

Orienteering Discovery Day

KS3, KS4, post 16

Key Subjects: Geography, PE, Team Building

Venue: Lee Valley White Water Centre

Programme Length: 4 hours (including 30 mins lunch)

SESSION AIM

To learn the fundamental principles of navigation using the essential skills of map and compass reading whilst exploring our permanent orienteering course. To work in groups testing tactical planning with our score course.

ACTIVITIES

Welcome and introduction to the programme

- ❖ Safety talk- including safety sack contents and appropriate behaviour
- ❖ Additional specific rules relating to orienteering
- ❖ Summary of programme
- ❖ Division of students into teams of at least four people
- ❖ Distribution of equipment (map, compass, scorecard and pencil)
- ❖ Discuss how to identify various map features and how to use the map key
- ❖ Instruction on how to use a compass and how to use it to orientate the map

Orienteering in the Lee Valley Regional Park

- ❖ Teams are set off from the base then work together to navigate round the course as quickly as possible returning to the base within the allocated time. LVRPA staff patrol the course during the activity.

Conclusion of activity and competition results

- ❖ Teams are timed in and score cards/map packs are collected in by LVP leader
- ❖ When all teams have returned the LVP leader will announce results of the competition

LEARNING OUTCOMES

Most children will be able to:

- ❖ Understand the meaning of orienteering and the skills involved
- ❖ Recognise the importance of working as a team when taking part in an orienteering activity
- ❖ Use a compass to find north and to orientate a map
- ❖ Read an orienteering map and recognise symbols featured on a map
- ❖ Appreciate the need to follow health and safety rules and advice when orienteering in the Lee Valley Regional Park
- ❖ Accurately record control letters on a score sheet
- ❖ Devise an approach to completing an orienteering course in order to gain a maximum score in minimum time
- ❖ Understand the following key words and phrases used in the session:

Compass, Magnetic Pole, Direction, Orienteering, Orientate, Out of Bounds, Pathway, Clearing, Scale, Symbols, Key

SAFETY All activities and sites are risk assessed. All Lee Valley Regional Park teaching staff carry mobile phones and first aid kits. Groups should follow their ratio guidelines. We provide a copy of our safety rules for teachers to discuss with students prior to visit. Further H&S information is available at visitlee valley.org.uk/education

CLOTHING AND BAGS Appropriate outdoor clothing e.g. waterproofs, suitable footwear, sun cream and hat. It is recommended that hands free bags are brought to carry lunch etc.

RESOURCES All required resources and equipment are provided.

BEHAVIOUR Teachers are responsible for good behaviour throughout their visit including lunchtime supervision.

ASSESSMENT Open-ended questioning, ongoing peer discussion, sharing experiences, investigating results, predictions and plenary sessions.

WASTE AND RECYCLING Please see our website regarding lunch waste and our recycling policies.

POST VISIT Pupils can send their trip inspired letters, poems, pictures and environmental pledges to youthandschools@leevalleypark.org.uk A selection will be displayed online at visitlee valley.org.uk/education

IDEAS FOR PREPARATION WORK

Discussion on the following points:

How to dress suitably for the visit: old clothing and comfortable, closed in footwear is best. Students should bring hats, raincoats or water bottles according to the weather on the day.

Please see our guidance notes www.visitleevalley.org.uk via education/plan your visit if you require further details.

Make students aware of the countryside code in order to provide behaviour guidance when working outdoors, which is particularly important for year 9 and above students who will be allowed out into the park in their teams without direct adult supervision.

Familiarise the students with maps, how to read a map, using map symbols and keys, and map scales. If possible some introduction to compass work such as how to hold a compass and to find the cardinal points, north, south east and west.

IDEAS FOR FOLLOW- UP WORK

Referring back to the information from the visit, the students could:

Design an orienteering course

Using a map of the playground or schools grounds the students could design their own orienteering course. They could either pace out the playground to draw their own map to scale, or be given an outline map of the playground, or the whole school site with the buildings, car park, boundaries clearly marked.

Measuring Distance

This activity can be done with any map available. It is much easier to understand the concept of scale if the scale can be measured in real life by the pupils. Thus, a simple map may be drawn of the classroom or school grounds where the scale may be 1 pace (50 cm) = 1 cm on the map. The pupils could then pace out the classroom and relate it to their classroom map and the scale used on it. Using a ruler they can then work out how many paces different points in the classroom would be from each other.

Useful ideas for orienteering activities can also be found on the British Orienteering website www.britishorienteering.org.uk

To book or discuss this programme please contact the Youth and Schools Service on
03000 030 618 or email youthandschools@leevalleypark.org.uk