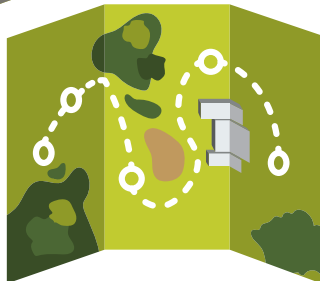


Orienteering

RACE IN NATURE



Activity

Orienteering is a fun sport where fitness, map reading skills and clever thinking all plays a part in who can get around a course in the fastest time. Orienteering can be a fun way to explore your school grounds and move through nature, it can also be competitive with time being a motivation.

- **Provide (or create) a map of your school grounds.** Clearly identify the boundaries for this activity.
- **Provide a list of locations** for students to include as their orienteering controls, for others to find.
 - A native tree, an exotic tree, a nice place to sit in the sun, a quiet place, a noisy place, a place where the wind blows litter, a place where insects like to live, a tree that birds visit often etc
- **Take a walk outside** and encourage students to explore locations suitable to place an orienteering control/marker, for others to find. Keep your ideas secret!
 - Students mark on their map where to put their controls.
 - They could also write clues that can be used instead of controls.
- **Teacher to select which maps** (or take time to explore all the courses) to be set out.
 - Course(s) can be completed individually, in pairs or groups of three.
 - Set students off at intervals if you are wanting to use time as a motivation.
 - Stagger where students start on the course to avoid 'tail gating'.

Students will need:

- **Map of school grounds** (or create your own as a separate activity)
- **Orienteering controls/markers** (or create your own class set)

Extension ideas

Students create your own map of the school grounds and

- Add landmarks to your map to add interest and accuracy to your map.
 - Large trees, sheds, fences, playground, seats, gardens
 - Categorise common landmarks with a symbol and add a key to the map

Create your class set of orienteering controls

Traditional orienteering controls are a square flag with a diagonal of orange and white. For this activity they could be

- Fabric flags or cards, painted rocks or specific items to locate
- Make sure you number or code each control so students prove they have located the control

Measure your distances/times

- Estimate distance and use measuring tools to determine the distances between each control point
 - Who in the class had the longest course? Shortest course? Mean, median, mode etc.
 - What was the fastest times, average time etc.

Other resources

Short film – 10 elements of orienteering

<https://www.orienteering.org.nz/resources/schools-resources/>

doc.govt.nz/education
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