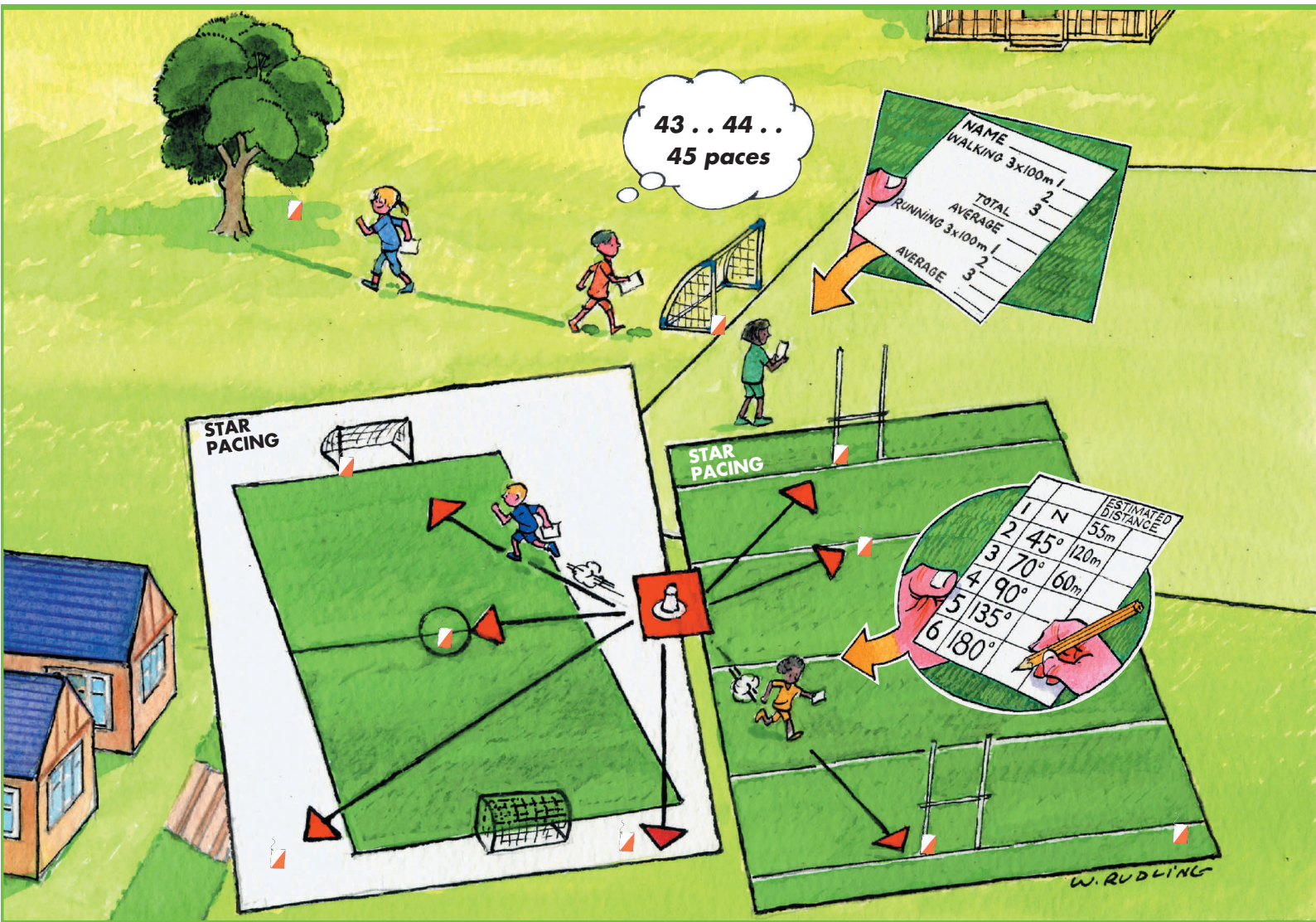




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Activity

Aims: To learn and practice pacing skills and to test the use of the protractor compass.

For an orienteer counting double paces (every right or left foot) is the most accurate way of checking off distance covered over the ground. It is useful to know what your walking and running pace is for 10 and 100 metres.

Activity One

- Along a 100m path or track count your paces first of all for walking. Record the number taken. Do this 3 times and then work out the average.
- Repeat to find out your running pace. Keep your paces even. Do not run too fast. Do not pace next to someone else – you will lose your rhythm.

Activity Two Star Pacing

- Give each young person a card with a control no and the compass bearing from the start on it.
- The young person sets their compass to that bearing and moves round until they are facing the correct control.
- They then pace to that control, either walking or running.
- They write down the estimated distance according to their pacing onto their pacing card.
- Repeat for other bearings.

Review & Evaluation

- When using the compass in the star exercise, how did you make sure you went to the correct control?
- In the star exercise was your estimated distance close or very different to the actual distance?
- Were you more accurate walking or running?

Equipment

- You will require pacing sheets and two controls for the first exercise.
- For the star pacing you will need compasses, direction cards (eg No1 50°, No2 180°, etc). A normal control card can be used for the young people to record their pacing.

Preparation

- This exercise can take place on a school playing field, in a park or in an area of woodland.
- Measure and mark out 100 metres across the field or along a path or track. Measure from the map or use a tape.
- Prepare pacing sheets for each person.
- An alternative is to put out 200-400m of tapes or string and to pace the whole circuit, then divide into 100m. This gives a better average pace.

Safety Points

- Watch where you are running when using a compass.

Differentiation & Progression

- Give each person 2 blank pieces of card and something to hold the card down on the ground, such as a tent peg or stone. Give each person a number. Everyone choose a bearing and distance and writes them down on both pieces of card. Their number is written on the back of the card. Keep distances under 150m, and make sure there is no duplication. From the base each person puts out one of their cards at the right bearing and distance from the base. The group keep exchanging cards, finding as many locations as possible in a limited time. Start by standing in front of the base each time.
- The star exercise can be turned into a cross country course. Place a card at each control with the bearing required to take them to the next control. Each time the distance can be estimated by pacing (start -1, 45°; 1-2, 80°; 2-3 170°, etc)
- From the start a bearing is given

to the first control, once the control is located, estimate how far away it is by sight. Write the distance down on a card; and then pace to the control, and write down the estimated pacing distance. At the first control hang a card with the exact distance from the start on it, plus the bearing to the next control. Repeat around the course.

Skills & Knowledge

- This exercise provides ideal opportunities for young people to evaluate their skills and to develop and apply the lessons learned. It allows them to improve and develop their performance.
- This exercise requires young people to listen carefully and follow instructions.

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