

# ORIENTEERING

<b>Objectives:</b> 1. To warm up safely and correctly 2. To know the cardinal points of a compass 3. To picture orienteer with success	<b>Equipment:</b> Laminated pictures of places around school grounds, marker cones with letters written on, pencils, watch, record sheets, Large cones, NSEW labels, Brief history sheet	Year: 5/6 Date:
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<b>Literacy: Keywords</b>	Cardinal points, orienteer, control, map memory	<b>ICT:</b>
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<b>Numeracy:</b>		<b>Citizenship:</b>	Working cooperatively, following instructions
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**Theme: Intro, picture orienteering (lesson 1)**

Timing	Lesson	Content	Teaching points	Code	Image
	<b>Discussion</b>	Intro into orienteering – ‘orienteering – a brief history’ copy and give out one between two. Read though as a group. What is orienteering? Motor rallying on foot, cunning running North, South, East, West known as cardinal points.		<b>FH</b>	
	<b>Warm Up</b>	Set out a star shape with 4 cones labelled N,S,E,W. Pupils to Jog to each cone and back to middle, Vary running styles Place smaller cone in between main cones to show NW, NE, SW, SE Pupils to jog to each of these and return to centre.	<b>Shout NSE or W as each cone passed.</b>	<b>AD FH</b>	
	<b>Main Activity</b>	<p><b><u>Picture Orienteering</u></b></p> <p>In pairs pupils look at picture of a control point. Initially take picture for first couple of visits. Pupils to visit control and record letter written on cone then return to start.</p> <p><b><u>Progression</u></b></p> <p>Map memory – pupils look at picture and memorise where to go. Visit control and return.</p> <p><b><u>Extension</u></b></p> <p>Map memory – show pupils 2 or 3 pictures of controls to visit. Memorise each one then visit in turn before returning to start.</p> <p>N.B. Less able pupils to form a small group and visit control with TA</p>	<p><b>Safety points</b></p> <ul style="list-style-type: none"> <li>Stay in pairs</li> <li>Move quietly around school</li> <li>Spend 3 minutes maximum looking for control</li> <li>Stay inside school grounds</li> <li>No cutting through buildings</li> <li>Make a note of finishing time and return before</li> <li>When teacher blows whistle twice everyone has 1 min to return.</li> </ul>	<b>AD SA FH</b>	
	<b>Cool Down</b>	Jog around cardinal points Or if last group jog as pairs to collect marker cones (controls) back in using map memory. Walk back		<b>FH</b>	
	<b>Plenary</b>	What are NSEW better known as? Why is orienteering described as cunning running?	<b>Cardinal points</b>	<b>EI</b>	