



Activity

Aims: To reinforce and test basic skills of orientation, including thumbing, use of handrails and route choice. This exercise also promotes decision making.

- Use a map of the whole school/centre site.
- The group is divided into pairs, with everyone setting off in a mass start.
- Visit as many controls as possible in the time set. (E.g. 15 minutes).
- Do not move the markers from the control sites.
- Mark your control card with a punch or crayon.
- Ensure that you arrive at the finish within the time limit.
- The controls can be visited in any order.
- Set a fixed planning time, e.g. 3 minutes.

Review & Evaluation

- What planning did you do before you set off for your first control?
- How would you change the planning if you started this activity again?
- What were the key navigation skills you needed for this activity?
- Did you keep the information found at the controls to yourself and not seek answers from the other competitors?
- How could you have done the exercise more quickly?

Equipment

You will need:

- A map each of the grounds showing 15-20 control sites.
- The same number of orienteering controls with punches or crayons, as marked on the map.
- A control card for each pair.

Preparation

- The control markers and punches need to be put out before the session or at the start of the exercise.
- The group is divided into pairs and issued with two maps and 1 control card. They are set off in a mass start. Partners must stay together. They may visit the controls in any order but must punch or mark their controls in correct box e.g. no.8 in box 8 etc.
- The points for each control visited can be the same e.g.10, or controls further away or more difficult to find may be given a higher score.
- The activity can be time limited, e.g. 15 minutes, with points being deducted for every minute or part minute late.

Differentiation & Progression

- Reduce the number and difficulty of control sites.
- Produce 4-5 master maps showing the control sites to be visited, and give each pair a blank site map to copy the information on to before proceeding.
- The exercise can be done individually with each person having their own map and control card.

Similar activities:

Having pairs of older and younger people can help the success of pairings.

Make each control worth a number of points. (10 for the simplest) with the challenge to score as many points as possible.

Safety Points

- Ensure the young people understand the area for the activity and what is out of bounds.
- Take care to be mindful of other competitors when running with the map.
- Ensure control sites are in safe locations- runners will be approaching at speed.

Skills & Knowledge

Specific Skills

- This exercise encourages young people to keep the map set and to know what the map symbols represent.
- It also emphasises keeping on contact with the map (thumbing) and route choice/decision making.
- Young people need to follow instructions correctly.
- Young people should be encouraged to discuss whether their planning was effective and how they could improve their performance.