

ORIENTEERING

Make an orienteering map of an indoor or outdoor space and challenge somebody else to complete it.



Takes: 30 mins

Where? Indoors/in garden

Who? This works great in pairs or small groups

You will need:

- Paper
- Scissors
- Pen/pencil

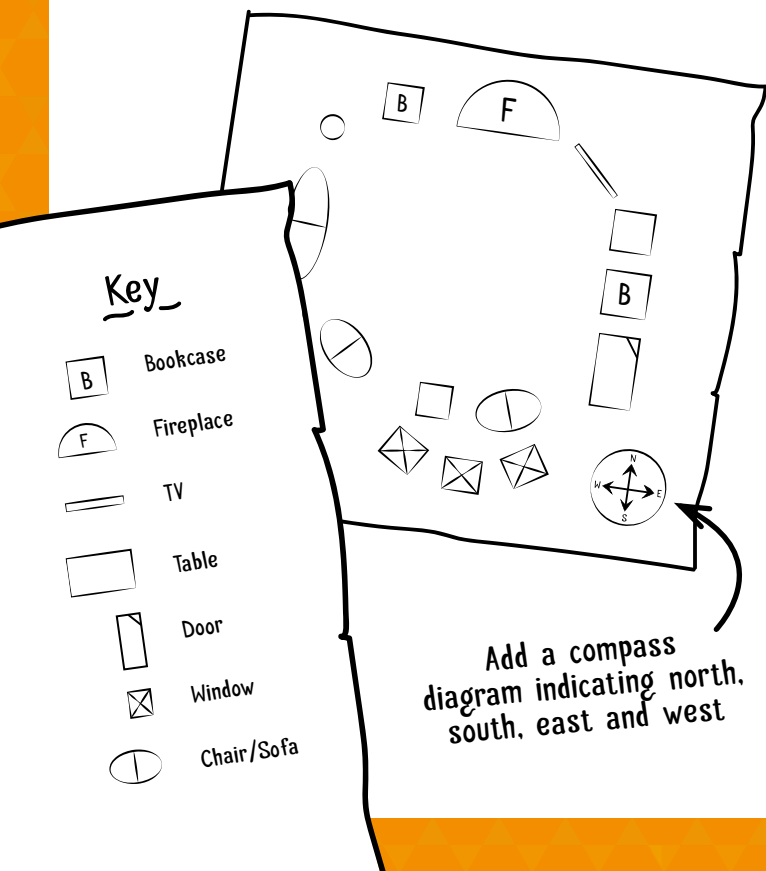


Safety

Children should remain supervised throughout, particularly when cutting out the orienteering markers with scissors

How to create your orienteering map

- 1 Draw a rough plan of your chosen area..**
You could choose symbols for object that you would see. For example □ = table; Δ = lamp; ◻ = door; ☒ = window or you can choose your own: see our example below.
- 2 Add a compass diagram** to your plan using a compass if you have one or use an app on a smartphone. Be sure to mark North, East, South and West to help your orienteer with the directions you give later.
- 3 Add a key to your map: this shows what each symbol means.**



- 4 Decide how many checkpoints you're going to set for your orienteers.**
Make checkpoints cards and draw a different symbol on each card. My paper cards were 3cm x 3cm and I have used a smiley face and a cat symbol in these examples. I coloured them white & red like real orienteering checkpoints.



- 5 Make a checklist for your orienteers.**
On a separate piece of paper, draw a chart with a column for your checkpoint number and a 'symbol' column which is left blank for your orienteer to draw the symbols they find. Like this:
- | Checkpoint | Symbol |
|------------|--------|
| 1 | |
| 2 | |
- 6 Decide where your checkpoints are going to be.**
Put a checkpoint card in each place. If you can hide them a bit, it will make it more challenging for your orienteer.
 - 7 Add directions to your map for the orienteers.**
For example starting point = door. Then tell them how to get to checkpoint 1: 4 paces north. You can make it more challenging by giving more directions, for example 4 paces north then 1 pace east then 2 paces south.
 - 8 Give each orienteer a checklist and set them off.**
Points for the the person with the most correct symbols. Count how many correct symbols they have.

Review and Reflection

This is a great activity for learning some basics about navigation and map reading. It can be done inside or outside and can be adapted to use small or larger areas. It mixes creativity and physical activity.

Here are some questions to help you reflect on this activity. We use this kind of reflective exercise to get the most out of the activities at our centres.

Which bits of setting up the task did you enjoy the most?

Was it easy for your orienteers to follow your directions?

Is there anything you would change about the activity?

www.hants.gov.uk/outdoors

Share your map with us at
#outdoorcentresathome