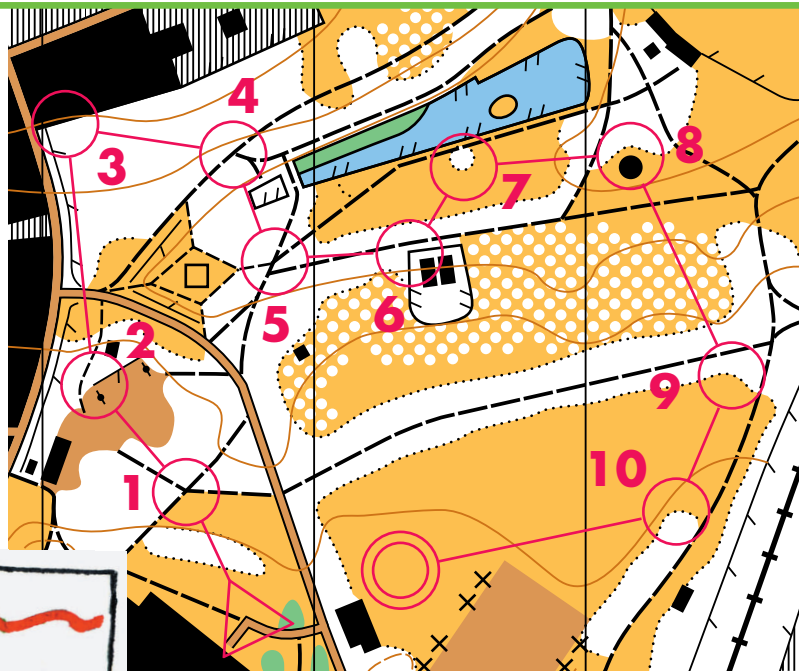
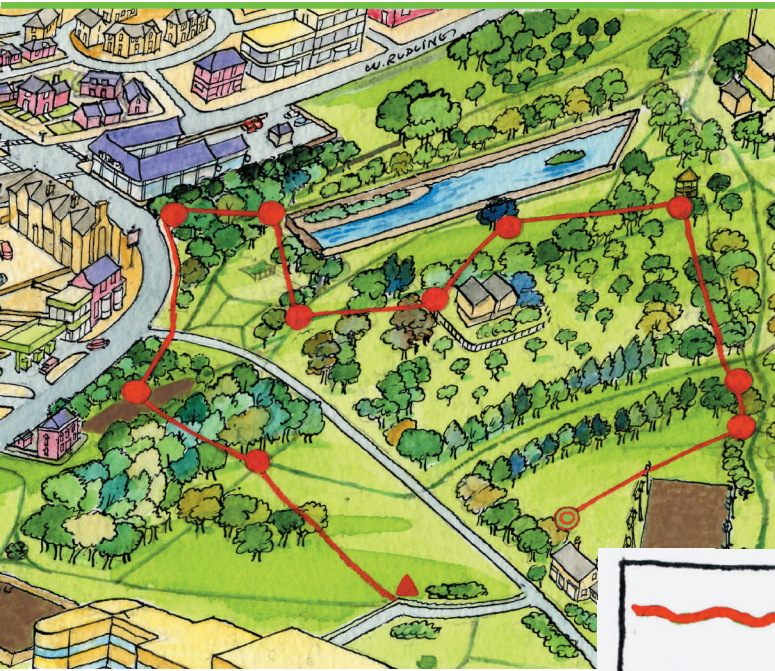




Preparation

- On your chosen site (school, parkland, woodland) link up distinctive features that will make good control points. Obvious changes in direction will help young people to locate on the map.
- Put out the string joining up the controls from start to finish (500-1000m is a good range). Put out controls at the chosen points.
- Mark up maps with the red line only showing the route of the string course.

- Orienteering is a running sport. Send the young people round the line individually at intervals with a control card. Follow the string, run and mark your card at each control. This gives the feel for finding controls and running through the terrain (school site or trees)
- Then send the young people, individually or in pairs, with a map each. At each control they look where they are and match it with a description, and try to find the place on the map - on the red line. Mark the spot with a pen or crayon.

Activity

Aims: To encourage map reading and running, This exercise can also be used to simplify navigation in a complex area.

- Remind young people that orienteering is a running sport.
- Send the young people round the string individually at intervals with a control card. They should run and mark their card at each control.
- Send the young people round the course again, either individually or in pairs, with a map each.
- At each control look where you are and match it with the description. Try to find the place on the map - on the red line. Mark the spot with a pencil or crayon.

Review & Evaluation

- When you were running around the course did you catch up with anyone, or did someone overtake you? Why was this?
- What helps you to work out where on the map the controls are?

Organisation & Resources

- String courses are particularly good for giving beginners the feel of orienteering - running through trees, finding controls, punching/marketing control cards - for some an adventure.
- On your chosen site: school, parkland or woodland, link up distinctive features that will make good control points. Obvious changes in direction will help young people locate on the map.

Equipment

- Put out the string joining up the controls from start to finish. Follow the easiest route through trees, across streams and holes in thickets. Be creative but think about the age of participants. 500m to a 1000m is a good range, Put controls out at the chosen points with an orienteering punch, wax crayon or electronic punch. Control cards for each person are also required.
- Mark up maps with a red line only, from the start to finish, showing the route of the string course.

Differentiation & Progression

- A streamer or similar marker can be hung on the string indicating that the control is off the string course. Young people leave the string on a line feature eg fence, path hedge line. After reaching the control and marking their control card they then return to the string and continue to the next streamer.
- Maps should be marked up showing the course of the string, a mark (eg a cross) where the streamer is and a circle for the control at its position on the line feature.
- A point to point (cross country) course at white/yellow standard can be put out. The string is put out surrounding the course. The string acts as a safety line and should not be crossed.
- For younger children simplified maps with colours marking the position of control points could be used.
- For the very young the string course can be used with picture maps to encourage map to ground feature identification. The control card could have picture codes which will be found at each control (eg compass, rabbit, car, Postman Pat).

Safety Points

- Make sure the string is not a hazard to the young people or to other people using the area.
- Keeping to the string ensures young people, even in a new area, do not get lost.

Skills & Knowledge

- This exercise is good for building up the confidence of beginners, especially those in the younger age groups. The course can be made adventurous by taking it through trees.
- The exercise is good for developing map to ground feature recognition.
- Young people need to listen carefully to instructions.
- Young people should be encouraged to relate where they have been on the map and discuss the position of the control markers.