

Online Junior Training

Angela Darley and Carol Lovegrove

SEOA Junior Squad

Session Outline

- What have SEJS been doing during 2020 (Angela)
- Practical advice on setting up a session (Angela)
- Practical ideas for a session (Carol)
- Some interactive fun
- Questions

South East Junior Squad (SEJS)

- Cover SE region
- About 30 juniors, aged 13 – 19
- Typical attendance 15 – 20 juniors
- Range of experience especially outside of region
- Light Green through to Talent Squad
- Monthly training session in region Sept – June
- Autumn weekend away

Covid-19 ...

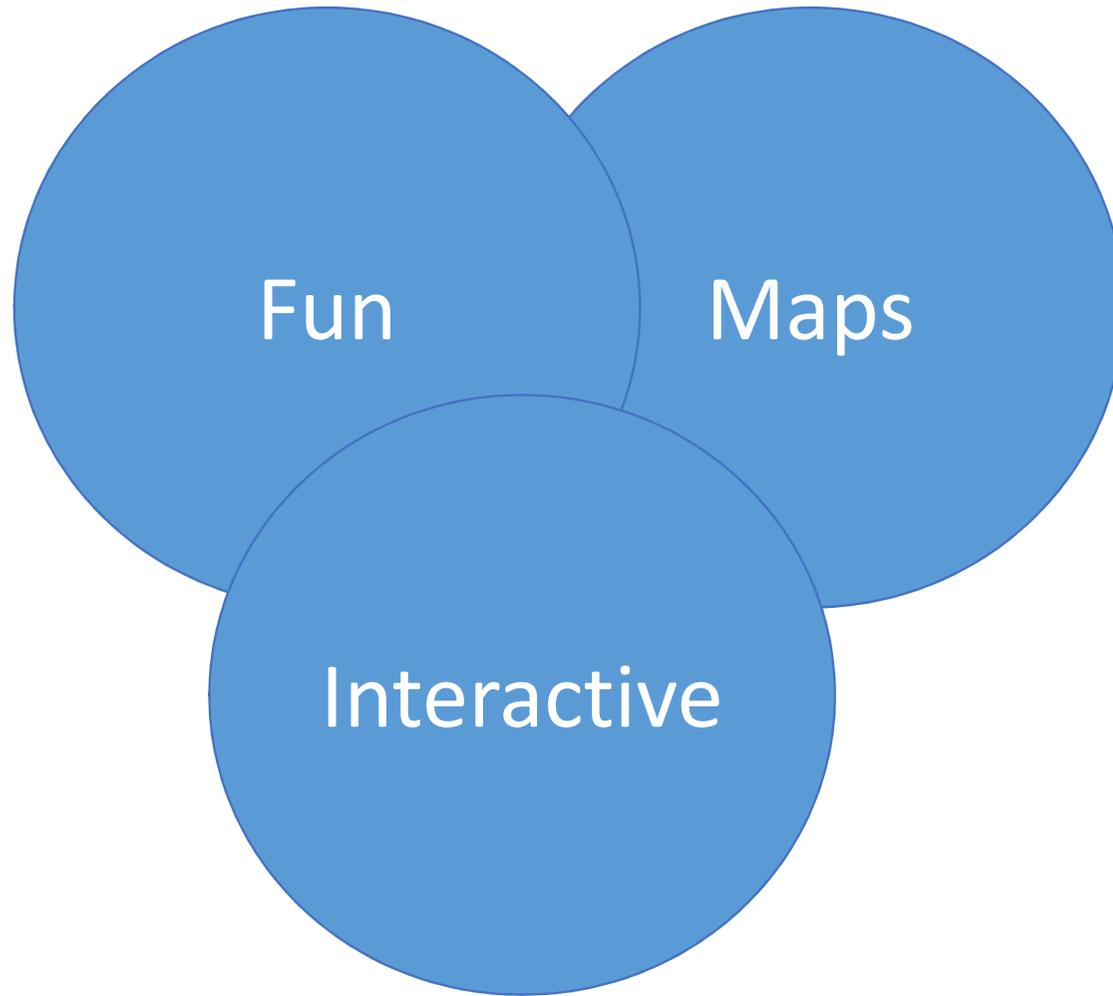
- Need to keep juniors interested in the sport
- Quite likely no orienteering in forest until September
- Online sessions started 4th April
- Every 2 weeks through to August and then monthly through Autumn
- 1 in forest training session since March 2020!

Online sessions

- Approx 25 – 30 juniors each session
- No travelling involved
- Warm, dry, cup of tea
- Ability to join even if not 'in region'
- Chance for group discussions
- Need to be flexible

Typical Session

- Initial joining (5 mins)
- Intro to session and then online quiz (20 mins)
- Debrief on quiz (10 mins)
- Intro to second part of session (5 mins)
- Break – 10 mins or time to do activity (30 mins)
- Join online and split into groups (5 mins)
- Discussion on topic (20 – 25 mins)
- Final group debrief, ideas / date for next session (5 mins)



Session Themes

- Control descriptions
- Contours
- Sprint theme
- Running Wild / Rapid Route Choice / Planning
- Travelled – Lakes, Scotland, Sweden, Estonia
- Planning physical training
- Pre competition discussion (before selection race weekend)
- Post event discussion

Setting up a session

Setting up an online session

- Zoom, Google, Teams
- Zoom – free only host needs a login (session limited to 40mins).
- Google / Teams all users need an account.
- Be aware of age requirements for some accounts. We ask under 14s to have a parent available during the session.
- Use of breakout rooms
- Be flexible
- Register as activity with 'online' in title

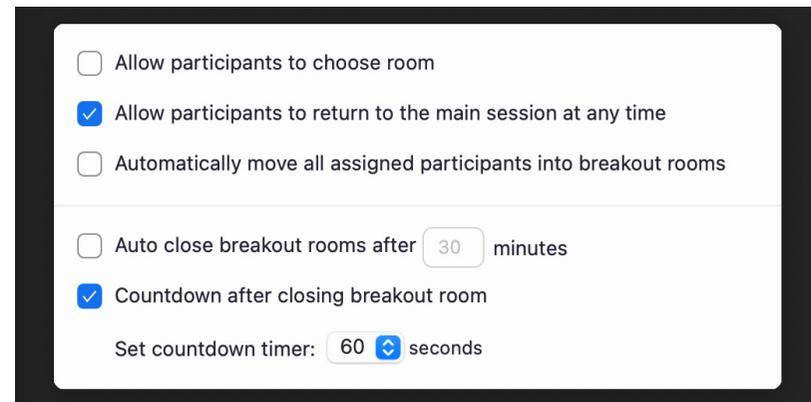
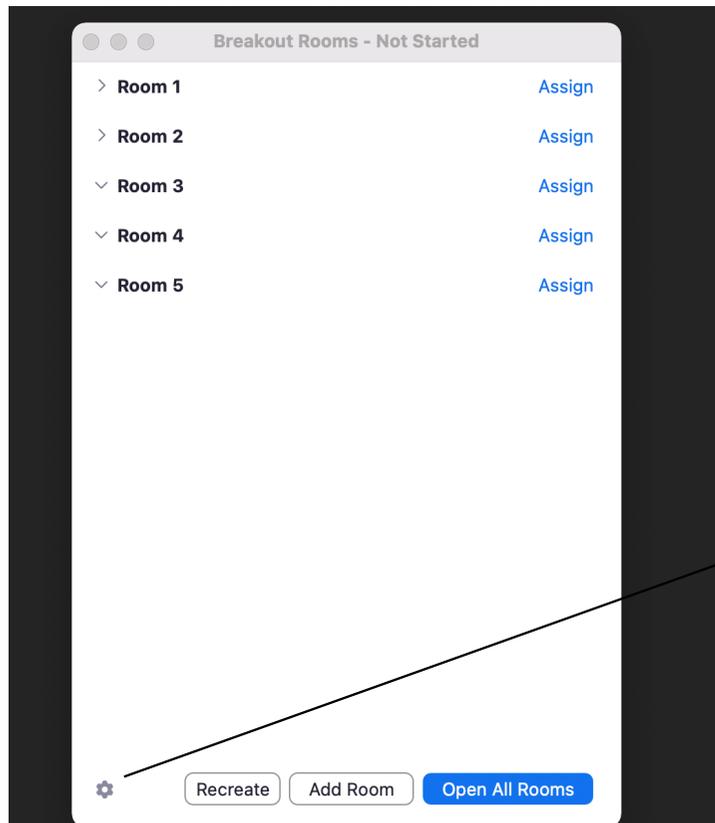
Risks

- Risks
 - Unwanted attendee
 - Inappropriate behaviour (coach / participant)
- Some suggestions
 - Two coaches on call
 - Ensure parents are aware of sessions – consent form / guidelines
 - Only send meeting details to attendees (don't make public)
 - Use Waiting Room feature – ask all attendees to use recognisable names.
 - Look at settings around screen sharing / chat. Don't be too restrictive.

Breakout Rooms

- Advantages
 - Enable you to have smaller groups discussions
 - Mix groups or by ability / age
 - Use older juniors to help with discussions
- Issues
 - Shared devices
 - Sufficient coaches
 - Technical skills / equipment of coach (use juniors for tech side)
 - Distributing resources to coaches and briefing beforehand

Breakout room settings (zoom)



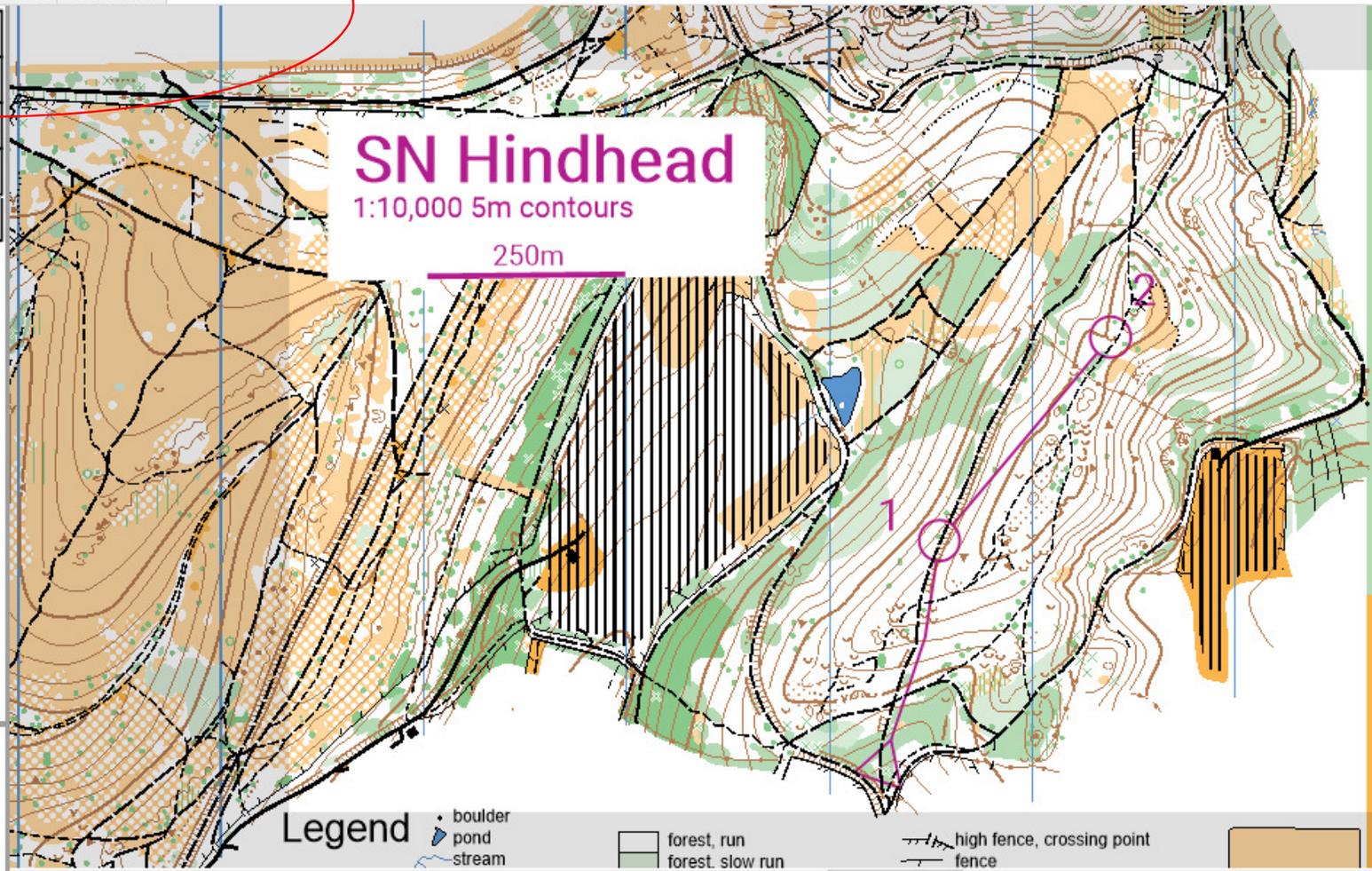
Practical Ideas

Carol Lovegrove

Talk - O

- “Low-technology” training
 - Uses OCAD, Purple Pen, Routegadget
- Aim to turn the map into a picture of the terrain, and vice versa
- Practice describing what the terrain will look like
- Versatile

| Coaching Conference | |
|---------------------|--------|
| Talk-o2 | 0.6 km |
| ▶ | |
| 1 | 31 |
| 2 | 32 |



Descriptions Ordering

Course "Talk-o2"
Length: 0.61 km

Legend

- boulder
- pond
- stream
- forest, run
- forest, slow run
- high fence, crossing point
- fence

- New Event...
- Open... Ctrl+O
- Save Ctrl+S
- Save As...
- Create OCAD Files...
- Create Image Files...
- Create PDFs
- Create RouteGadget Files...
- Create Data Interchange File (IOF XML)...
- Create GPX File...
- Print Descriptions... Ctrl+P
- Print Punch Cards...
- Print Courses...
- Set Print Area
- Program Language...
- Exit

Talk-OFinish

SN Hindhead

1:10,000 5m contours

250m

Legend

- boulder
- pond
- stream
- ditch
- contours
- forest, run
- forest, slow run
- forest, walk
- high fence, crossing point
- fence
- building

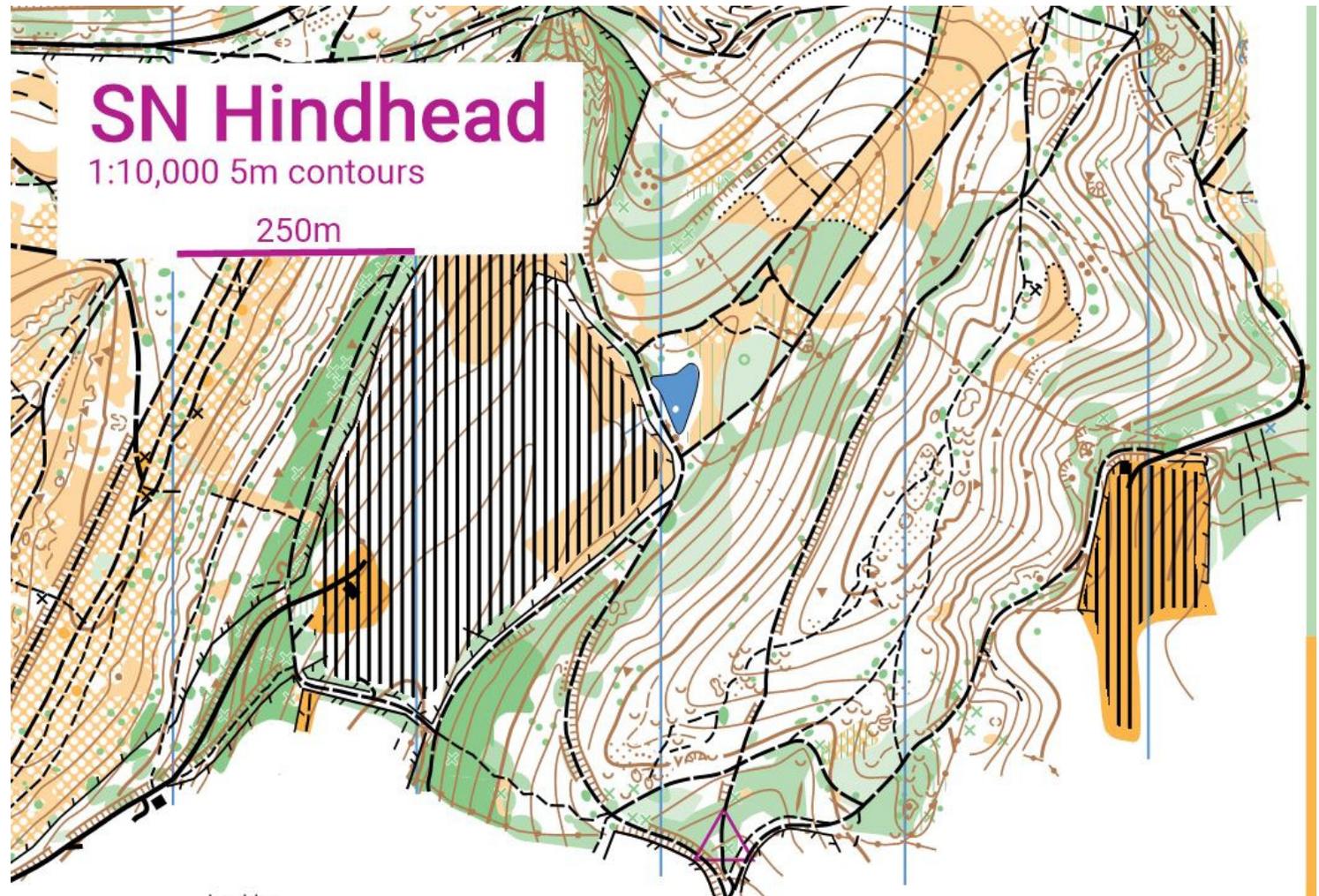
Descriptions Ordering

Course "Talk-oStart"

Length: 0.00 km

- In Purple Pen – Show course “Talk-oStart”; shows Start only
- Share screen
- Describe route to number 1

- Use “annotate” function in zoom
 - Get people to draw where they think the control is



Carol Lovegrove

- ✓ One participant can share at a time
- Multiple participants can share simultaneously

Advanced Sharing Options...

Security

Participants 1

Chat

Share Screen

Record

Reactions



Zoom

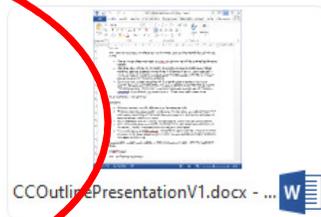
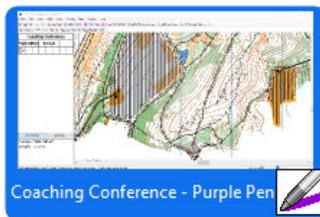
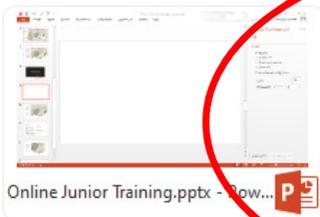
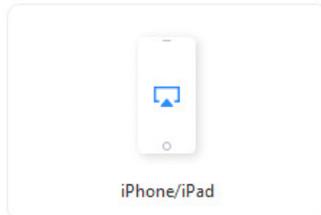
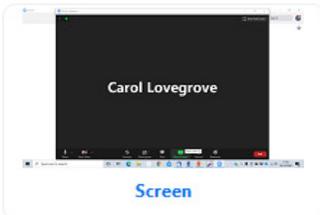
Zoom Meeting

Select a window or an application that you want to share

Basic

Advanced

Files



Share computer sound

Optimize Screen Sharing for Video Clip

Share



Type here to search

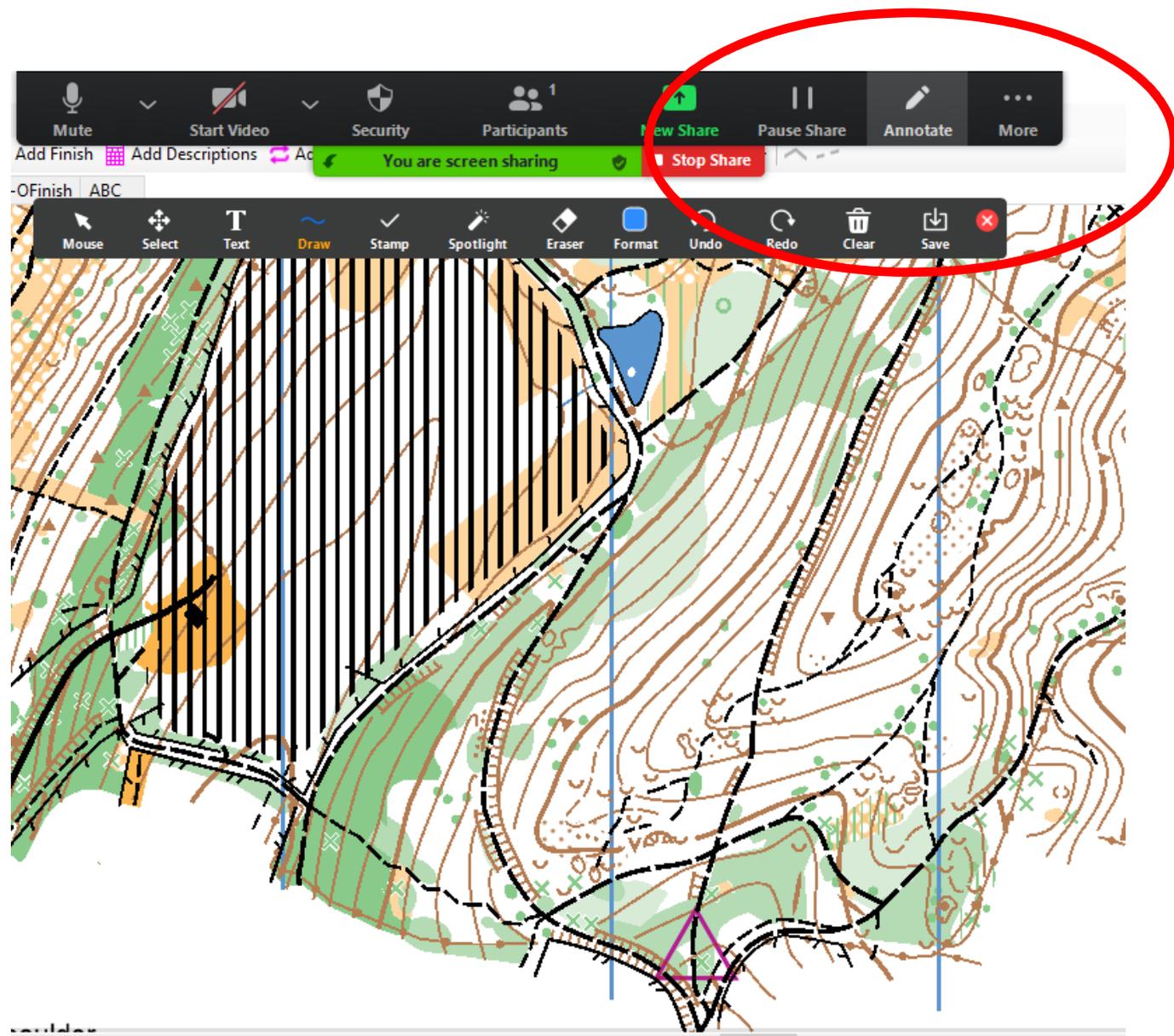


11:05

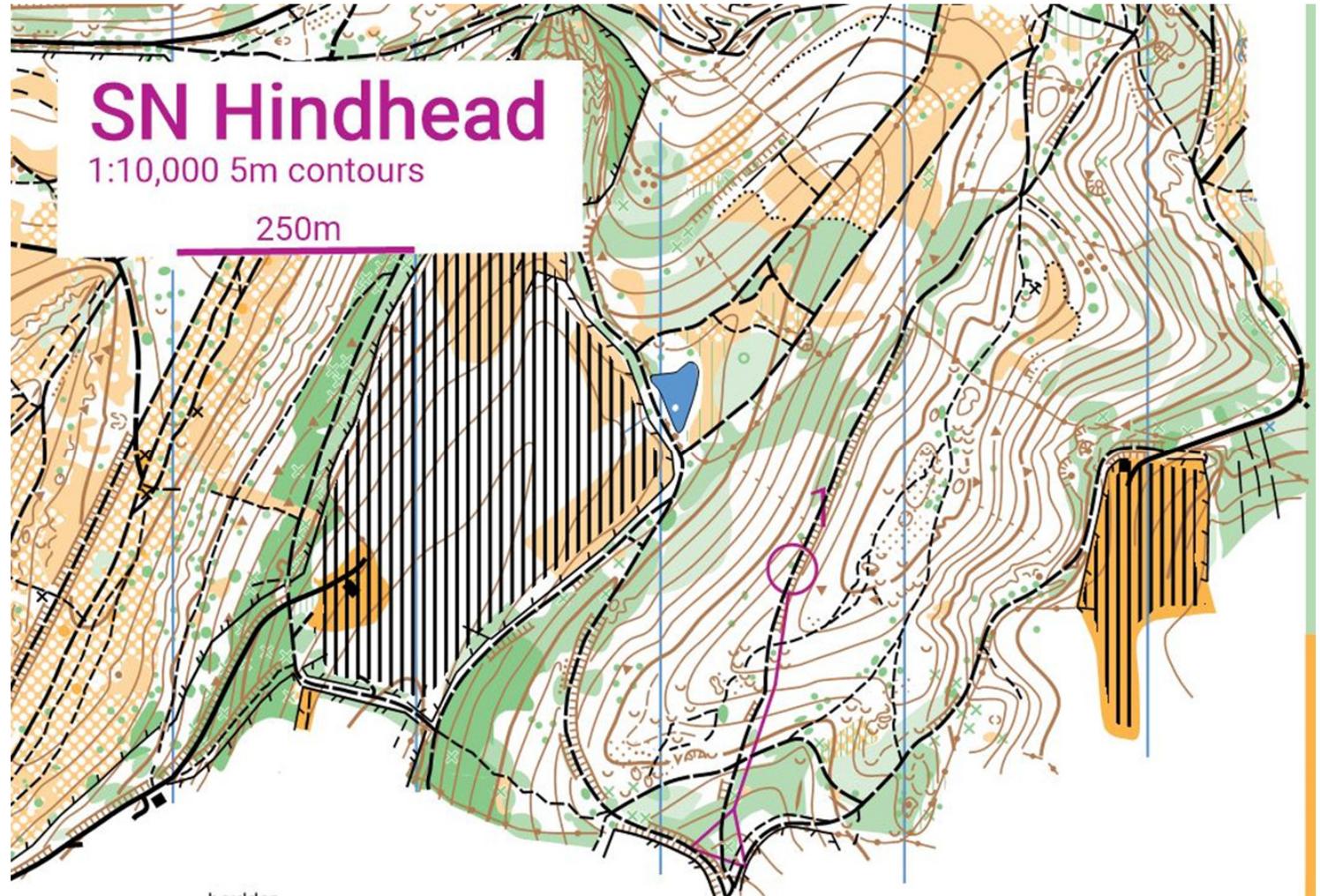
28/12/2020



- Describe route to number 1
- Use “annotate” function in zoom
 - Get people to draw where they think the control is



- In Purple Pen –
Change to course
“Talk-o1” to
reveal correct
location
- Discuss!
- Repeat with
remaining
controls

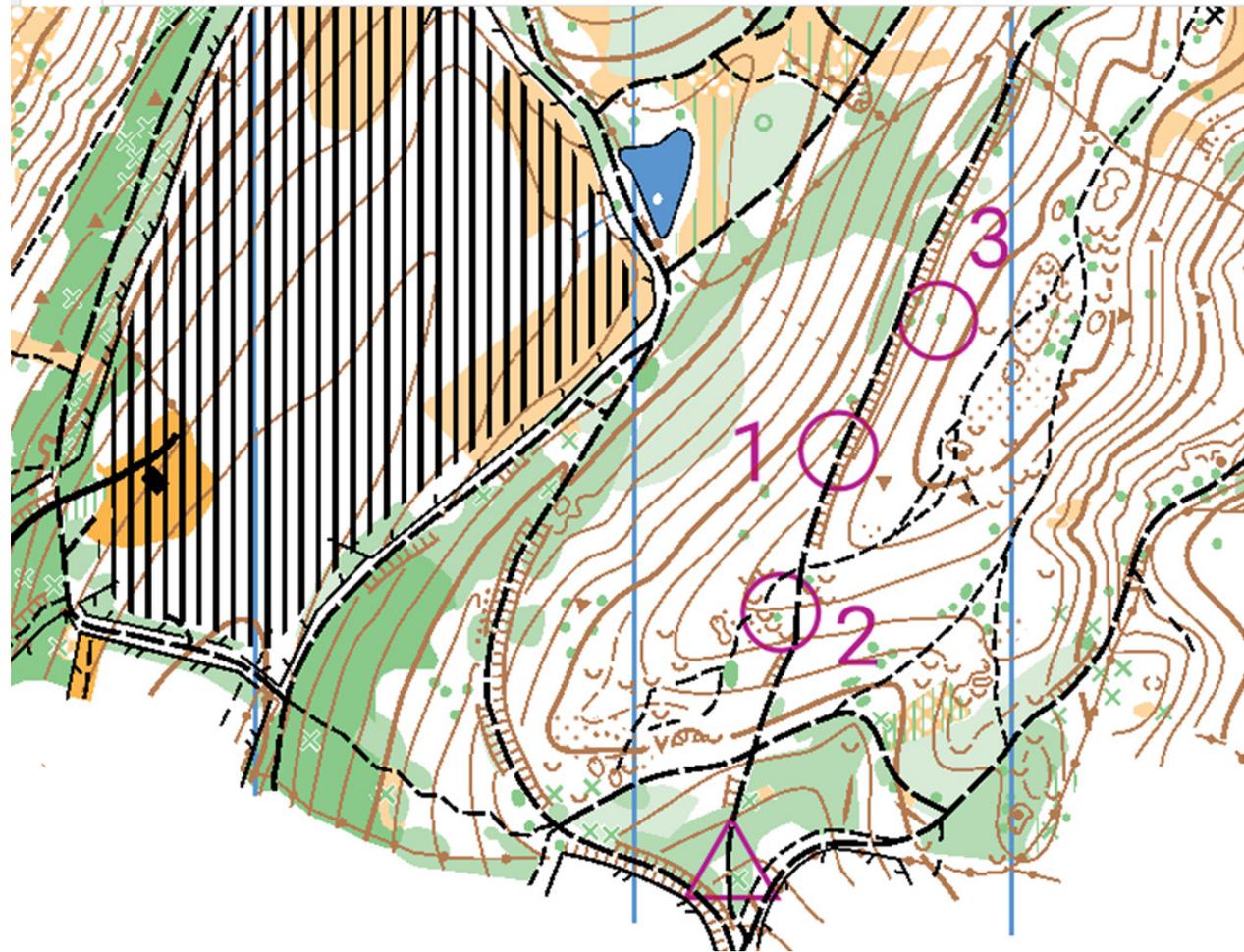


Variations

Idea

- Different people describe different legs or courses – coaches and juniors
 - Use a star exercise instead of a line (use a “score” course in purple pen)
 - Show 3 possible control sites and identify the correct one (use a “score” course in purple pen)
- ✓ Variety of styles
 - ✓ Only one map/course required, various TD levels
 - ✓ “Why isn’t it 2?”

- In Purple Pen –
Change to course
“Score” show 3
possible controls
- Which is the
correct one?
- Why isn't is 2 or
3?



Variations

Idea

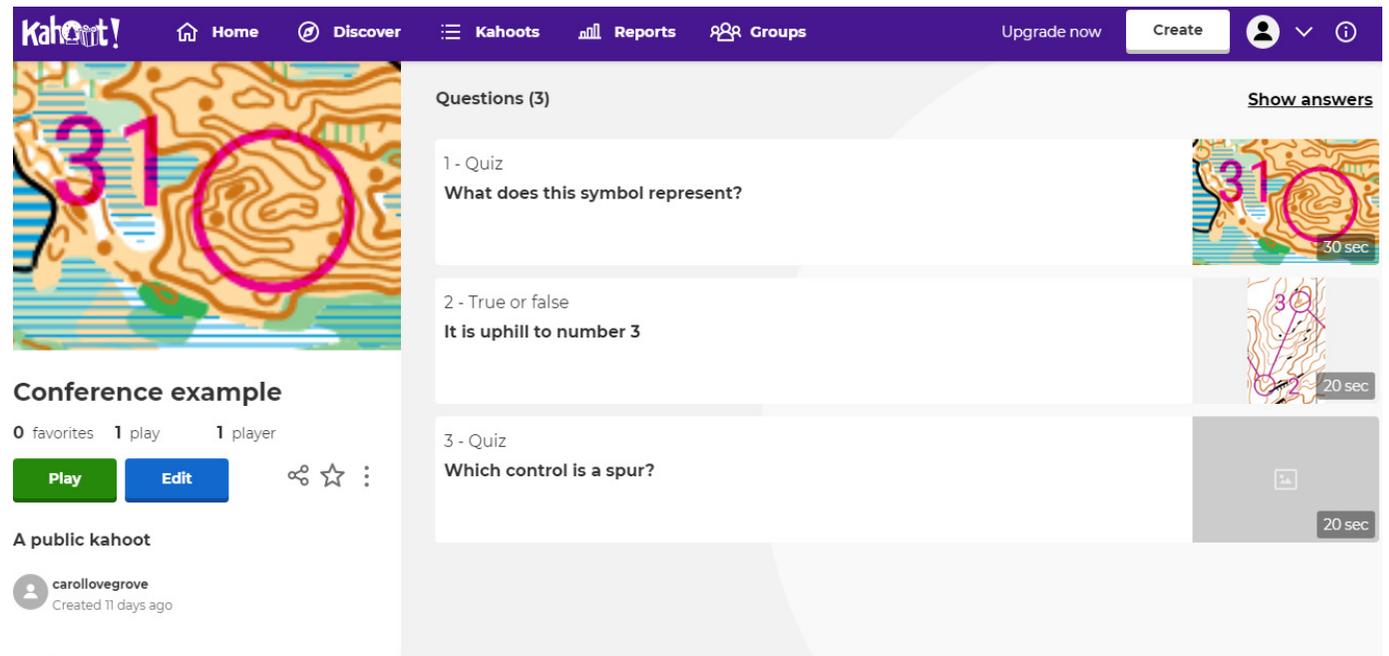
- Use contour only map, or no-paths
- Use maps from other parts of the world – Routegadget or World-of-O
- ✓ Change focus of description
- ✓ Everyone can see the route – “score” each other on our descriptions

Kahoot

- More “technology” based
 - Uses Kahoot app
- Make your own head-to-head quizzes
- Test o-knowledge

Kahoot

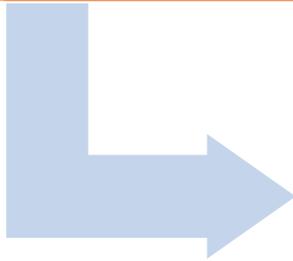
- Online quiz software
- Everyone plays simultaneously
- “Teacher” needs an account (Free)
- “Students” don’t



The screenshot displays the Kahoot! web interface. At the top, there is a navigation bar with links for Home, Discover, Kahoots, Reports, and Groups, along with a 'Create' button and user profile options. The main content area is divided into two sections. On the left, under the heading 'Conference example', it shows '0 favorites', '1 play', and '1 player'. There are 'Play' and 'Edit' buttons, and a share icon. Below this, it identifies the kahoot as 'A public kahoot' created by 'carollovegrove' 11 days ago. On the right, the 'Questions (3)' section is visible, with a 'Show answers' link. The first question is a multiple-choice quiz: '1 - Quiz: What does this symbol represent?' with a 30-second timer and a thumbnail of a topographic map showing a pink circle around a '31' contour line. The second question is a true/false quiz: '2 - True or false: It is uphill to number 3' with a 20-second timer and a thumbnail of a topographic map showing a pink circle around a '30' contour line. The third question is a multiple-choice quiz: '3 - Quiz: Which control is a spur?' with a 20-second timer and a thumbnail of a topographic map showing a pink circle around a spur contour line.

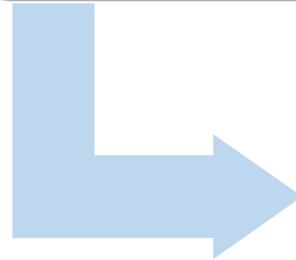
Choose Theme

- “Map symbols”



Create questions

- Text
- Pictures



Create Kahoot

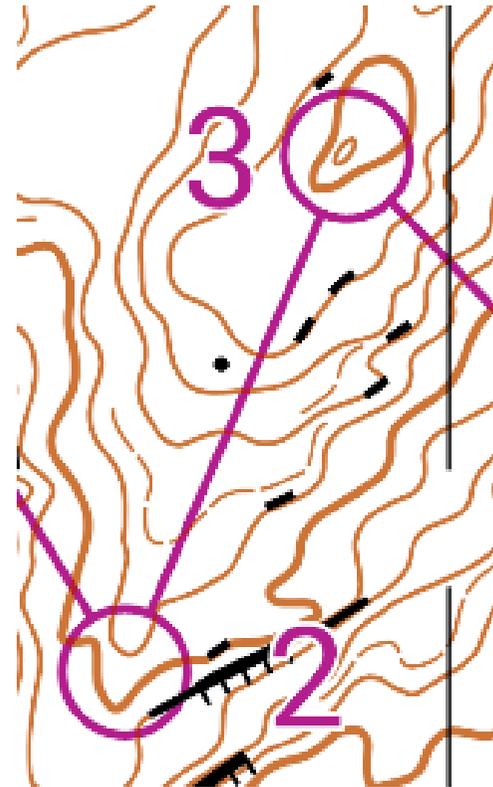
- Compile into a quiz
- Could use Powerpoint

Questions - Example

- Is it uphill to number 3?
– Yes / No

Graphic required

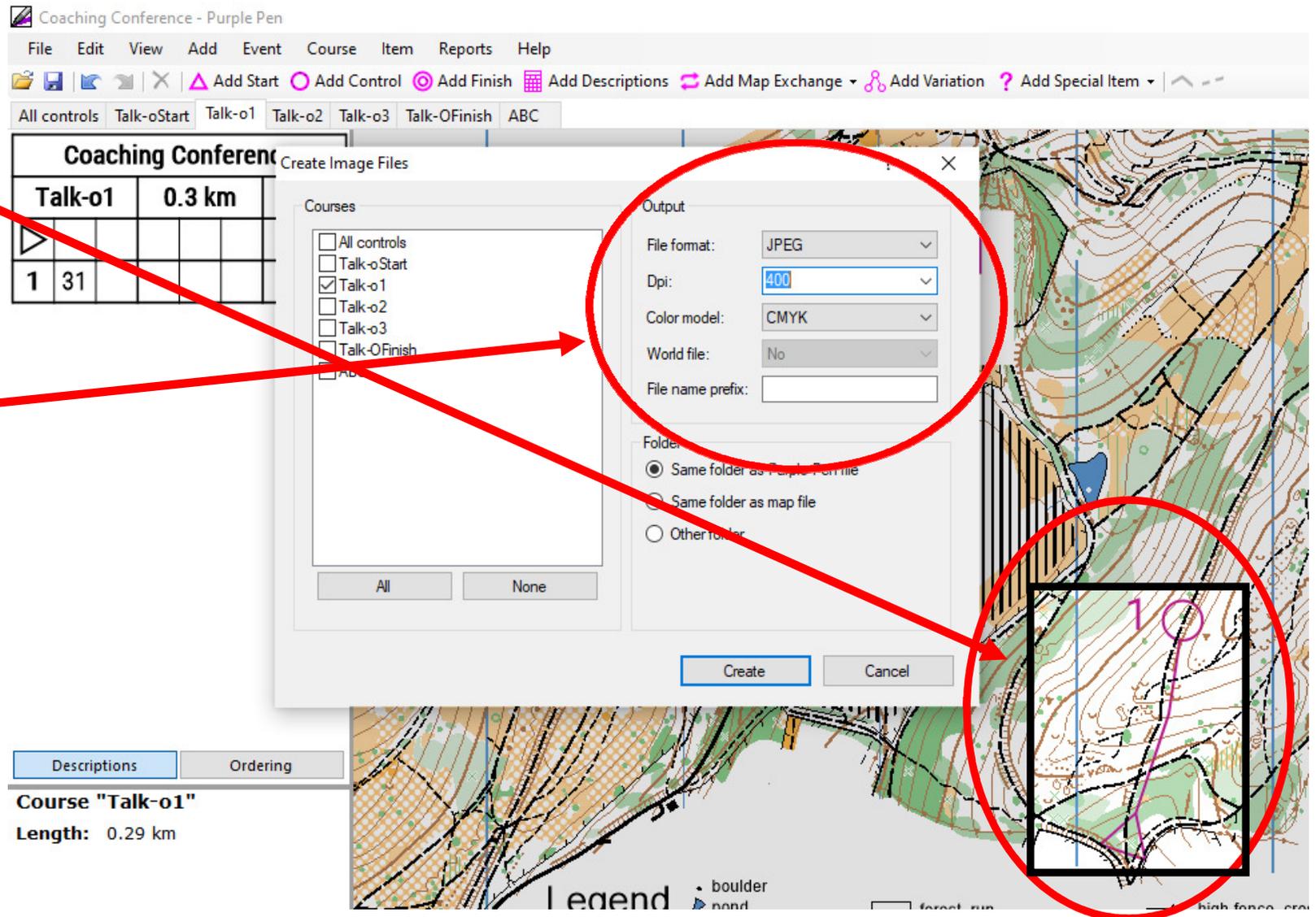
- Screen shot - or
- Purple Pen



- Set print area for the extract you want

- Create image file – save it

- Create all the images first, before starting in Kahoot



More examples

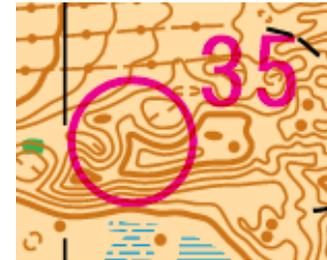
- What does this symbol represent?



- A Knoll
- B Depression
- C Trench
- D Saddle

- Which control is a spur?

A



B



Kahoot.com

- Sign in – you count as a teacher in this context

- “Create”

The screenshot shows the Kahoot.com dashboard for a user named Carol Lovegrove. The top navigation bar is purple and contains the Kahoot! logo, a home icon, and links for Home, Discover, Kahoots, Reports, and Groups. On the right side of the navigation bar, there is an 'Upgrade now' link, a 'Create' button (circled in red), a user profile icon, and an information icon. The main content area is divided into several sections: a user profile card for Carol Lovegrove with an 'Upgrade' button; a central green banner titled 'Host a kahoot!' with a three-step process (1. See how it works, 2. Create kahoot, 3. Host kahoot) and buttons for each step; a 'Challenges in progress' section with a 'Learn more' button; a 'Collections' section with a 'Create collection' button; and a 'What's new' section with a link to virtual backgrounds. On the right side, there is a 'My Kahoots' section with a 'Team space' tab, showing three kahoots: 'Conference example' (3 Questions, 1 play), 'AET Legislation' (4 Questions, 3 plays), and 'Animals' (1 Question, 2 plays). A 'See all (3)' link is below the list. At the bottom right, there is a promotional banner for 'Make virtual classrooms awesome by adding Bitmoji to Kahoot!' with a 'Learn more' button.



Enter kahoot title...

Settings

Exit

Done

1 Quiz

Type your question

20



Add question

Question bank

Import slides

Import spreadsheet

Click to start typing your question

Time limit

20
sec

Points

1000

Answer options

Single select



Drag and drop image from your computer

Image library

Upload image

YouTube link



Add answer 1



Add answer 2



Add answer 3 (optional)



Add answer 4 (optional)

Play the game

Coach

- Log-in at “Kahoot.com”
- Choose “My Kahoots”
- Choose correct quiz
- Select “play”; “Teach” – generates unique game PIN

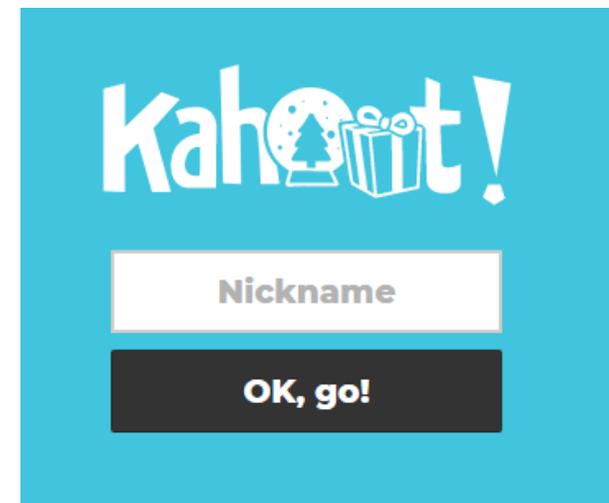
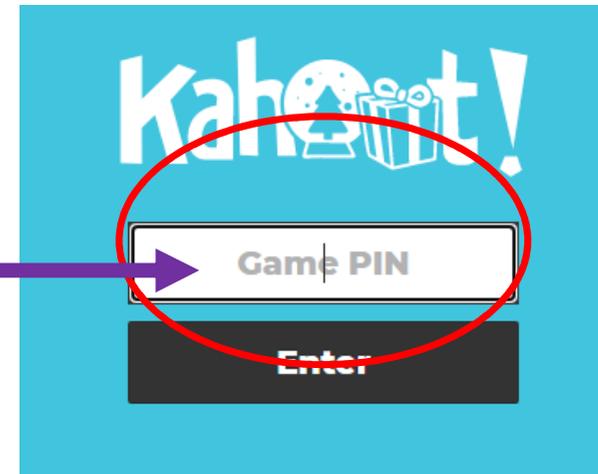
Junior

- Go to “Kahoot.it”
 - No Login required
 - Phone or computer
- Type in PIN generated by Coach
- Choose player name

Coach - Kahoot.com



Junior – Kahoot.it



Play the game

Coach

- Check everyone has arrived!
- Share screen
- Start

Junior

- Either use phone or open new window
- View the questions in Zoom
- Answer on the phone or new window

Coach - Kahoot.com

Junior – Kahoot.it

Join at www.kahoot.it or with the Kahoot! app

Game PIN: **182 5171**

Kahoot!

Carol

Start

What does this symbol represent?

26

0 Answers

▲ Knoll

◆ Depression

● Trench

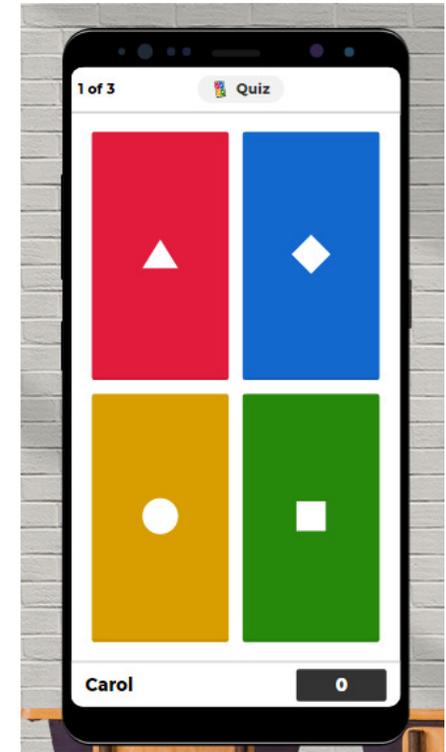
■ Saddle

1/3

kahoot.it Game PIN: 5486638

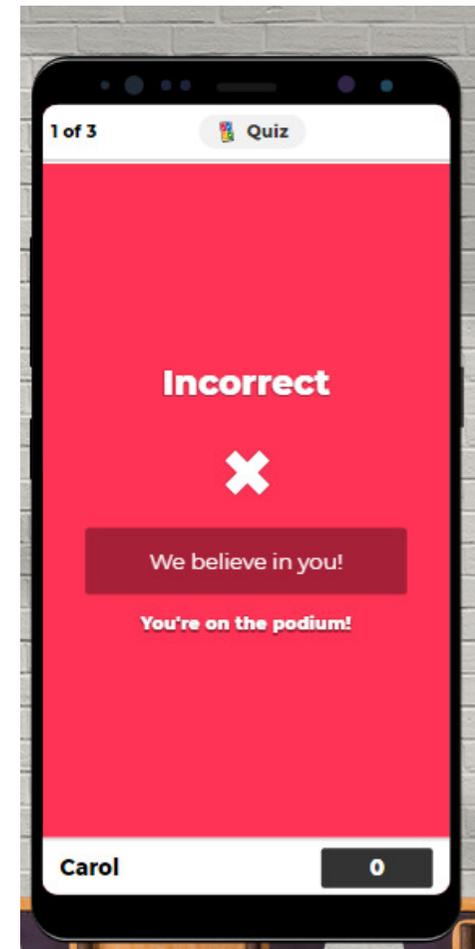
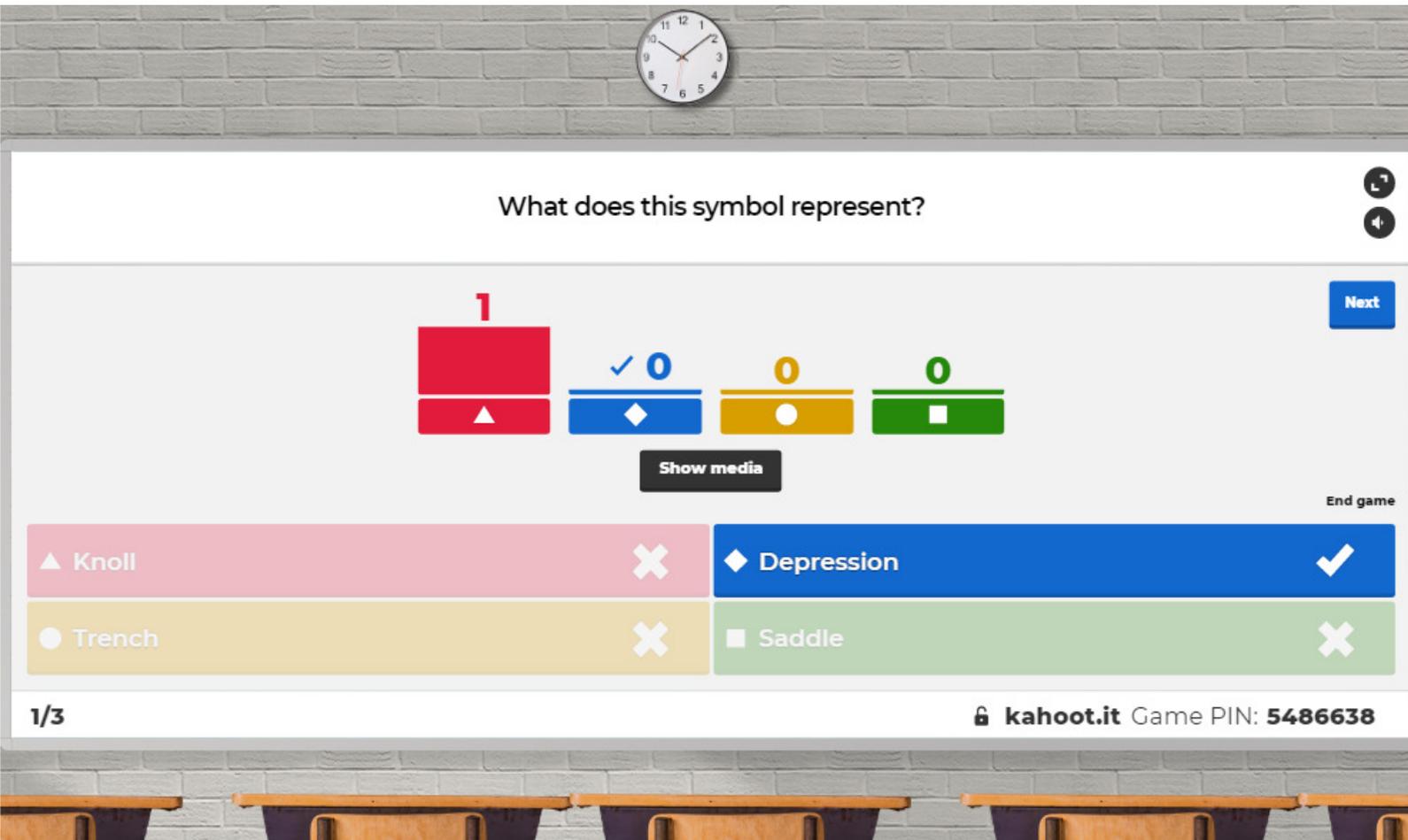
Skip

A purple arrow points from the 'Carol' name to the mobile app interface. A purple arrow points from the 'Skip' button to the mobile app interface. A red circle highlights the 'Start' button and the 'Carol' name.



Coach - Kahoot.com

Junior – Kahoot.it



Coach - Kahoot.com

Report

Report options 

Conference example

Live 

Dec 29 2020, 3:53 pm

Hosted by carollovegrove

Summary Players (1) Questions (3) Feedback

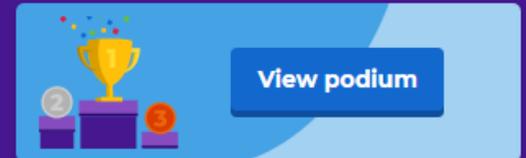


Perfection!

Play again and see if the same group can stay perfect or see if new players can match this score.

[Play again](#)

| | | |
|-----------|---|-------|
| Players |  | 1 |
| Questions |  | 3 |
| Time |  | 2 min |



Difficult questions **0** 

Need help **0** 

Didn't finish **0** 

Variations on a theme

- Map symbols
 - What is this symbol?
 - What is the symbol for a path?
- IOF descriptions
 - What does this mean?
- Control descriptions
 - Which description is correct?
- Contour interpretation
 - Is it up, down, up?
- Sprint-o route choice
 - Which route is shorter?
 - Which route is barred?
- Visualisation
 - What will you see on your left?
 - What is beyond the control?
- Distance judgement
 - Different scales – how far along?

Online Junior Training

- Safeguarding and management
- “Low technology” training
 - Talk-O
- “High technology” training
 - Kahoot Quiz
- Kahoot.it - to take part now
- Any questions?