

## Orienteering in Schools



## Introduction

Orienteering is a challenging outdoor adventure sport that exercises both the mind and the body. The aim is to navigate in sequence between control points marked on a unique orienteering map and decide the best route to complete the course in the quickest time.



There is great potential for developing orienteering within schools with simplified and progressive orienteering activities that can take place in the school grounds or inside the classroom. Orienteering is also a cross curricular activity and can support subjects such as Maths, PE and Geography.



## **Overview**

British Orienteering is committed to supporting schools to develop orienteering and this information will assist you to get started.

The sections in this resource cover the following topics:

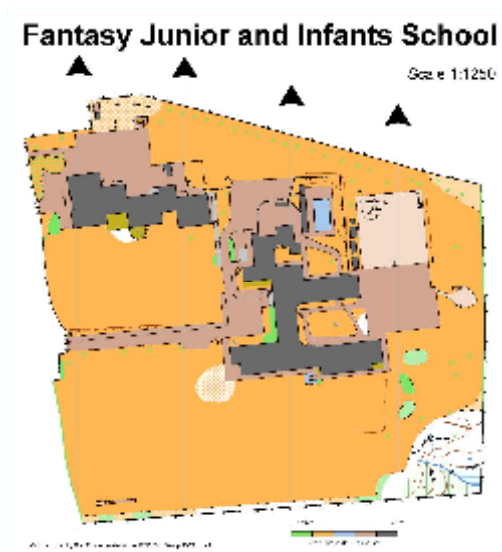
- 1) Mapping
- 2) Training
- 3) Clubs
- 4) Community Orienteering
- 5) Competition in Schools
- 6) Resources
- 7) Activity Resource

More detailed information is available at [www.britishorienteering.org.uk/page/schools](http://www.britishorienteering.org.uk/page/schools)

## 1. MAPPING

In order to deliver an orienteering programme that will enable progression within your school and beyond, we recommend that you commission the production of an orienteering map.

Orienteering maps are produced to a specification and this section will give you advice on how to get a map produced.



Further advice can be found at [www.britishorienteering.org.uk/page/schools\\_mapping](http://www.britishorienteering.org.uk/page/schools_mapping)

### **There are two ways to go about getting a map of your school drawn:**

- You may do your own surveying and cartography. Although this may appear to be cheaper, it is likely to take up a significant amount of your time and you may not have the equipment to do the job.
- You may choose to employ a specialist school orienteering mapper. Using a mapper can be an expense, but it will result in the production of a computer generated accurate and professional looking map.

In order to get your school mapped the best way forward is to contact your local club. Your local club can be located at [www.britishorienteering.org.uk/page/find\\_a\\_club](http://www.britishorienteering.org.uk/page/find_a_club)

### **You may wish to consider the following:**

Decide on the area to be mapped. In most cases this will be your school site.

- If the site is larger than the area that you will use for orienteering, do you need to have a map of the whole site or just part of it? Or more than one map, it is fairly straight forward for the Mapper to produce individual, differing scales of a section of the map once the main map has been produced.

- Normal maps are produced in colour – if you wish to reproduce in black & white then please discuss this with the Mapper.
- We recommend that you make sure you agree before you commission a mapper what you are getting for your money.

### **Employing a Mapper**

- You can ask to see a portfolio of the Mappers work.
- Always agree a price. Most school maps will take at least 1 day for surveying and 1 day for the cartography. Therefore a minimum price will be in the region of £150 to £300 for a map, depending on the complexity and size of your site and the travel costs of the Mapper.
- Please note that British Orienteering does not endorse any mapping work completed by any practioners and any agreement is between the school and mapper.

## 2. TRAINING

In order to deliver a high quality orienteering programme within your school, British Orienteering recommends that teachers obtain training on how to deliver orienteering in a progressive way that meets the requirements of the appropriate National Curriculum.

British Orienteering have developed a Teacher training pathway aimed at teaching through schools and outdoor education, by people who need to know the basics of orienteering instruction but do not wish to proceed to being assessed after that training.



This pathway consists of three courses:

### Teaching Orienteering Part 1

- The training is aimed at teachers, youth sector workers and people working in schools and outdoor centres.
- The training delivers the knowledge, understanding and practical ability to teach the basic skills of orienteering.
- Anyone over the age of 16 may attend the course however the Orienteering Young Leader Award suitable for 14 – 19 year olds may better meet young people's needs.

- Attending Teaching Orienteering Part 1 is a prerequisite for anybody wishing to deliver the Orienteering Young Leader Award or attend the British Orienteering Teaching Orienteering Part 2 training.

### **Teaching Orienteering Part 2**

- The training delivers the knowledge, understanding and practical ability to teach some of the advanced skills of orienteering.
- People wishing to deliver GCSE syllabuses' for candidates from England, Wales and Northern Ireland should attend Teaching Orienteering Part 2. Candidates from Scotland will be shown the appropriate activities to meet their own curriculum requirements

### **Young Leader Award**

- This award is designed for 14-19 year olds.
- The course they undertake will enable them to coach the basic skills of the sport, provide fun activities on a safe enclosed site and enable them to assist as volunteers at school or local events.

Details of courses can be found at [www.britishorienteering.org.uk/page/teaching](http://www.britishorienteering.org.uk/page/teaching)

Schools can organise their own course and British Orienteering can support you in sending you details of a local tutor. To organise your own course please email [schools@britishorienteering.org.uk](mailto:schools@britishorienteering.org.uk)



### 3. Clubs

British Orienteering has a National network of 80 open clubs, which may cover large geographical areas. They have a team of volunteers who provide a variety of orienteering support, activities and events and could therefore provide a key link to develop your schools orienteering.

If you would like to contact your club please contact them via [www.britishorienteering.org.uk/page/find\\_a\\_club](http://www.britishorienteering.org.uk/page/find_a_club)





#### **4. Community Orienteering**

British Orienteering is constantly looking to provide a better pathway for beginners to take up the sport and increase the frequency of the orienteering opportunities available to them. One of the best ways to do this is through developing our School/Club links into our Community Orienteering 'club night' programmes.



#### **What is Community Orienteering?**

Community Orienteering aims to provide weekly training and activities in a non-competitive environment that will allow for skill development at a social and motivating level for people of all ages and abilities. Schools often provide a safe and affordable venue to act as a Community Orienteering base.

#### **Where does Community Orienteering happen?**

A list of Community Orienteering activities can be found at

[www.britishorienteering.org.uk/page/community\\_o](http://www.britishorienteering.org.uk/page/community_o)

#### **Hosting a Community O club night?**

If you could like to discuss the possibility of hosting a Community O club night please contact your local [Participation Manager](#) who will be pleased to discuss the opportunities.

## 5. Competition in Schools

There are opportunities in a number of county/district areas for competitions for schools.

Please visit the British Orienteering website for further details about School competitions.

[www.britishorienteering.org.uk/pages/schoolscompetition](http://www.britishorienteering.org.uk/pages/schoolscompetition)



## 6. Resources

In order to deliver orienteering activities in a school you may need to obtain further resources.

### Control Markers

The aim is to navigate in sequence between control points that are identified by a control marker. You can make your own; or they can be purchased either from a commercial supplier or from the British School Orienteering Association. [www.bsoa.org](http://www.bsoa.org)

### Orienteering Punches

You will also need some way of confirming the correct marker has been found. This can also be homemade or you can purchase a set of 10 orienteering punches, from the suppliers mentioned above.



### Compasses

Although compasses are not essential for curriculum learning on a school site, schools may wish to purchase a set for advanced learning and off site progression.



## **Other resources you may find useful:**

### **Interactive symbols learning game**

An Interactive game available at [www.britishorienteering.org.uk/page/match\\_up](http://www.britishorienteering.org.uk/page/match_up)

### **Activity Challenges**

A set of downloadable fun activity challenges sheets available at [www.britishorienteering.org.uk/page/challenges](http://www.britishorienteering.org.uk/page/challenges)

### **Matalan Sporting Promise yoUR activity**

Orienteering is part of this initiative which is designed to help increase participation with the 14+ group. More information is available from [www.youthsporttrust.org](http://www.youthsporttrust.org)

### **Permanent Orienteering Courses**

Permanent Orienteering Courses can provide an additional opportunity for school children who have experienced Orienteering. Permanent Orienteering courses can be found in local parks and woods. Details of where permanent orienteering courses can be found are on the British Orienteering website [www.britishorienteering.org.uk/page/pocs](http://www.britishorienteering.org.uk/page/pocs) . We recommend that schools use 'Loops and Stars' exercises which is covered in Teaching Orienteering courses.

### **Guidelines for Orienteering in GCSE PE.**

The Guidelines for Orienteering in GCSE PE have been produced by British Orienteering to assist teachers in meeting the requirements and terminology of the National Curriculum Orders for Physical Education for England, Wales and Northern Ireland. It is not intended to be a definitive syllabus for the orienteering activity area of GCSE Physical Education.

The Guidelines can be found [www.britishorienteering.org.uk/page/schools](http://www.britishorienteering.org.uk/page/schools)

## 7. Activity Resource – Tri Orienteering

Tri-O is a package of nine simple orienteering activities available to download for free.

[http://www.britishorienteering.org.uk/images/uploaded/downloads/schools\\_tri\\_o\\_resources.pdf](http://www.britishorienteering.org.uk/images/uploaded/downloads/schools_tri_o_resources.pdf)

An overview is provided below:

Introduction, running a festival, e.g. warm up	Pages 1-5
1. Funny Faces	Pages 6-13
2. Orienteering Obstacle Challenge	Pages 14-17
3. Matching Symbols	Pages 18-28
4. Hurdles	Pages 29-30
5. Punching Relay	Pages 31-38
6. Counting Cones	Pages 39-46
7. Slalom Ball	Pages 47-48
8. Playschool Jigsaw	Pages 49-52
9. Varied Running	Page 53
Festival Certificate	Page 54

Each activity can be a stand alone exercise used within curriculum lessons or an after school club or used together to provide the basis for a festival of introductory orienteering and appropriate multi skills stations (ideally suited for KS2).

These activities are designed to enable the teaching of basic orienteering skills and associated physical skills in a fun and exciting manner.

Resources required to run the activities and organise a festival are included in this pack, no specialised equipment is needed to run the activities.

The stations provide plenty of opportunities to encourage teamwork and co-operation.

## **Further Information**

Please visit our website [www.britishorienteering.org.uk/page/schools](http://www.britishorienteering.org.uk/page/schools) for lots of information about orienteering.

You can also email any additional questions to: [schools@britishorienteering.org.uk](mailto:schools@britishorienteering.org.uk)