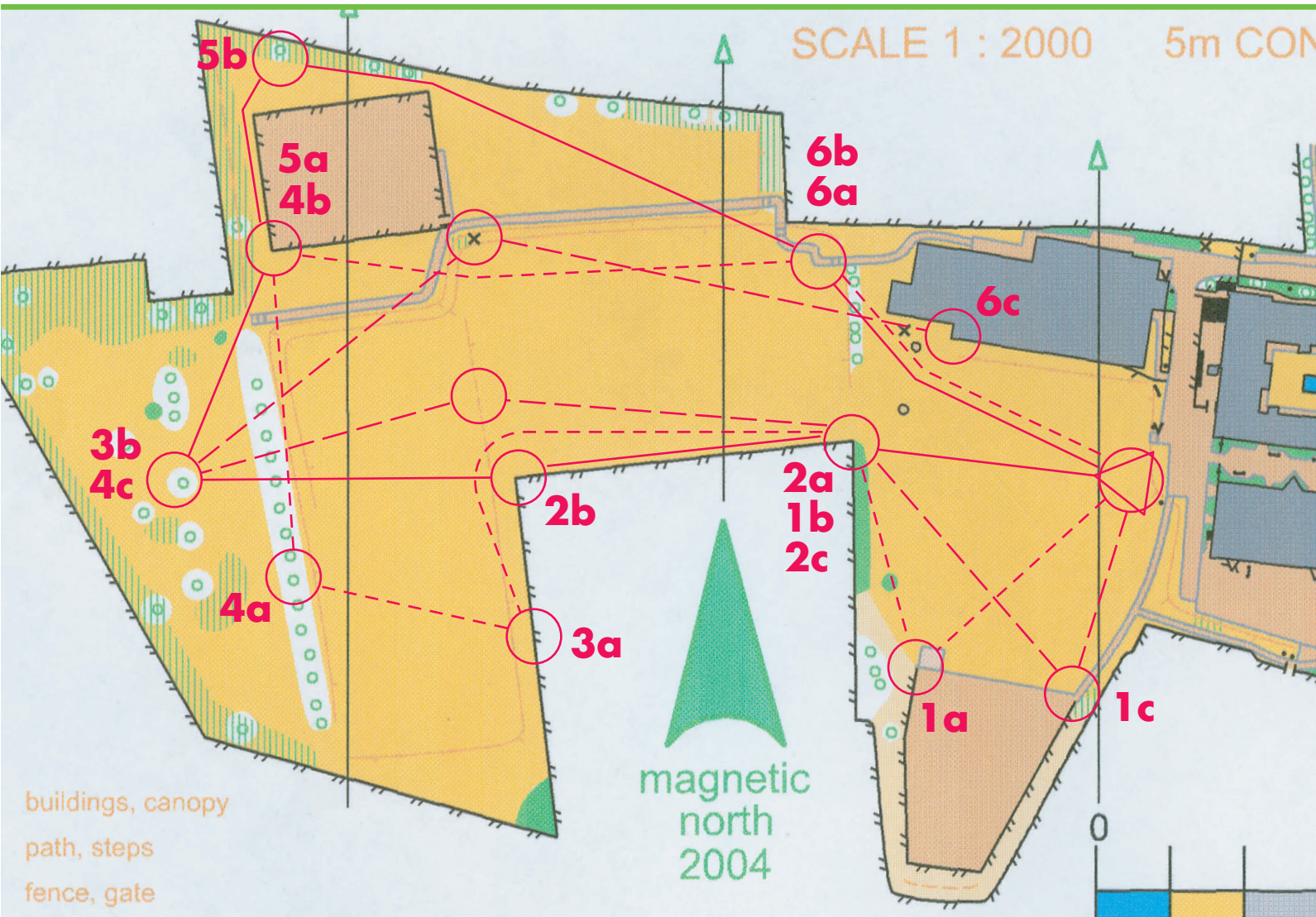




Activity

Aim: To encourage map reading and running in competitive situation.

- Pair up the young people in equal ability pairings.
- They will race head to head, starting at the same time, with one running clockwise and the other anti clockwise round the course. Tell them which way they are going.
- Start the pairs at one minute intervals, or when the first pair have "punched" the first control.
- The first one back is the winner and scores 3 points. The runner up scores 1 point. Any draw scores 3 points each.

Review & Evaluation

- Did you keep your map set all of the time?
- If you made a mistake why do you think that was?

Safety Points

- Be careful about planning legs down steep slopes.
- Nettles and brambles should be avoided.
- Be aware that grassy slopes are slippery when wet, particularly with smooth soled footwear.

Equipment

- The sprints are run as a series of 3 races. You will need a map of your school/centre. This could be a photocopied plan or a proper orienteering map.
- You can use orienteering flags or other things such as cones or plastic bottles etc. If you do not have punches you can use crayons tied to the marker with string.
- Each young person will need a control card with up to 6 boxes and a space for their name.
- It is worth having a results sheet to write down the scores for the 3 races.

Differentiation & Progression

- Cluster Group Sprints: for primary schools these could be held at the local secondary school. Teams could be 4 boys and 4 girls. There will only be 2 races.
- A series of Sprint races could be held in the local parks if they have been mapped.

Organisation & Resources

- The aim is to give exciting head to head races with the minimum of preparation and minimum arrangements on the day. The format can be used from years 5/6 upwards.

Preparation

- The races can be run during a single session or on different days. Each race has 5/6 controls. Plan the course with the start and finish at the same place, and with the controls making a looped course.
- After the first race you will have a pecking order based on the results
- Race 2. Pair up the runners again, winners v winners, runners up v runners up.
- Race 3. Repeat the process. Any odd numbers or odd scores are run against those with near scores.

Skills & Knowledge

- Young people need to use their navigational skills in a competitive situation, balancing speed against accuracy.
- Young people need to listen carefully to instructions.
- Young people need to plan ahead, identify problems and make decisions.