

# the outdoor classroom

## orienteering

### Curriculum focus:

Geography, PE

### Keywords:

Orienteering, Map Reading, Team Work, Maths

### Skills learnt in this worksheet include:

Using and Interpreting maps  
Thinking skills  
Team work  
Problem solving  
Planning  
Investigating the local area

### What is orienteering?

(Definition by the British Schools Orienteering Association)

“Orienteering is similar to a cross-country race but you navigate using a map instead of following a set course.”

“An outdoor sport where you navigate at your own pace between control markers on a set course using a map and sometimes a compass.”

### Resources required for this activity:

Orienteering maps  
Working map of Kneller Gardens and Mereway Nature Park  
Working map of Crane Park Outdoor Classroom  
Recording materials e.g. pens, pencils  
Compass or GPS (optional)  
360° protractor mounted on a board or stiff card  
Ruler

### Further information:

[www.britishorienteering.org.uk](http://www.britishorienteering.org.uk) British Orienteering

[www.bsoa.org](http://www.bsoa.org) British Schools Orienteering Association

Jinny Johnson Maps and mapping, Kingfisher, 2007 ISBN 9780753414170

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Ideas for activities on site:

### 1. Follow the trail shown on the orienteering map.

Controls could be placed at points shown on the map marked with the numbers 1 to 11. Problems could be given to solve at each point or a letter that makes up a word could be placed at each of the control points e.g. environment.

		Mereway & Kneller Gardens	Crane Park Outdoor Classroom
1	E	railway bridge	outdoor classroom
2	N	bench by the river and railway	tree with birdboxes
3	V	corner of railway / housing	pedestrian bridge
4	I	plane tree near entrance to Meadway	millstream
5	R	willow tree near tennis courts on the river path	burnt tree with tunnel
6	O	centre of the maze on the river path	dead tree log
7	N	natural playground	River Crane
8	M	railings of pavilion	Hanworth Road bridge
9	E	pedestrian bridge	mill ruins
10	N	FORCE notice board	London Loop marker
11	T	bramble notice board	hazel copse

Additional activities could be included between each or a few of the control points. There is space on the map for notes. Some examples below:

#### Mapping activities

- In which direction are you facing when you look at the control point?
- Face north what can you see?
- If you turn SW what buildings can you see?
- What is the tallest building that you can see from this point?
- Which direction is it in?
- From this control point which direction is the tennis court?

#### Counting activities

- How many trees are immediately ahead of you?
- Count the carriages of a passing train.
- Count how many cars pass over the bridge in two minutes
- How many bridges can you see from this point and how many are shown on the map?
- How many paces between this control point and the next?
- How many children are in the play park?

#### Observational activities

- Can you see anything that begins with the letter associated with the control marker?

### 2. Design an orienteering challenge

Working in groups and using the map pupils could design their own orienteering course. Other groups could take the challenge.

To make the challenge more difficult there could be a time limit set to follow the course.

### 3. Blindfold challenge

Simple courses could be designed to be completed blindfolded.

Work in pairs with one person blindfolded. The person with the blind fold should be led with by their partner around a brief course.

Limit the methods of communication e.g. only especially designed signals using finger tips. One suggested route is along the woodland path at Mereway Nature Park from the class room table towards the river and back again. A log could be placed across the path if further obstacles were required.

A more difficult challenge could be set using a rope, with an adult leading and another at the back. Groups of up to 12 blindfolded could follow this route. Methods of communication could be limited.

Additional activities could be introduced e.g. feel the bark of a distinctive tree and look for the tree once the blindfold has been removed.

### 4. Scent trail

Create a short scent trail by rubbing objects such as tree bark, with either a lemon or an onion, and see if it is possible to follow the trail.

This activity could also be carried out blindfolded.

### 5. Orienteering challenge

In groups, design an orienteering challenge by marking up a map using a compass or GPS and distances measured in footsteps.

Challenge other groups to follow the course.

### 6. Introduce scales to your maps by taking bearings

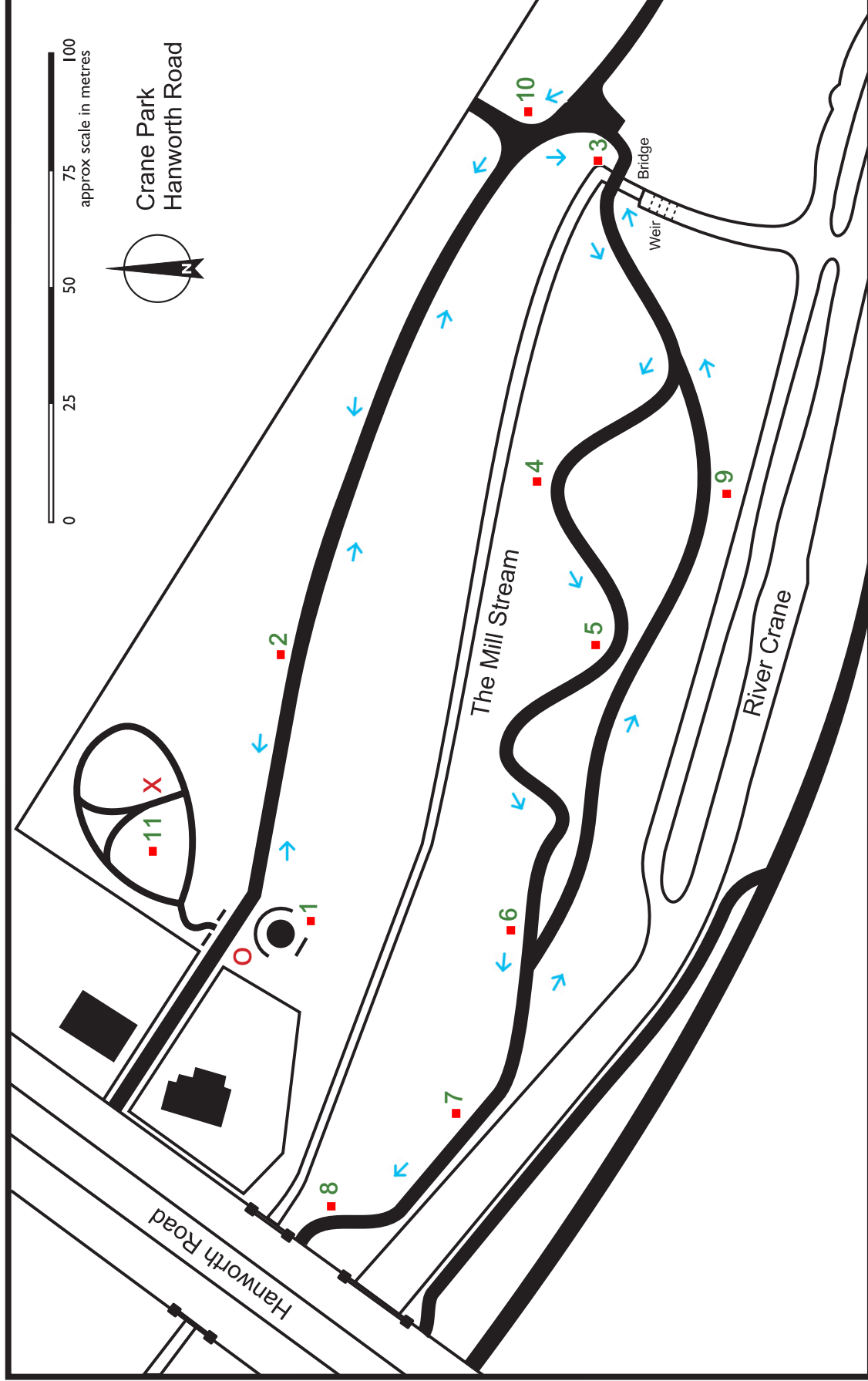
Make a bearing board to measure angles by using a 360° protractor pinned to a piece of piece of stiff board. 0/360° should point North, 180° should point south.

Line up 2 objects on the bearing board. The angle between the 2 lines is the bearing. The angle is read in a clockwise direction from the north.

This measurement together with the distance between objects will allow you to plot their positions accurately on a map. The distance can be measured in paces.

# the outdoor classroom orienteering map

name: \_\_\_\_\_



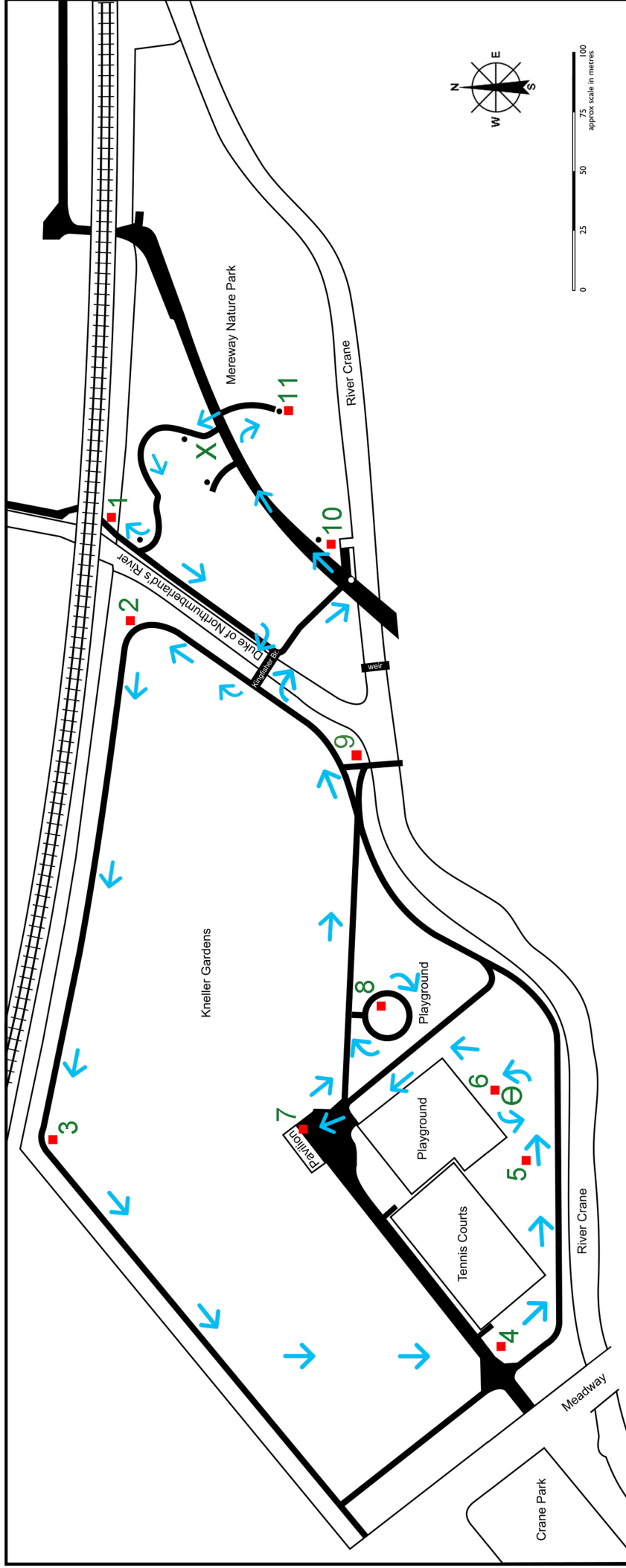
control points  
e.g. 1 = E

key:	start	finish	control point	direction
	O	X	■	→

crane park outdoor classroom

# the outdoor classroom orienteering map

name:



control points  
e.g. 1 = E

**key:**

- start / finish
- × maze
- control point
- direction