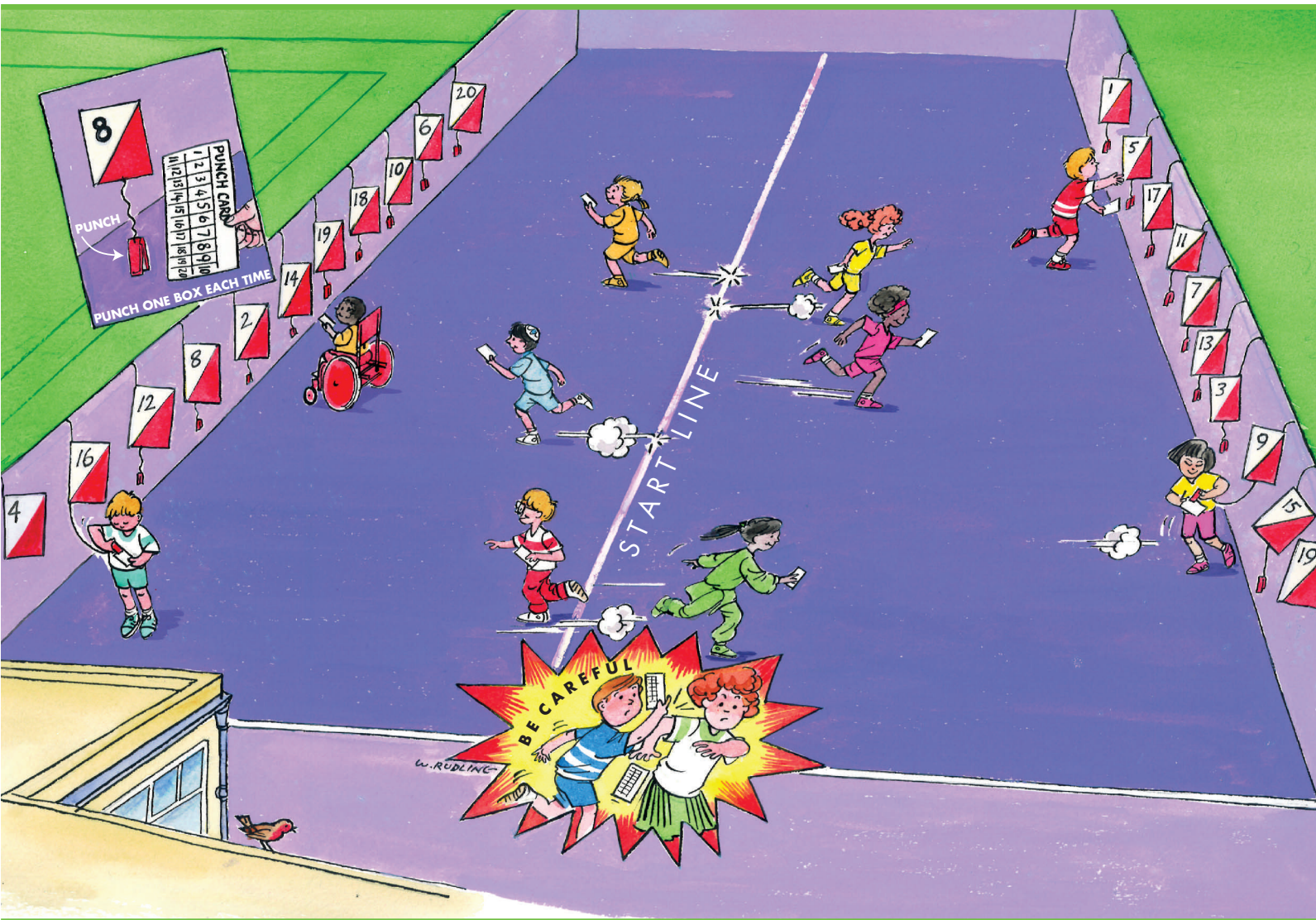


PUNCHING CONTROL CARDS



Activity

Aim: To encourage young people to make decisions whilst running.

- Put out 10 control and punches on one side of the playground/court area. They should have even numbers and be in a mixed order.
- Put out another 10 on the opposite side of the playground/court. These are all odd numbers. Again mix them up.
- Each person needs a control card with 20 numbered boxes.
- From the middle of the playground/court, half the group run to the even numbers, half run to the odd numbers.
- At the control, punch your card in the correct box (e.g. no 12 in box 12).
- Run across the area to another control flag. Repeat until you have visited all 20 control flags.
- Each time you may only punch one box.

Review & Evaluation

- What was your plan?
- How could you have completed this exercise more quickly?

PUNCHING CONTROL CARDS

Organisation & Resources

This activity is suitable for small groups or a group of 30.

Equipment

You will need:

- 20 control flags or markers with punches or crayons.
- A set of cards with even numbers 2- 20. And a set of odd 1-19.
- A control card with at least 20 numbered boxes for each runner (see example on CD).

Safety Points

- Be careful about running in to other people.
- If the end of the playground/court or field is a wall or fence take extra care.

Preparation

- Put out 10 controls and punches with the even numbers on one side of the playground/court. Put them out in mixed order. Put the other 10 with odd numbers on the other side of the playground/court. Again mix them up. The group start from the middle of the playground with half the group running left, and half to the right. At each end of the playground/court they punch their control card at one of the control flags. They must punch in the correct box.
- They then run across to the other side of the playground/court to punch again.

Differentiation & Progression

Easier:

This exercise can be made easier by shortening the running distance, and by also putting the controls in number order e.g. 2, 4, 6, 8 and 1, 3, 5 etc.

Harder:

The group could plan and work as a team. Increase the running distance.

Similar activities:

Make a set of large cards with orienteering signs and symbols on (e.g. start, finish, building, fence.etc). Number the cards 1-10.

Make an identical set, but this time put letters on A-J.

Put the cards out either on the field or on the playground/court, numbers on one side, and letters on the other.

Each runner will need a card and pencil. The exercise is to match up the numbers and letters. The exercise can be done more quickly by remembering more than one card at a time.

Skills & Knowledge

- Listening to instructions is important in this exercise.
- This exercise benefits from young people evaluating their performance and discussing how they could have improved.