

Key Subjects: Geography and PE

Venue: Waltham Abbey Gardens and Cornmill Meadows

Programme Length: 2 hours

SESSION AIM

To work as part of a team and learn the skills needed to navigate part of the Lee Valley Regional Park using a map and compass in an introduction to the sport of orienteering. To understand map symbols and how to orient a map. To develop strategy, planning and time keeping skills.

ACTIVITIES

Welcome and introduction to the activity.

- ❖ Introduction to orienteering, the aims of the programme, description of the control posts (*approximately one metre tall with a red and white top which has a number on the white section and a letter on the red section*) and an explanation of the scoring system. Students must use the map and compass to locate certain numbered control posts. To prove they have found them they must record the letter shown on the post in their score booklet. They must return to the base no later than the time given by the LVP leader no matter how many/few posts they have been able to find. If they find all of the posts, they should return to the base as soon as possible, as time will be taken into account in the event that two teams should score the same number of points. They must also attempt to solve the riddles in the booklet which can be done at any point in the time given.
- ❖ Division of students into teams of at least four people, including an adult, which they will work in throughout this activity. Teams also have to decide upon a name for themselves, preferably with a link to nature or the Countryside
- ❖ Equipment distribution – each team is provided with a map case containing a map, compass, pencil and score booklet.
- ❖ 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 orient the map
- ❖ Safety talk – including appropriate behaviour and contents of the safety sack. Additionally specific rules relating to orienteering such as instructing groups to stay together at all times (if teams are caught splitting up, they will be disqualified from the competition), using bridges to cross water, boundaries and out of bounds areas, how to contact LVP staff if necessary and the time they must return to the base. One LVP leader will remain at the base throughout the activity and another will be out on the course to supervise and assist teams as necessary

Cunning Running Orienteering in the Lee Valley Regional Park.

- ❖ Teams set off from the base and the time they leave the base is recorded by the LVP leader
- ❖ Teams work together to use the map and compass to find the controls as specified by the LVP leader
- ❖ Teams return to base when they have found and recorded all of the posts they have been asked to find. Even if they cannot find all of the posts on, or before, the time limit specified by the LVP leader, they must return to base no later than the time given otherwise a score penalty will be incurred

Conclusion of activity and competition results.

- ❖ Teams are timed in and score cards/map packs are collected in by LVP leader

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 visitleevalley.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 visitleevalley.org.uk/education

- ❖ Teams must wait until all teams have returned so that LVP leader can calculate the scores and process the results.
- ❖ When all teams have returned, the LVP leader will announce results of the competition.
- ❖ Programme conclusion and hand washing

LEARNING OUTCOMES

By the end of the programme most children should 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 orient a map
- ❖ Read an orienteering map and recognise some of the main 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

By the end of the programme some children will also be able to:

- ❖ Explain and demonstrate to others how to orient a map using a Compass and north lines on a map and give examples of directions that are needed to get to specific points
- ❖ Read an orienteering map and recognise most of the main symbols featured on a orienteering map

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. Also to remind students to dress and bring hats, coats, water bottles depending on the weather on the day. Please see our guidance notes www.leevalleypark.org.uk via Things to do > Youth and Education > Health & Safety if you require further details.

It would be very helpful to spend some time familiarising the children with maps, how to read a map, using map symbols and keys, and map scales. They could look at some maps of their local area and walk a section of this map to appreciate the scale. They could also draw a simple map of a familiar space within the school.

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 school 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.

To extend on this the students could work in teams to design a simple orienteering course challenge within the school grounds for their fellow students to complete.

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. Alternatively items could be hidden at certain points and the pupils could mark on their maps where these items were found. 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

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