

# Orienteering

Spring 2014 Syllabus

**Teachers:** Bonnie Miller & Oksana Greathouse

**Mission:** Find This Orange & White flag.

You have a map, a compass and a mission – to find all of the checkpoints (control markers) on your map in the least time, relying on your own wits. You make observations about your surroundings and relate it to the map, and then on the map choose your own route for navigating through your surroundings.

The challenge for everyone is knowing where you are and where you should be going.

There are four key skills every orienteer should have in order to successfully meet the challenge.

1. Orienting the Map – the map must always be oriented to North
2. Thumbing – keeping your thumb on the last known location and makes #4 easier
3. Controlling Your Speed – if you run too fast, lack of oxygen will make it difficult to think
4. Relocation – how do you find your place on the map when you are lost

The intention is to follow the schedule for indoor and outdoor days. If we have extreme weather on a day designated as outdoor, we may switch to indoor. This would only be done if it was cold (20 deg. or below), or thunder and lightning making it dangerous to be outside. We will still go outside if it is raining without thunder or lightning. I will make sure the parents and kids are aware of this so proper clothing is planned and an extra change of clothes brought.

Orienteering videos may be utilized as time permits.

Extra cone activities, and mapping activities are also possibilities as backup in case of inclement weather or extra time.



Schedule – Elementary

Feb 5	Indoor	<ol style="list-style-type: none"> <li>1. Funny Face – partners construct a face that matches the one on the map using cones, rings, beanbags, and a hula hoop</li> <li>2. Naughty Numbers – follow the given map to visit certain cones in a 3x3 grid, two levels</li> </ol>
Feb 12	Indoor	<ol style="list-style-type: none"> <li>1. Match the map</li> <li>2. Obstacle course challenge</li> </ol>
Feb 19	Indoor	<ol style="list-style-type: none"> <li>1. Spot the difference – subtle differences in two maps</li> <li>2. Slalom ball – 2/team – 1<sup>st</sup> person moves balls from cones to floor, 2<sup>nd</sup> person moves balls back to cones</li> <li>3. Cones 3x6 grid, visit the 7 cones designated on your map and write the numbers on the clue sheet</li> </ol>
Feb 26	Outdoor	White course – navigate through an easy orienteering course outside
Mar 5	Indoor	<ol style="list-style-type: none"> <li>1. Counting cones – partners work together to follow route on their map from start to finish adding up the numbers on the cones as they go and keeping the map oriented correctly</li> <li>2. Map symbols relay – match up the map label cards with corresponding map symbol cards</li> </ol>
Mar 12	Outdoor	Star course relay – 1 <sup>st</sup> person visits a control, returns to start, hands off map to 2 <sup>nd</sup> person who visits a different control, returns, etc.
Mar 19	Outdoor	Motala – course set up in loops
Mar 26	Outdoor	White course
Apr 2	Outdoor	Mystery treasure hunt – solve the clues to follow a path to a treasure
Apr 9	Outdoor	Maze
Apr 16	Outdoor	Repeat a favorite activity
Apr 23	Outdoor	White course (long)

Schedule – Jr./Sr. High

Feb 5	Indoor	<ol style="list-style-type: none"> <li>1. Cones – 3x6 grid, visit the 7 cones designated on your map and write the numbers on the clue sheet</li> <li>2. Master Map/Blank Map relay – 2/Team – first runs down to the other end of the room, memorizes a control feature and location, runs back and writes it on the blank map, second person does the same, etc. until start, all controls, and finish are transferred to blank map</li> </ol>
Feb 12	Indoor	<ol style="list-style-type: none"> <li>1. Cones – 4x4 grid, same as cone activity above, with increased difficulty</li> <li>2. Two the same – 2 person teams, 1<sup>st</sup> person does physical exercise for 45 seconds while 2<sup>nd</sup> person tries to determine which two map sections on a sheet are identical then team members switch</li> </ol> <p>* Homework – On the way home today, or on the way to co-op next week, pay attention to the roads your mom drives, you will be asked to draw it on a map next week.</p>
Feb 19	Indoor	<ol style="list-style-type: none"> <li>1. Cones – 4x4 grid, increasing difficulty</li> <li>2. Control description relay – 2 person team, 1<sup>st</sup> person does physical exercise for 45 seconds while 2<sup>nd</sup> person writes the control numbers that corresponds to each map description then team members switch</li> </ol>
Feb 26	Outdoor	<p>White course – navigate through an easy orienteering course outside</p> <p>* Homework – students will find control locations using control descriptions on an unmarked map</p>
Mar 5	Indoor	<ol style="list-style-type: none"> <li>1. Map symbols relay – match up the map label cards with corresponding map symbol cards</li> <li>2. Cones – 6x6 grid</li> </ol>
Mar 12	Outdoor	<p>Star course relay – 1<sup>st</sup> person visits a control, returns to start, hands off map to 2<sup>nd</sup> person who visits a different control, returns, etc.</p>
Mar 19	Outdoor	<p>Motala – course set up in loops</p>
Mar 26	Outdoor	<p>White/Yellow course (more difficult than previous course)</p> <p>* Homework – Orienteering videos if not viewed in class</p>
Apr 2	Outdoor	<p>Mystery treasure hunt – solve the clues to follow a path to a treasure</p>
Apr 9	Outdoor	<p>Maze</p> <p>* Homework – map your yard, house, or neighborhood</p>
Apr 16	Outdoor	<p>Repeat a favorite activity</p>
Apr 23	Outdoor	<p>Yellow course – more challenging course, controls will be more difficult to find on subtler features</p>