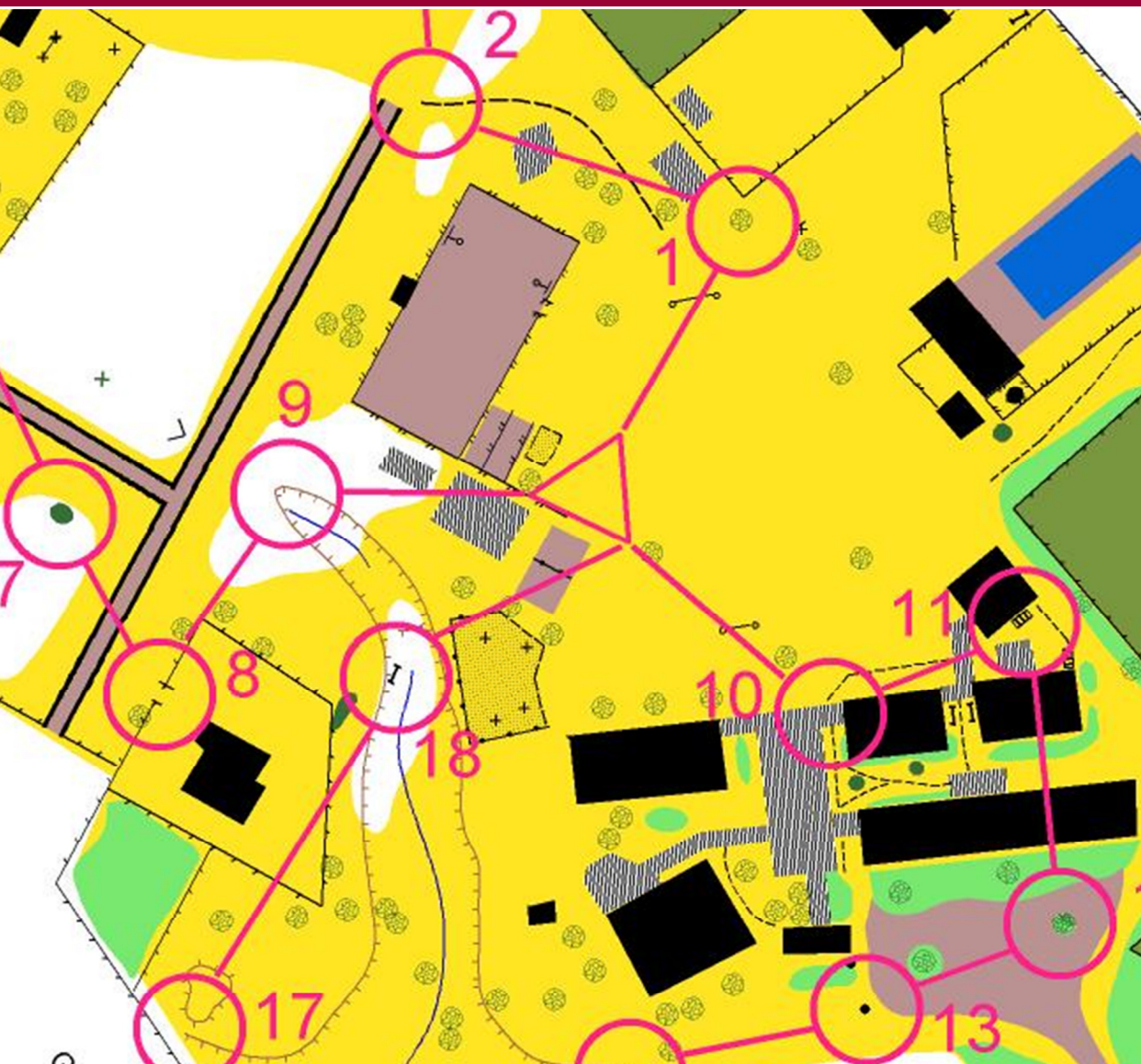


# “ORIENTEERING GAMES”

## THE ULTIMATE TEACHING RESOURCE



ORIENTEERING ACTIVITIES			GRADE DIVISION				AREA			GROUPING		
ACTIVITY NAME			K-P	1-3	4-6	7-9	Table Game	Restricted Area	Extended Area	Individual	Pairs	Group
<b>4. Types of maps Pages 33-37</b>												
4.1	Rescue Rapunzel		x	x					x		x	
4.2	Wild Things			x				x			x	x
4.3	Map bingo			x	x		x					x
4.4	Find our names				x		x					x
4.5	Street directory				x		x					x
4.6	Where's that?				x			x				x
4.7	Summer vacation				x			x				x
4.8	Exploring				x	x	x					x
<b>5. Black &amp; White map Pages 38-45</b>												
5.1	Geometric shapes			x	x			x			x	x
5.2	Tuckshop sprint			x	x				x			x
5.3	Drawing circles			x	x			x				x
5.4	Pirates gold			x	x	x			x		x	
5.5	Mixed loops				x	x			x	x		
5.6	Mystery controls			x	x	x			x	x	x	
5.7	Lucky colours				x	x			x			x
5.8	8, 12 or 16 out of 20				x	x			x	x	x	
5.9	Team scatter		x	x	x	x			x			x
<b>6. Sprint map Pages 46-53</b>												
6.1	Pegs and buckets		x	x	x				x			x
6.2	All age relay		x	x	x	x			x			x
6.3	Butterfly relay			x	x	x			x			x
6.4	Kangaroo			x	x				x	x	x	
6.5	Chasing start				x	x			x	x		
6.6	Clover leaf relay				x	x			x			x
6.7	Win the Flag				x	x			x	x		
6.8	Gold rush				x	x			x	x		
6.9	Zoo				x	x			x		x	x
6.10	Czech style relay				x	x			x		x	
6.11	Lucky dip				x	x			x			x
6.12	Map marking race				x	x			x	x		

ORIENTEERING ACTIVITIES			GRADE DIVISION				AREA			GROUPING		
ACTIVITY NAME			K-P	1-3	4-6	7-9	Table Game	Restricted Area	Extended Area	Individual	Pairs	Group
<b>10. Contours Pages 84-91</b>												
	10.1	Build a volcano	x	x	x			x				x
	10.2	Colour the contours			x	x	x			x		
	10.3	Seven hills model			x	x	x					x
	10.4	Icing on the cake			x	x	x					x
	10.5	Contouring			x	x			x		x	
	10.6	Slippery slide			x	x			x	x		
	10.7	Zigzag railway			x	x			x		x	
	10.8	Race around the knoll			x	x			x			x
	10.9	Knolls and saddles			x	x			x		x	
<b>11. Route choice Pages 92-101</b>												
	11.1	Obstacle course			x	x			x	x		
	11.2	Night scatter			x	x			x		x	
	11.3	Dead end race			x	x			x	x	x	
	11.4	Trick or treat			x	x			x		x	x
	11.5	Twister course			x	x			x	x	x	
	11.6	Three elites			x	x	x					x
	11.7	Handrail scatter			x	x			x		x	
	11.8	Water ambush			x	x			x		x	x
	11.9	Bike O route choice			x	x			x	x	x	
	11.10	Long O route choice			x	x			x	x	x	
	11.11	Robelle Domain			x	x			x			x
<b>12. Kids can set Pages 102-110</b>												
	12.1	Combination relay	x	x	x	x			x			x
	12.2	Koala spotting		x	x				x	x		
	12.3	Forward and reverse		x	x				x			x
	12.4	Pairs 2 part relay		x	x				x		x	
	12.5	Rob the bank			x	x			x		x	
	12.6	Golfers 18			x	x			x	x	x	
	12.7	N, S, E and W relay			x	x			x			x
	12.8	O Scrabble			x	x			x			x
	12.9	2 Maps: 1 on 1 race			x	x			x		x	
<b>Appendix 1</b>		<b>Legend</b>				<b>Pages 115-116</b>						
<b>Appendix 2</b>		<b>Glossary</b>				<b>Pages 17-119</b>						
<b>Appendix 3</b>		<b>Course setting</b>				<b>Pages 120-124</b>						
<b>Appendix 4</b>		<b>Worksheets</b>				<b>Pages 125-176</b>						

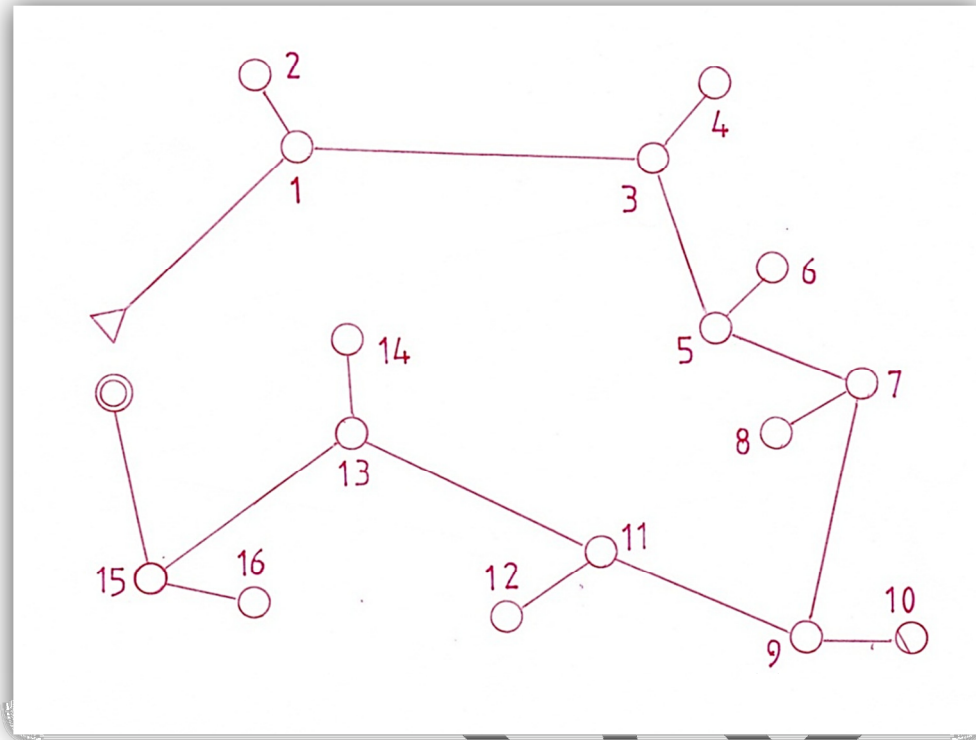


Figure 32: Gold rush - Sample control placement for a Peg Race



Figure 33: Zoo -Sample control placement

6.11	<b>Sprint maps: Lucky dip</b>	4-6 7-9	E	G
	Scatter course	School/Park map	Punch	

**Aim:** Students demonstrate the ability to apply navigation and map-reading skills to orienteering.

**Equipment:** Flags (20), punches, punch cards, pre-marked maps, clue descriptions 2 sets (1 complete set taped to the back of every map), scissors (1 pair per team), boxes (1 per team), permanent marking pens (1 per team), and pencils.

**Preparation:** Set a scatter course with 20 control sites. Pre-mark maps showing all control sites, numbered 1 to 20. Type a list of clue descriptions, double spacing between each description. Allocate four runners to each team. Label each team's box with their names or a team name (e.g. *The Hares*.) Each team cut the clue descriptions and place individual descriptions in their box.

**Activity:** Use a mass start. On the go signal each runner takes five clue descriptions at random, from their team box. Runners must mark the five controls they draw in the lucky dip, on the clue sheet on the reverse side of their map. Then runners set off to find only the five control sites matching the clues they drew in the lucky dip. All four team members must report to the finish together to record a total team time. Check punch marks. The four cards combined should have all twenty punch marks.

6.12	<b>Sprint maps: Map marking race</b>	4-6 7-9	E	I
	Star course	School map	Punch	

**Aim:** Students demonstrate accurate map marking.

**Equipment:** Flags (8), punches (1 per flag, all with different punch marks), master maps (1 for every 5 runners), blank maps, tape, red pens (1 per master map), circle drawing template (1 per master map), map boards, punch cards, clock, and a few pencils.

**Preparation:** Set a star course radiating out from a central start/finish location. Select eight control sites close by, but out of sight. Pre-mark only the master maps. Mark the red circles only, number the circles but do not join the circles. Do not provide clues. Tape the master maps to the map boards, allowing enough space around the maps for two runners' to mark maps simultaneously.

**Activity:** Conduct up to five mass starts at staggered intervals. Each runner marks one control site on their map, then runs off in search of that flag. Once they have punched, runners return to mark one more control site on their map, and then run off in search of a second flag. Controls can be visited in any order. The race continues until the runners have collected a punch mark from all eight flags.



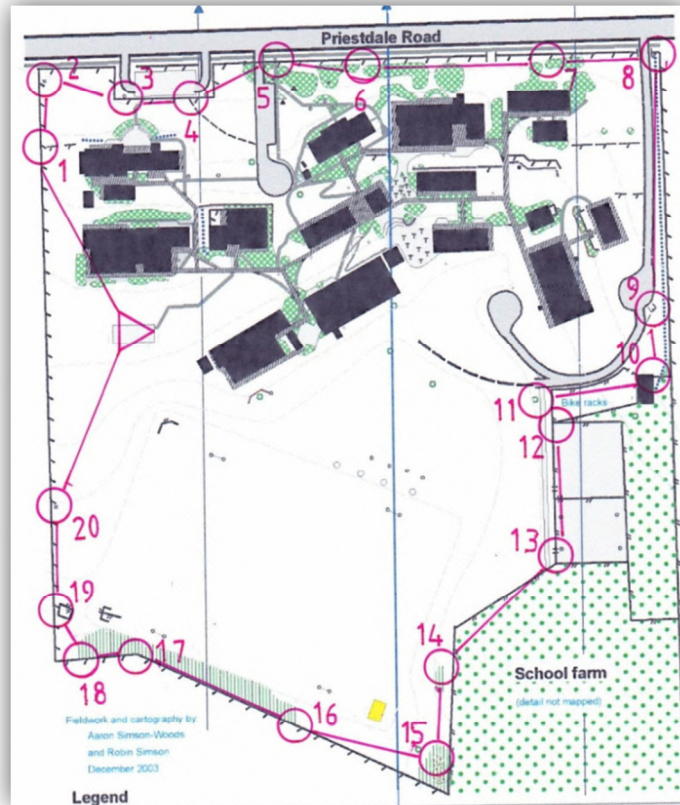


Figure 53: Perimeter walk— Sample control placement

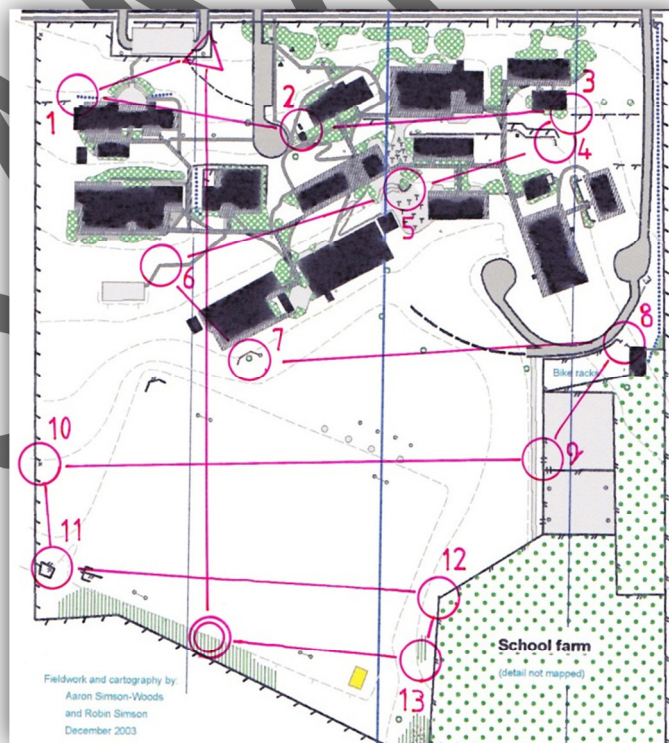


Figure 54: Race to the North Pole - Sample control placement

## SECTION 9: Compass

9.1	<b>Compass: Skating rink game</b>	1-3 4-6	R	G
	Game	Compass only	-	

**Aim:** Students demonstrate understanding of directions North, South, East and West.

**Equipment:** Field markers (4), marking pen (1), battery CD/iPod player with music, hoop (1), compass (1), and cards with compass directions marked on them (8).

**Preparation:** Play this game on the tennis or basketball courts. Place the hoop in the middle. Mark the field markers N, S, E and W. Using the compass as a guide; position the field markers around the hoop, in the correct direction.

**Activity:** Heat 1: Children walk, skate, dance or run around the courts to music. When the music stops, everyone freezes. The coach selects a direction card at random; start with N, S, E, or W. Everyone runs to that side of the courts. Continue until four directions have been called. Heat 2: Repeat the game, this time call NE, SE, SW, and NW. Everyone must run to that corner of the courts. Heat 3: Repeat the game, this time using all eight direction cards. Heat 4: Repeat the game, this time place the drawn cards back in the card deck so each direction can be called multiple times.

9.2	<b>Compass: Perimeter walk</b>	1-3 4-6	E	I
	Cross country course	School/Park map	Punch	

**Aim:** Students demonstrate the ability to use a compass to orientate the map.

**Equipment:** Flags (20), punches, punch cards, clue descriptions, pre-marked maps, compasses (1 per runner), and a few pencils.

**Preparation:** Choose a start close to the perimeter fence line. Set a course following the perimeter fence of the school grounds. Print clue descriptions. Pre-mark the maps. Hang the flags and punches. Demonstrate using a compass to orientate the map.

**Activity:** Use a staggered start. Check each runner can orientate the map as they leave the start. Runners follow the fence line, orientating the map with the compass at each change of direction.

9.3	<b>Compass: Race to the North Pole</b>	4-6 7-9	E	I
	Cross country course	School map	Punch	

**Aim:** Students demonstrate ability to follow a North bearing with a compass.

**Equipment:** Flags (14), punches, punch cards, clue descriptions, pre-marked maps, compasses (1 per runner), and a few pencils.

**Preparation:** Choose a remote start along the northern fence line, on a single post (light post or sign post.) Set a course to finish on the southern fence line of the school. Print clue descriptions. Pre-mark the maps. Hang the flags and punches. Hang the pre-marked maps and the spare flag at the remote start. Keep one master copy of the map.

**Activity:** Start the race from the finish along the southern fence line. Line the runners up in single file with punch cards, and a compass, but no map at this stage. Use a staggered start. Allow runners to view and orientate the master map. Runners memorise the position of the north post. Then run using the compass only to find the north post where they collect a map and complete the course on their way back south.

11.3	<b>Route Choice: Dead end race</b>	4-6 7-9	E	I P
	Cross country with remote finish	School/Park map	Punch	

**Aim:** Students demonstrate the ability to make route choice decisions.

**Equipment:** Flags (10), punches, punch cards, pre-marked maps (1 per pair), clue descriptions, finish banner, clock, and a few pencils.

**Preparation:** Set a course from a start/finish location along one boundary of the school, to control 10 somewhere near the boundary on the opposite side of the school. The legs between the controls need to be as long as possible, with buildings and other large features blocking the direct route, forcing runners to choose an indirect route. Pre-mark the maps. Print clue descriptions. Hang flags and punches.

**Activity:** Use a staggered start. Runners find controls 1-10 in sequence. From control 10 they return to the finish via the quickest possible route. Record times, and calculate elapsed times.

11.4	<b>Route Choice: Trick or treat</b>	4-6 7-9	E	P G
	Novelty cross country	School map	Punch/Project	

**Aim:** Students demonstrate the ability to make route choice decisions.

**Equipment:** Flags (15), punches, punch cards, clue descriptions, pre-marked maps, lucky tickets, a few boxes, clock, small prizes for lucky ticket holders, and a few pencils.

**Preparation:** Set a cross country course with obstacles such as sprinklers and high fences on the direct route between controls. Choose control sites where the flag and punch can be hung in an awkward to reach position such as dangling under a high step on a staircase. Prepare lucky tickets, entitling the team to claim a small treat. Write the flag code on the lucky tickets to avoid having some teams collect more than one lucky ticket from any one control site. Pre-mark the maps. Print clue descriptions. Hang flags and punches. Place lucky tickets (one per team) in boxes at a few but not all controls.

**Activity:** Discuss the possibility that the direct route may not be the quickest or best option. Do not give the teams any indication of which controls have lucky tickets or how many lucky tickets there are. Teams are only to take one lucky ticket from any one control site. Use a staggered start. Teams complete the course, taking route choice into consideration, and retrieve the lucky tickets.

11.5	<b>Route Choice: Twister course</b>	4-6 7-9	E	I P
	Multiple crossover course	School/Park map	SI (SPORTident)	

**Aim:** Students demonstrate the ability to make route choice decisions.

Students demonstrate the ability to orientate the map.

**Equipment:** Flags (15), SI timing units, SI download station, SI sticks, SI clear, check, start and finish units, clue descriptions, pre-marked maps, small tables (2), and a few pencils.

**Preparation:** Set a course with long and short legs including many direction changes and several crossovers. Pre-mark the maps. Print clue descriptions. Hang flags and SI units. Set up the SI clear, check and start on a table. Use the other table for SI finish and download.

**Activity:** Runners visit the controls in sequential order. The course twists and turns back and forth adding distance. The SPORTident results printout will prove the runner visited the control sites in the set order.



## Appendix 5: Worksheets

Worksheet 1: Which picture doesn't belong?	(year K-P)
Worksheet 2: Find 10 flags	(year K-P)
Worksheet 3: Start to Finish	(year K-P)
Worksheet 4: Mazes	(year 1-3)
Worksheet 5: Bridges: over and under	(year 1-3)
Worksheet 6: Spot the Difference	(year 1-3)
Worksheet 7: Sort the flags	(year 1-3)
Worksheet 8: Scrambled words	(year 4-6)
Worksheet 9: O Terms: Word-search & Code Breaking	(year 4-6)
Worksheet 10: The Colours on an Orienteering Map	(year 4-6)
Worksheet 11: Crossword puzzle	(year 5-6)
Worksheet 12: Legend Symbols	(year 5-6)
Worksheet 13: Key Words	(year 5-6)
Worksheet 14: Reading Comprehension "The Family Relay"	(year 5-6)
Worksheet 15: Map marking	(year 5-6)
Worksheet 16: Clue Descriptions	(year 5-6)
Worksheet 17: Race time calculations	(year 5-6)
Worksheet 18: Race time calculations	(year 6-7)
Worksheet 19: Thumbing the Map "Beginner's Luck"	(year 6-7)
Worksheet 20: Route Choice "Ryan Verses Isabella"	(year 7-9)
Worksheet 21: Orienteering Assessment Task	(year 5)
Worksheet Answers	