

# Orienteering Exercises – Preston Park

## **Introduction**

The golden rule for orienteering is that the map should always be orientated towards north. This means that the map will then correspond to the features on the ground.

A compass is not needed so long as the children understand that the red arrows on the map should point toward the top of the park (away from the coast).

Twenty five permanent orienteering markers are located around the park. Each one has a unique reference number in the range 31 – 55 and a four character code e.g. XLDT. For competitions, the children will be told that that should write down say the fourth character at each control site. The character code for each control site is included as Appendix 1. There is also a Solutions sheet which has the codes for each exercise and race.

## **Exercise 1 – Map walk**

There is a map for each pair of children. The aim of the exercise is to keep the map orientated to north and for the children to recognise where they are on the map.

The teacher walks slowly along the route shown on the map and stops whenever they pass a feature. The children follow and aim to keep the map orientated to north. At every stop, the children should look to identify the feature on the map and on the ground.

## **Exercise 2 – Star (2 sets)**

The children work in pairs to visit all five controls, returning to the centre of the star between each control. Each pair is given a number between 1 and 5 and this determines which control they should visit first. A pair returning from control 4 should then visit control 5, followed by control 1 etc. At each control, both children should touch the marker, and then sprint back to the start. Before heading off to the next control, care should be taken to make sure the map is orientated to north.

## **Exercise 3 – Point to Point (2 sets)**

This exercise is a mini race with two control points. The controls must be visited in the correct order before returning to the start/finish.

Ideally the children will work on their own and have a map each.

## **Races (1 – 12)**

Children set off at intervals (eg 15 seconds or 1 minute apart) and are timed to see who can navigate around the course in the fastest time. For each child or pair, their start time and finish time are recorded in order to calculate the duration of their run.

Controls must be visited in the correct order. For each race the children are told to write down either the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup> letter shown on each marker. (Four letters are displayed simply to minimise the risk of the letters being memorised over time.)

The races increase in distance consecutively from Race 1-12 (Distances between 800m-2.6km).

**APPENDIX 1 – Control references and character codes**

Control	Char 1	Char 2	Char 3	Char 4
31	X	L	D	T
32	Y	M	E	U
33	A	N	S	V
34	B	Z	G	C
35	W	P	H	X
36	D	Q	I	Y
37	E	R	J	A
38	S	F	K	B
39	G	T	L	W
40	H	U	M	D
41	I	V	N	E
42	J	C	Z	S
43	K	X	P	G
44	L	Y	Q	H
45	M	J	R	I
46	N	B	F	J
47	Z	W	T	K
48	P	D	U	L
49	Q	E	V	M
50	R	S	C	N
51	F	G	X	Z
52	T	H	Y	P
53	U	I	A	Q
54	v	A	B	R
55	C	K	W	F