

NAME: LOCKDOWN LESSONS

AGE: INFANTS

SUBJECT: PE

TOPIC: ORIENTEERING

SKILLS: MAP SKILLS/NAVIGATING A
COURSE



WHAT WE WILL LEARN TODAY

- UNDERSTAND HOW TO CREATE AND USE AN ORIENTEERING MAP
- LEARN THE FEATURES OF AN ORIENTEERING MAP INCLUDING SYMBOLS, KEYS AND CONTROLS
- NAVIGATE AND COMPLETE AN ORIENTEERING COURSE

EQUIPMENT

- PEN/PENCILS (DIFFERENT COLOURS IF POSSIBLE)
- PAPER
- BETWEEN 6 & 10 PAIRS OF SOCKS

PRACTICE (CLICK HERE FOR VIDEO)

MAP MAKER

-We are going to create a map of one level of your house - upstairs OR downstairs (see example)

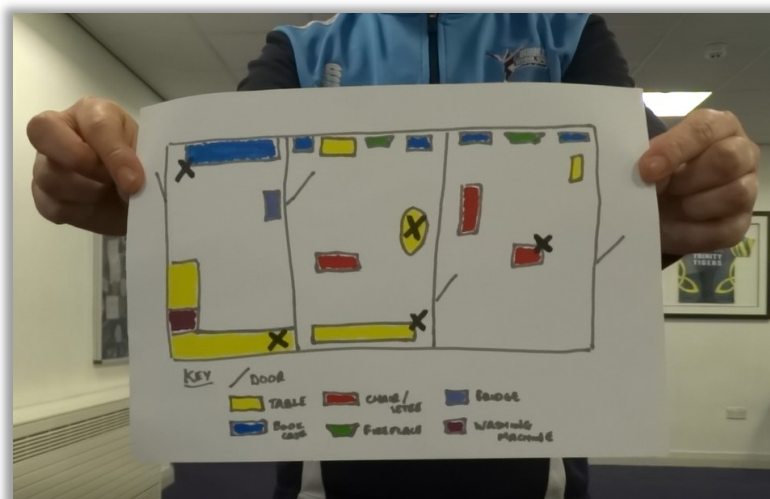
Step 1 – Draw map of the area as accurately as you can, adding in as many main features of the area as possible

Step 2 - Create your own key for the map eg: red square =furniture (see below for example)

Step 3 – Find 6-10 pairs of socks or similar items for our controls

Hints/Tips – If your area has more than one room map out one at a time

- Pick out the main features of the room (furniture/doors/TV etc..)
- Don't need to map small items, stick to the main ones!
- Get someone to check it, is it accurate? Have you got everything?
- Your map should look like it has been made from a 'Birds Eye View' (looking down on the area)



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CHALLENGE (CLICK HERE FOR VIDEO)

CREATE YOUR CONTROLS

1. PICTURE HUNT

- Get someone to place 6-10 pairs of socks or similar items around your area (don't look when they are doing it!)
- The socks are our 'Controls', controls are what you need to find in Orienteering.
- Go and find all the controls, taking your map with you. Find one at a time!
- When you find a Control, mark where you have found it on the map with a 'X'. Make sure it is accurate!
- Now you should have the same amount of 'X's on you map as Controls (socks).
- Once complete we are ready for the next challenge!



2. HOUSE HUNT

- You are now going to create your own orienteering course and challenge someone else to complete it. Can you time them to see how fast they do it?
- You will need to create a fresh map, and mark with an X each control on the map.
- For each control (X) you will need to number them 1-10.
- Place your controls around the house , accurately in conjunction with your map.
- Give the map to your partner, can they use your map to find all 10 controls?
- Each control must be brought back one at time before they get the next one. Controls must be found in numerical order!
- Once your partner has completed it can you switch roles? Get them to make a map for you, can you beat their time?

Control points
marked with 'X' as
shown

