals and schools need to enter in advance. More details including competition rules can be found on the British Schools Orienteering Association website www.bsoa.org

Orienteering Clubs Competition

- For local competition opportunities (e.g. clubs often run local school leagues) www.britishorienteering.org.uk/page/find_a_club

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Competition Card 1.

Name of competition:

Team Score Competition

Age group:

Years 5/6/7

Tournament format:

The Score competition can work well in a central venue tournament format – for example if districts or local school partnerships can access mapped secondary schools or local Parks.

Simple rules:

- A network of points (controls) are planned across a mapped site (e.g. school playing field) or you can use a local park/permanent orienteering course (POC) if convenient.
- Teams start and finish at the same place.
- It is important that the start area gives the opportunity to go to various controls (so teams disperse).
- Minimum of one map per team, ideally each person should have a copy of the course map.
- Teams have one card on which they mark/punch to show they have visited a control.
- The aim is for teams to visit as many of the controls marked on the map as they can in a set time (recommended 20 mins for Years 5/6 and 30 mins for Year 7).
- Teams start at the same time (mass start). If a very small site it may be appropriate to stagger teams at intervals but this requires more timekeepers and teams still have a set time to finish.
- Controls can be visited in any order.
- Start the competition with a whistle/klaxon and sound this again with two minutes left to warn teams to return. Point penalties can be given for a late return.
- The team that visits the most controls in the given time wins.
- If teams do get all the controls then the quickest time back wins.

Think inclusively!

Inclusive Orienteering enables SEN/disabled and non SEN/disabled players to compete together in the same team.

Inclusive Teams can compete in a mainstream competition or in a specific inclusion competition made up of other inclusive teams. This should be decided locally through consultation with schools and Athletes.

Key additions to the competition

- Each inclusive team should include a mix of SEN/disabled and non SEN/disabled players. SEN/disabled players are defined as those SEN/disabled players who cannot easily access the traditional orienteering competition.
- Option 1 — Set up a shorter course within the competition course e.g. using fewer controls covering a shorter distance.
- Option 2 — Create a different course alongside the competition course e.g. on a hard surface on a school site.
- The course should be designed around the needs of the inclusive teams, ensuring it provides meaningful and appropriate competition.
- It should enable inclusive teams to compete against either mainstream teams or other inclusive teams.



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How can regularity be achieved?

If SGOs are limited with venues — the same large mapped area can be set up with controls at different points so it can be used more than once in a competition season for the same or different age groups.

How can depth in competition through extra teams be achieved?

Schools can bring multiple teams. For example within a cluster a school could bring a whole class (split into teams) to compete.

This competition also lends itself to transition events with Primary aged pupils competing with their Secondary counterparts.

The route from here to Level 3:

Local central venue leagues or a one off district competition can be used to qualify teams for a Level 3 County Competition (recommended March–July).

Roles for young people:

- Timekeepers
- Scorers (checking how many controls teams have visited)
- Marshalls (positioned at out of bounds points/places of danger)
- Officials (to manage start and finish area)
- See www.britishorienteering.org.uk/page/teaching

Relevant web links:

- www.britishorienteering.org.uk/page/schools



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Competition Card 2.

Name of competition:

Individual Score Competition

Age group:

Years 8/9/10

Tournament format:

Local central venue leagues or a one off district competition can be used to qualify teams for a L3 County Competition (recommended March–July).

Simple rules:

- A network of points (controls) are planned across a mapped site (e.g. school playing field) or a local park permanent orienteering course (POC).
- More points need to be planned than the lower age group event due to a longer time limit and quicker athletes. An accessible local park is therefore recommended as it will likely be of a bigger size and more challenging.
- Rules are the same as a Team score except athletes compete as individuals. Athletes receive one map and one card on which they mark/punch to show they have visited a control.
- The aim is for the athlete to visit as many of the controls marked on the map as they can in a set time (recommended 30–45 mins).
- Individuals start at the same time (mass start). If the site is small it may be appropriate to stagger individuals at intervals but this requires more timekeepers and teams still have a set time to finish.
- Start the competition with a whistle/klaxon and sound this again with 2 minutes left to warn teams to return. Point penalties can be given for a late return.
- Controls can be visited in any order.
- The athlete that visits the most controls in the given time wins.
- If athletes get all the controls then the quickest time back wins.
- The SGO/organising body can decide how many scoring athletes contribute to a team score (depending on number of schools entered). Scoring is based on finishing position.

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Inclusive Teams can compete in a mainstream competition or in a specific inclusion competition made up of other inclusive teams. This should be decided locally through consultation with schools and Athletes.

Key additions to the competition

- Each inclusive team should include a mix of SEN/disabled and non SEN/disabled players. SEN/disabled players are defined as those SEN/disabled players who cannot easily access the traditional orienteering competition.
- Option 1 — Set up a shorter course within the competition course e.g. using fewer controls covering a shorter distance.
- Option 2 — Create a different course alongside the competition course e.g. on a hard surface on a school site.
- The course should be designed around the needs of the inclusive teams, ensuring it provides meaningful and appropriate competition.
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How can depth in competition through extra teams be achieved?

Schools can bring multiple athletes to count as scorers within a team. Agreement can be made that B, C, D teams can be brought.

The route from here to Level 3:

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Roles for young people:

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