

Orienteering Services for Schools

Combining Physical Activity with Problem solving.

KS1 - KS2 Scheme of Work and Resources = £150.00

An electronic pdf version of the scheme of work and supportive resources on a memory stick. Plus an A4 folder containing the 114 pages paper copy of the scheme, resources and an assessment guide for Years 1 - 6.

In order to use this Scheme your school needs an orienteering map of the school site, or local park.

Survey of School site and mapping = £260.00

A survey of your school site (2-3 hours visit) in order to produce an Orienteering map of the site. Once agreed, we will provide 30 hard copies on waterproof paper and an electronic pdf of the map.

Additional Options

Permanent Course = £300.00*

Most schools now choose to have a Permanent Course of about twenty, multi-challenge, signs installed on the school site plus details of Activities and Challenges to use with the Permanent Course. Such a set-up saves a lot of lesson preparation time for staff. Setting up a Permanent Course involves site-specific work and costing. *Average cost for most schools. Additional travel costs may apply.

Portable Controls = £100.00

A set of twenty Orienteering Punches, including an example of how to make them up into portable Bottle Controls. We also include numerous Activities and Challenges that can be used with these Portable Controls.

CPD opportunities

We can also provide a twilight training session for teachers/TAs – contact us for more information.

“Teaching Orienteering Part 1” – Certified British Orienteering, full day, course for teachers / TAs / Sports Leaders. See www.britishorienteering.org.uk for details.

Travel Expenses: We charge 40p per mile for any school beyond a 20 miles round trip (We are based near Derby).

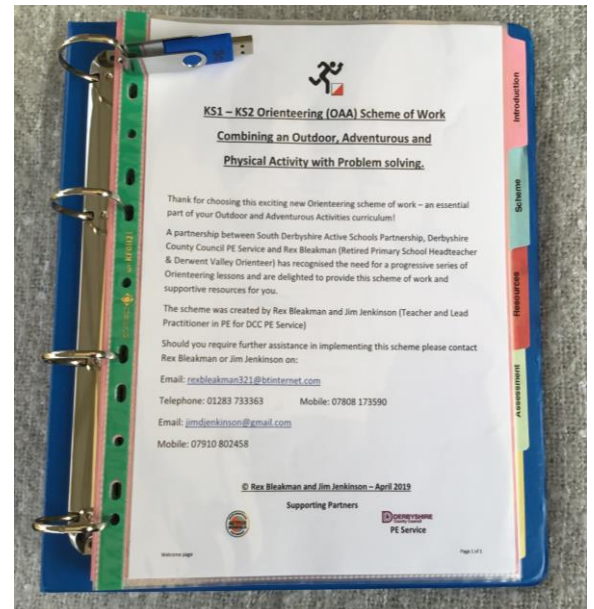
To discuss and purchase any of the above options please contact:

Jim Jenkinson – KS2 Teacher, PE Coordinator and Lead Practitioner in PE for Derbyshire County Council

✉ jimdjenkinson@gmail.com

Rex Bleakman – Retired Headteacher, British Orienteering Coach and regular Orienteer.

✉ rexbleakman321@btinternet.com





Skills Map



Orienteering is a great sport combining Physical Activity with Problem solving.

- For fitness with fun
- Problem solving
- Develops self-confidence
- Inexpensive
- Safe
- Cross Curricular

Teaching/Coaching the fundamental Orienteering Skills

N.B. it is essential that these Skills and the associated Activities be taught using a real Orienteering Map of a school site or local park.

Skills progression (X = when first taught)

Introduction to skills will begin in Year 1 and developed, as appropriate, to the needs of the children throughout the Key Stages. These learnt skills will be applied throughout the child's Orienteering lessons. Some repetition / reinforcement is recommended at the beginning of each year group.

Activity Progression (X = when, initially or appropriate to use)

If children start Orienteering in Year 1 these Activities would be ideally used as shown. However, the activities, with age-appropriate situations and resources, can be used for any year group (Yr1 onwards). Activities may take up more than one lesson.

On the following page is the Skills Progression and Progressive Activities Map.

(N.B. Teaching Skills H to N needs more complex terrain)

Activity	Key Skills	Yr. 1	Yr. 2	Yr. 3	Yr. 4	Yr. 5	Yr. 6	Yr. 7	Yr. 8	Yr. 9	Yr. 10
Basic Map / Plans	A, B, C	X	X	X	X						
Simple Map Exercises	A, B, C, D	X	X	X	X	X	X	X			
Cones walk/run	A, B, C, D, E, F		X	X	X	X	X	X			
Gym maps	A, B, C, D, F		X	X	X	X	X	X	X	X	
Court/pitch Numbers	A, B, D, F, G			X	X	X	X	X	X	X	X
Map symbols	A, B, C,		X	X	X	X	X	X	X	X	X
Symbols learning activities	C, A, B		X	X	X	X	X	X	X	X	X
Site map walk	A, to H		X	X	X	X	X	X	X	X	X
Site map Star based activities	A to G			X	X	X	X	X	X	X	X
Site maps loops activities	A to G			X	X	X	X	X	X	X	X
Team competitions	A to G				X	X	X	X	X	X	X
Individual Head to Head competitions	A to G				X	X	X	X	X	X	X
Score Competition	A to G				X	X	X	X	X	X	X

Key Stages 1, 2 and 3 Skills

A = To be able to 'Set' the map or plan using the terrain or plan features

B = 'Map to Ground' and 'Ground to Map' – To be able to read / understand the map or plan and relate it to the actual features

C = To be able relate real features to drawn symbols on a map/plan

D = To be able to know where you are on your map/plan at all times "Thumbing"

E = Folding the map to enable you to concentrate on your immediate area and route.

F = 'Route Choice' – Being able to choose the best route from your current location to the next place/Control you are visiting.

G = Navigation – To be able to plan your travel from one place to the next using the best route.

H = Handrail – To be able to use a linear/line feature such as a path ditch, stream or edge of a wood to keep you on the right route.

I = Aiming Off – Deliberately aiming to the left or right of a place that you want to go to/ Control, but cannot see, will enable you to know that when you get close to the place it will be on your right or left.

J = Attack Point – An easily identifiable feature near to where you want to get to, so that you can then confidently get to your destination.

K = Catching Feature – A place or feature beyond, but near to your destination, which tells you that you have gone too far.

L = Distance Judgement – Using the scale of the map and relating it to the area/ground/terrain to help you estimate fairly accurate distances.

M = Rough O and Fine O – The first enables you to move quickly to an attack Point near your destination.

The second is when you are in a complex area, often near your destination, and need to be more care, often using a Compass.

N = Relocation – If you are lost you need to find a feature you can see on the map which enables you to relocate/know where you are.