

ORIENTEERING – COUNTING CONES

Quick introduction

- Counting cones is an interactive and inclusive activity to practice the skills of orientation and recognition of start and finish symbols.
- The aim is for all players to improve keeping the map orientated as well as getting the correct score.

Map orientation

- A map is a representation of an area. By orientating a map, you are positioning the map so it lines up with the area. When you orientate a map and know where you are on the map, you can look in a certain direction and see what is there and find it on the map or vice versa. This game requires map orientation.

Getting started

- Seat pairs around blue end of set up cones.
- Give children a copy of the demo map.
- Leader explains map orientation, start triangle, finish double circle and makes sure they have the map orientated. Leader then walks the route, orientating map. Children (seated) follow leader's route on the map with their finger.
- Give each pair a challenge map (there are sample maps on British Orienteering website or draw your own).
- Each pair stands at their start, shown by the triangle on the map.
- Explain that they will follow the route on their map from start to finish, adding up the numbers on the cones as they go along and keeping the map orientated correctly.
- When finished, children should check the answer with the leader, then take a different map and try a different course.
- The game is played for as long as you see fit, with the aim for all players to improve keeping the map orientated as well as getting the correct score.

Health and safety points

- Players must stay away from the coned area unless it is their turn and avoid wearing anything that may cause danger to opponents; this includes caps, jewellery and other sharp objects.
- Ensure appropriate run off exists around the court; this avoids any momentum causing them to run into walls or doors.
- Ensure the area is dry and object free at all times.

Equipment required

- 12 cones; 3 each of red, blue, yellow, green.
- Sticky labels for cones, numbered as shown.
- Resource - demo maps and sets of maps. See www.britishorienteering.org.uk/page/schools
- Resource - answer sheet/recording sheet.
- Container for maps.



ORIENTEERING – COUNTING CONES

PHYSICAL ME

- Encourage the children to work quickly between the start, cones and finish.

SOCIAL ME

Leading and volunteering

- This game can use officials and leaders to ensure the smooth running of the competition. Young Leader training is available (see www.britishorienteering.org.uk/page/teaching).
- Officials can check that teams have added up correctly and ensure the players are keeping their map orientated when moving round the course.

Think inclusively (STEP)

Space

- Reduce or increase the running distance between the cones.
- Ensure equal distances between cones to assist orientation.

Task

- Change the numbers on the cones to larger numbers or letters to spell a word if visited correctly.
- Award scores for each cone or spot reached.

Equipment

- Create a tactile map that visually impaired athletes can access. Use colour contrasting spots or tactile markings instead of cones for SEN/disabled pupils.

People

- Allow visually impaired athletes to work with a guide.

THINKING ME

- I will keep my map orientated and know where I am on the map at all times.
- I will keep a balance between speed and accuracy.
- I will plan where I am going to next.

SPORTING ME

Spirit of the Games



I will develop confidence through the satisfaction of perseverance and skill improvement.

TACTICAL ME

I will work effectively and co-operate with my team-mate.



Demo map.

SCHOOL GAMES



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ORIENTEERING – MATCHING SYMBOLS RELAY

Quick introduction

- Matching symbols relay is a fun, fast and easy introduction to the basic orienteering symbols and map colours.
- The aim is to encourage co-operation and discussion to match up the map name cards correctly with the corresponding map symbol cards.
- This competitive challenge can accommodate a large number of participants and be played in nearly any available space (indoor or out).
- The aim of the game is to be the team that correctly matches their symbols the quickest.

Getting started

- Place cards as shown (indoor or outdoor depending on available space).
- A key of symbols can be made available for consultation if the children are unsure of the symbols. See www.britishorienteering.org.uk/page/schools
- The first child in pair or team picks up a name card, runs to the symbol cards, and returns with the correct matching card.
- Each returning runner places the two cards (name and symbol) next to each other beside the team for easy checking.
- Runners then take it in turns to pick up a name card, run to match it up with a symbol card and return (until all the cards have been matched up).
- Leaders to check cards are correctly matched when finished.

Health and safety points

- Players must stay away from the coned area unless it is their turn and avoid wearing anything that may cause danger to opponents; this includes caps, jewellery and other sharp objects.
- Ensure appropriate run-off exists around the court or outside area being used; this avoids any momentum causing them to run into walls or doors.
- Ensure the area is dry and object free at all times.

Equipment required

- Resource - set of matching symbol and words cards.
- Map symbols key. See www.britishorienteering.org.uk/page/schools



ORIENTEERING – MATCHING SYMBOLS RELAY



PHYSICAL ME

- Encourage children to run with pace and stamina.
- Support children to make decisions quickly.

SOCIAL ME

Leading and volunteering

- This game can use officials and leaders to ensure the smooth running of the competition. Young Leader training is available. See www.britishorienteering.org.uk/page/teaching
- Officials can check that teams have matched the word with the correct symbol and ensure players do not go before their team-mate has returned.

Think inclusively (STEP)

Space

- Reduce or increase the running distance between the queue of players/pile of words and the symbols.
- Place cards on a chair and match names and symbols on a table to provide easy access for SEN/disabled athletes.

Task

- Simplify the activity e.g. name cards are colours and symbol cards match the colours.

Equipment

- Use raised lettering on the names and tactile drawing

on the symbols for visually impaired athletes.

- Use contrasting colours on the name and symbol cards.

People

- Allow visually impaired athletes to work with a guide.
- If beneficial allow SEN/disabled athletes to work in teams.

THINKING ME

- I will work effectively as a team in the relay task.
- I will try and remember the meaning of the symbols.

SPORTING ME

Spirit of the Games



I will show support for fellow competitors and help out my team-mates to match their symbol correctly.

TACTICAL ME

I will think and discuss the symbols
I have learnt with my fellow competitors so I am prepared.



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