

# ORIENTEERING



## KEY INFORMATION

**AGE GROUP: YEAR 8 & 4**

**GENDER SPECIFICATIONS: 5 GIRLS AND 5 BOYS**

**NUMBER IN A TEAM: 10**

## DESCRIPTION

There will be 3 tasks / skills to complete as part of this challenge. Please record the score for each activity on the score sheet, and the top 5 scoring boys and top 5 scoring girls who meet the age specification above will form the 'team' whose results you will need to submit for the School Sport Partnership virtual competition.

Please complete and submit your monitoring sheet on completion and send to your local School Games Organiser.



# TASK #1: SYMBOL MATCHING RELAY

## HOW TO PLAY

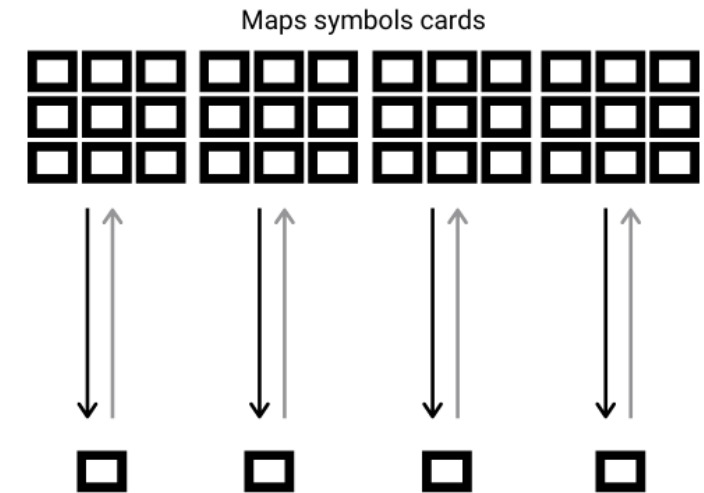
Print & cut out the resources in appendix #1. Labels should be placed by the start and the symbols should be placed 15 metres away. Children are given 3 minutes to run and collect 1 symbol at a time and bring it back to the start before matching it to the correct symbol. They can then return for another symbol until the time is up. See youtube video here

## SCORING:

Count how many symbols each individual matches to the correct label in 3 minutes.

## EQUIPMENT:

The printed/cut-out resources in Appendix #1. A cone to mark the start and the 15 metre point.



# TASK #2: COUNTING CONES

## HOW TO PLAY

Lay out cones according to the maps given in Appendix #2, with each cone being 2m from each adjacent cone. Give each child a map (1-6) and ask them to stand at their start, shown by the red triangle on the map. Make sure that their map is orientated correctly. On a signal the children will follow the route on their map from Start to Finish, adding up the numbers on the cones as they go along and keeping the map orientated correctly. When finished, check the answer with the Leader, then take a different map and try a different course. See youtube video here

## SCORING:

How many maps can you successfully complete in 3 minutes.

## EQUIPMENT:

Numbered cones (using a marker is best but post-it notes or sellotaped paper is fine). The printed/cut-out maps in Appendix #2.

Add the numbers up as you follow the map



# TASK #8: NETBALL NUMBERS

**HOW TO PLAY** See youtube video here

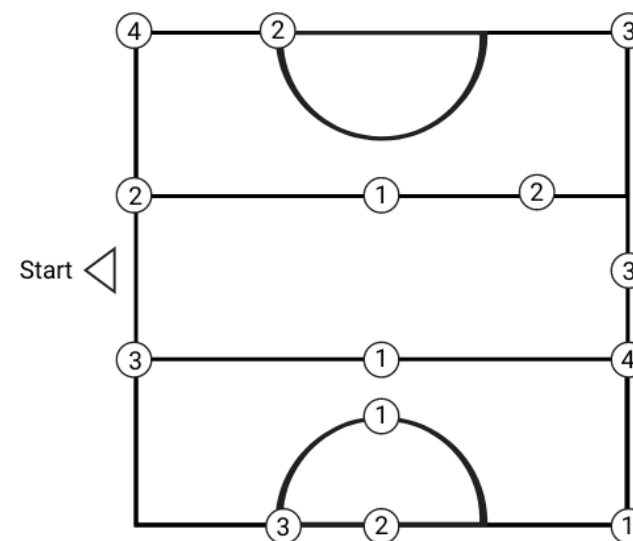
Lay out cones according to the maps given in Appendix #3. Competitors are given a map of a course. Keeping the map orientated as quickly as possible they must go to the cones in the order it states on the map, adding up the points along the way. Once they have found each cone and added up the total the answers must be checked to ensure they are correct.

## SCORING:

How many maps can you successfully complete in 8 minutes.

## EQUIPMENT:

Numbered cones (using a marker is best but post-it notes or sellotaped paper is fine). The printed/cut-out maps in Appendix #2.



## INCLUSIVE:

Reduce distances where necessary.

Allow the children to record answers as they work.

Colour-code cones/maps so they are easier to follow.

Decrease the number of cones per map.

Children work in pairs.

## RISK ASSESSMENT:

Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

Covid-19: please adhere to the current Covid-19 guidelines at the time that you take part in this activity. This is in relation to social distancing and the use of equipment.

Please ensure that you have completed a risk assessment for the children taking part in this activity, and adapt the tasks / area to meet the requirements of your own school risk assessment.

## SPIRIT OF THE GAMES VALUES

### DETERMINATION

Be determined to do your best and try hard on every challenge. Be determined to be the best you can be!



### HONESTY

The importance of honesty when scoring your own challenges.





# APPENDIX #1: SYMBOL MATCHING RELAY

Steep slope



Forest: run



Tree stump

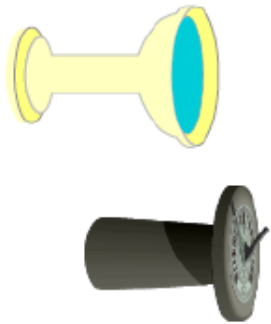


Playground



# APPENDIX #1: SYMBOL MATCHING RELAY

Man made  
objects



Seat



Play  
apparatus



Stream





# APPENDIX #1: SYMBOL MATCHING RELAY

Footpath



Pond



Bushes

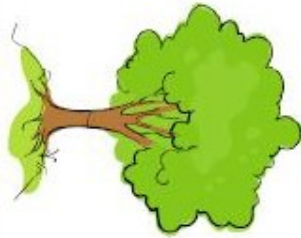


Open land



# APPENDIX #1: SYMBOL MATCHING RELAY

Tree



Fence



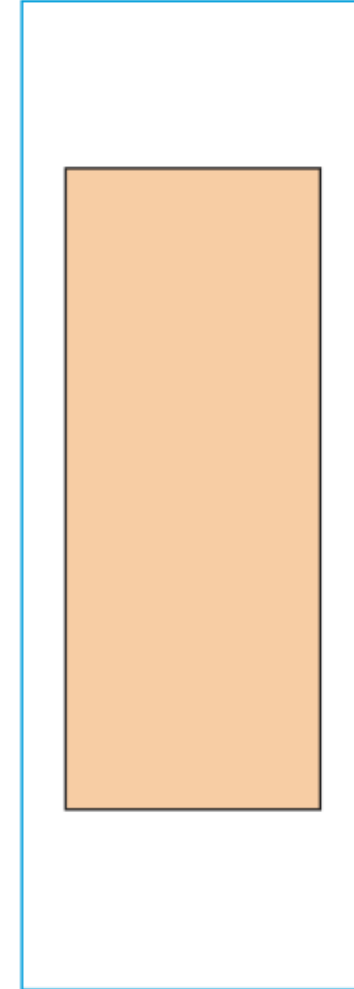
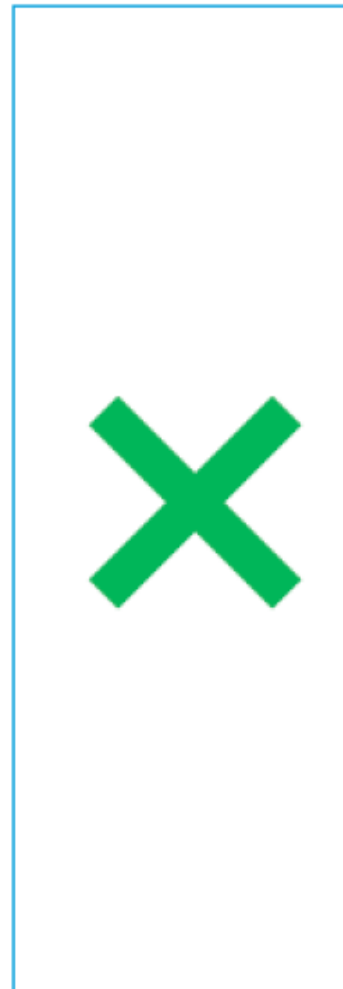
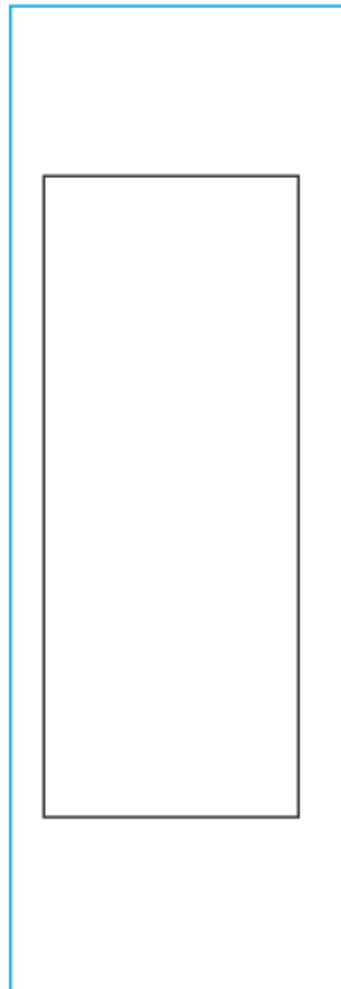
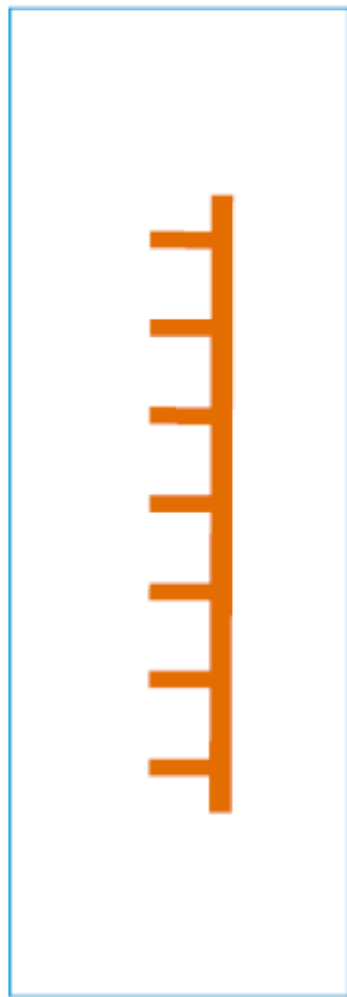
Wall



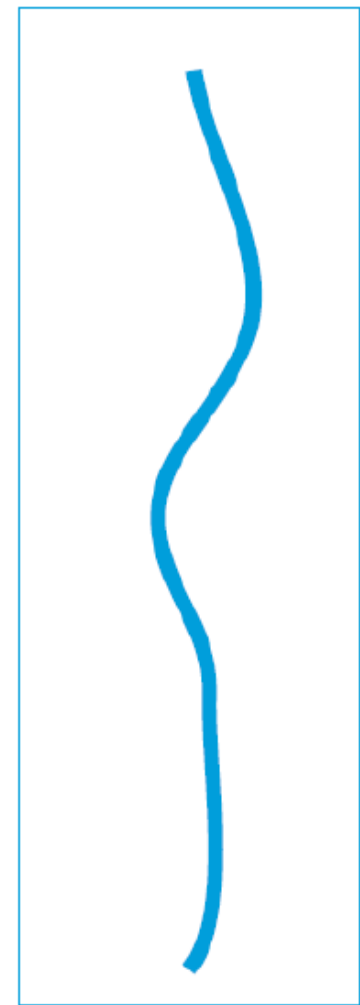
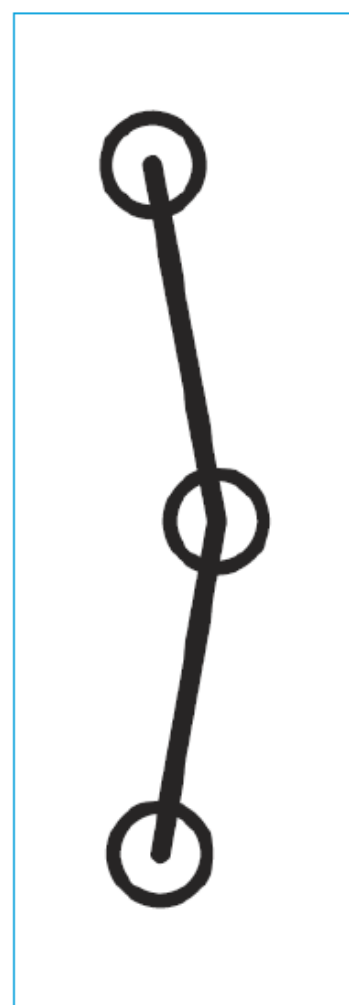
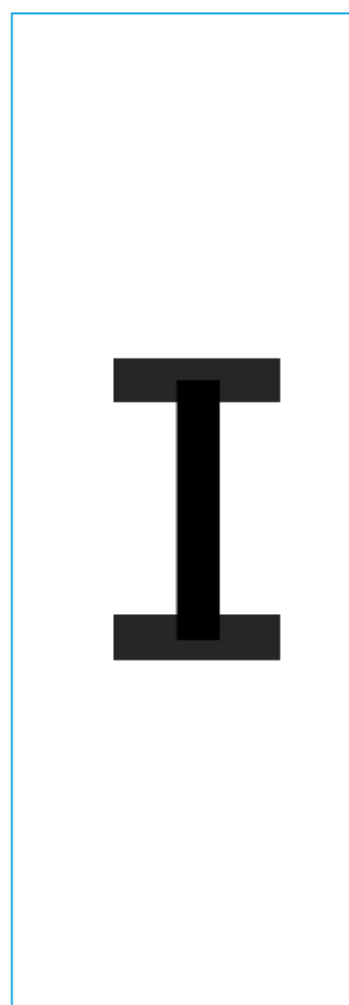
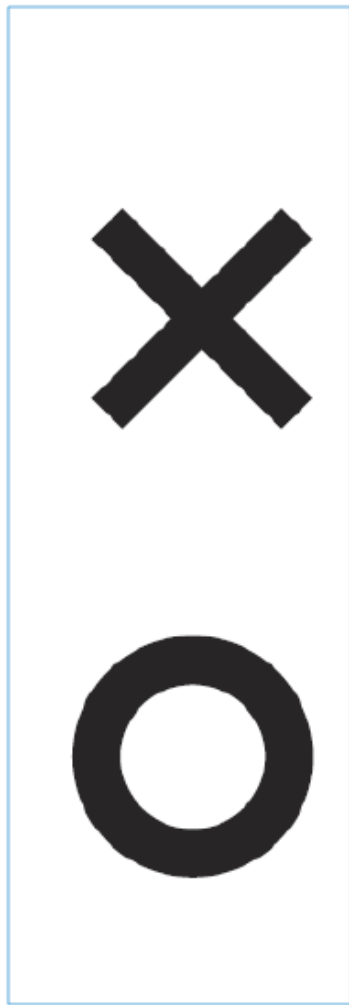
Building



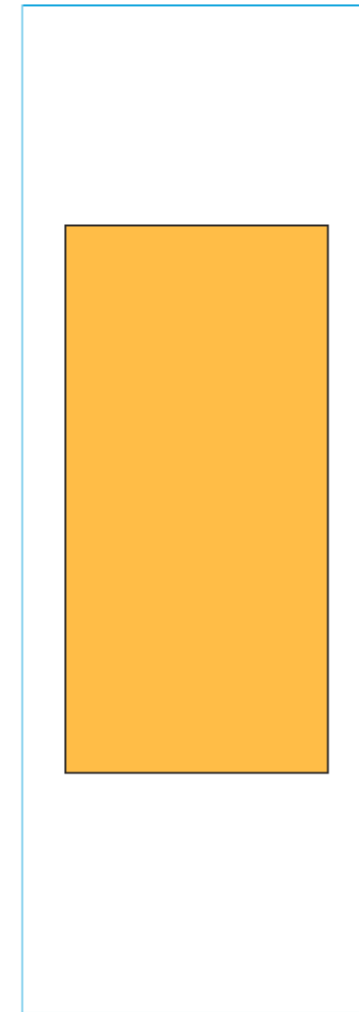
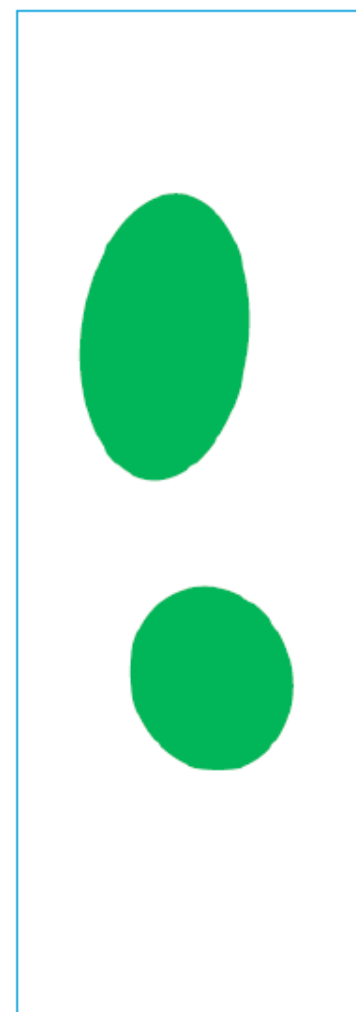
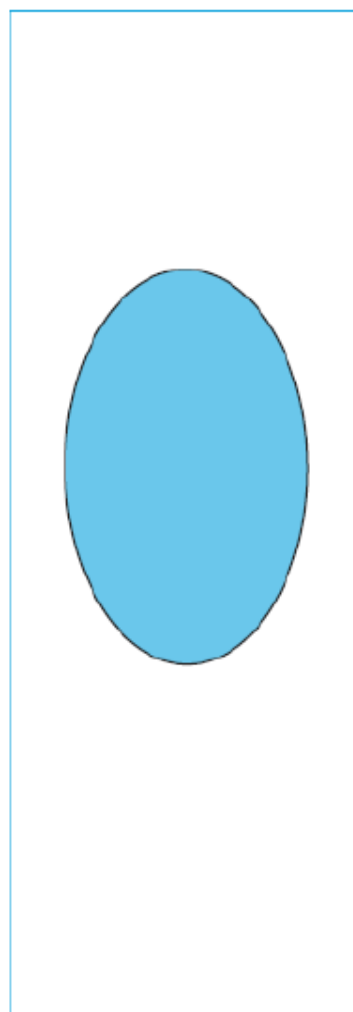
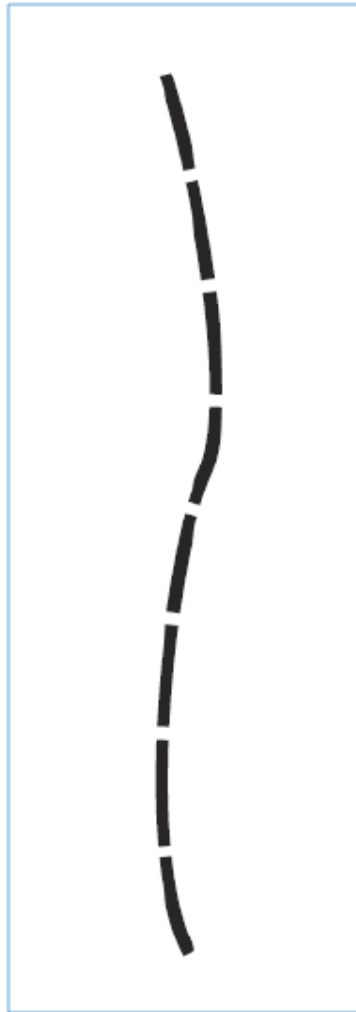
# APPENDIX #1: SYMBOL MATCHING RELAY



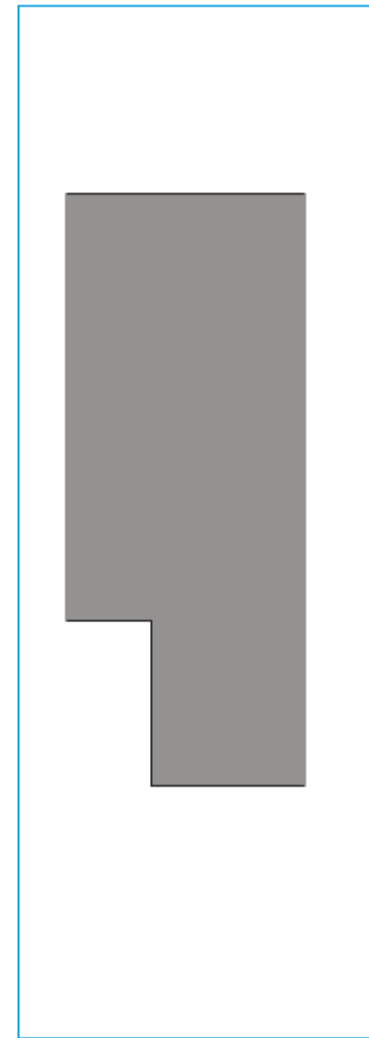
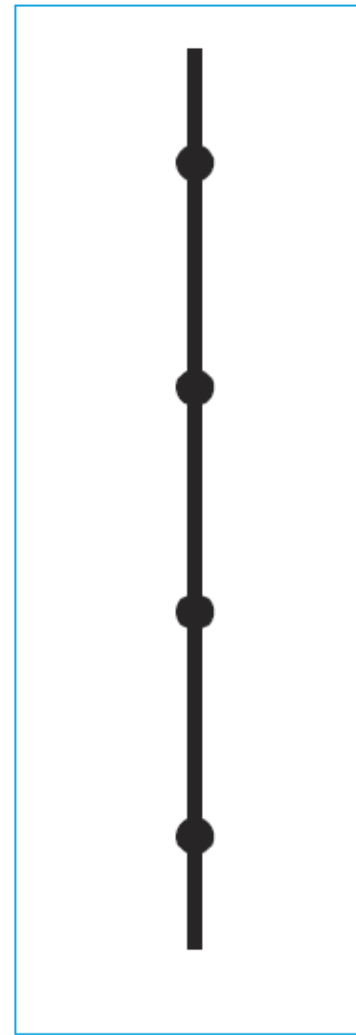
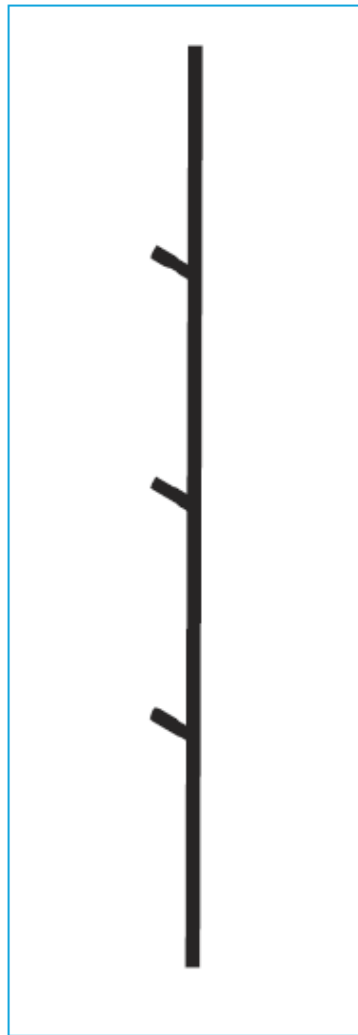
# APPENDIX #1: SYMBOL MATCHING RELAY



# APPENDIX #1: SYMBOL MATCHING RELAY

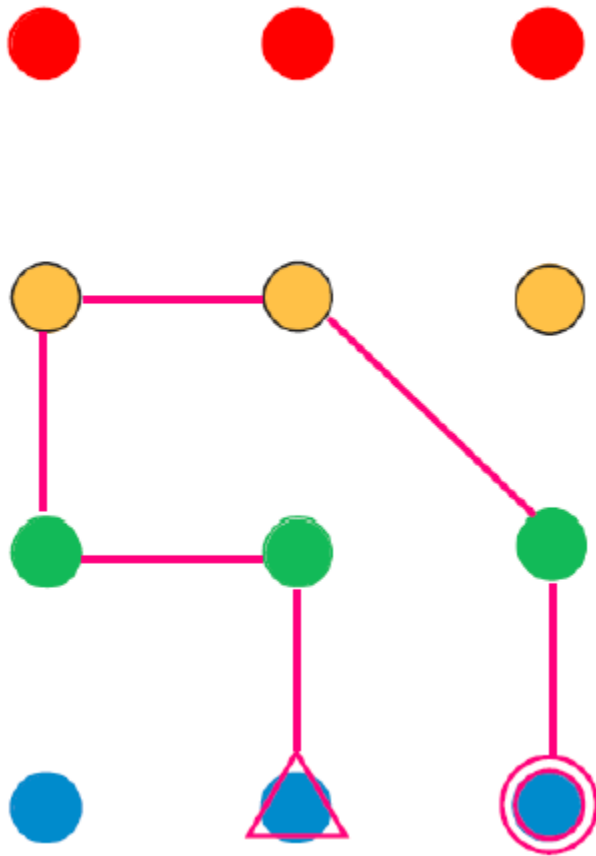


# APPENDIX #1: SYMBOL MATCHING RELAY

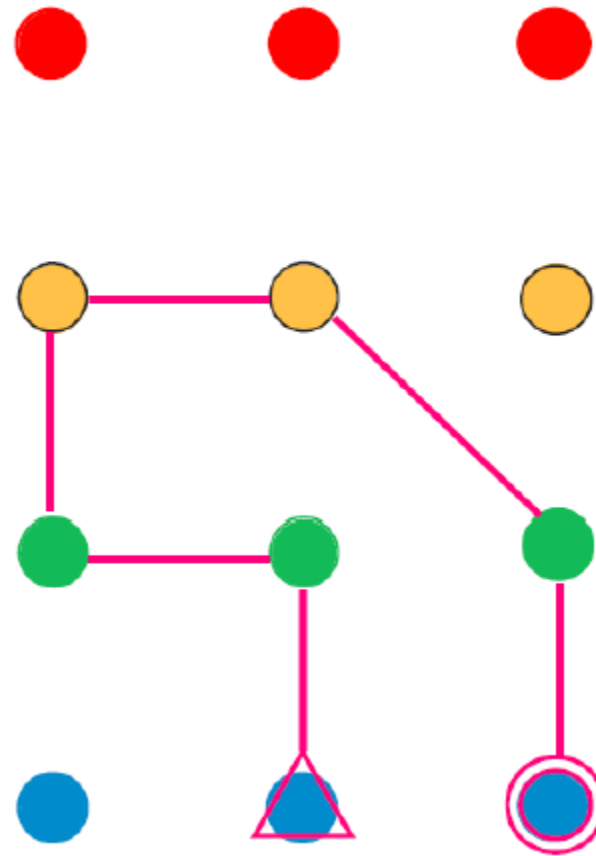


# APPENDIX #2: COUNTING CONES

DEMO COURSE



DEMO COURSE

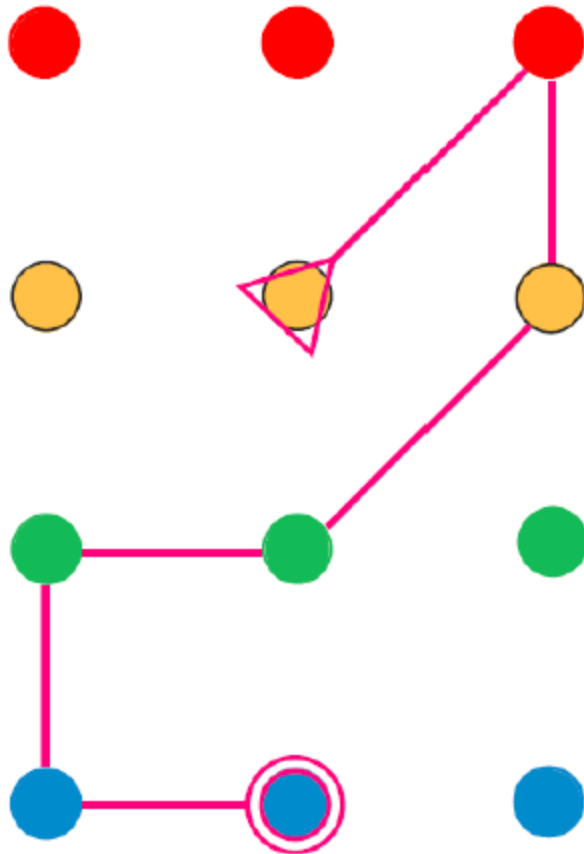




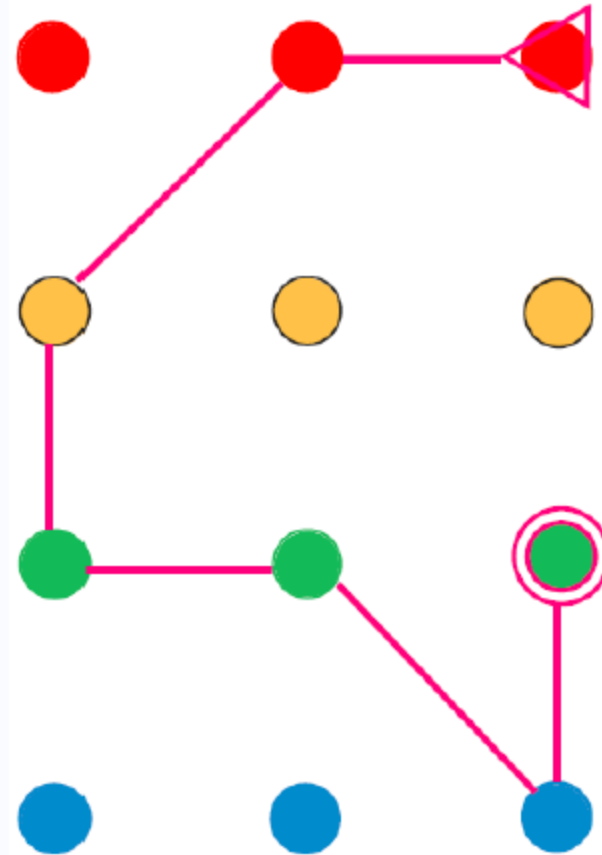


# APPENDIX #2: COUNTING CONES

## MAP 3

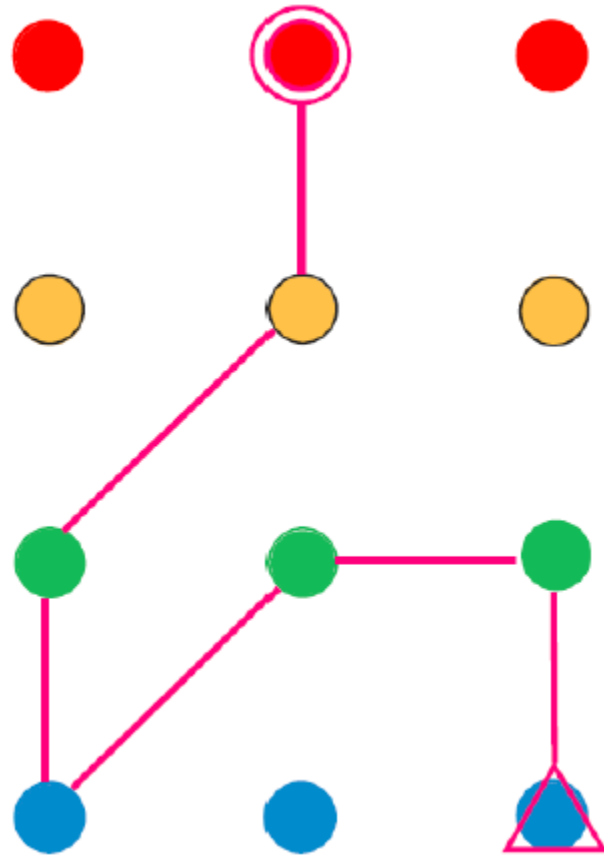


## MAP 4

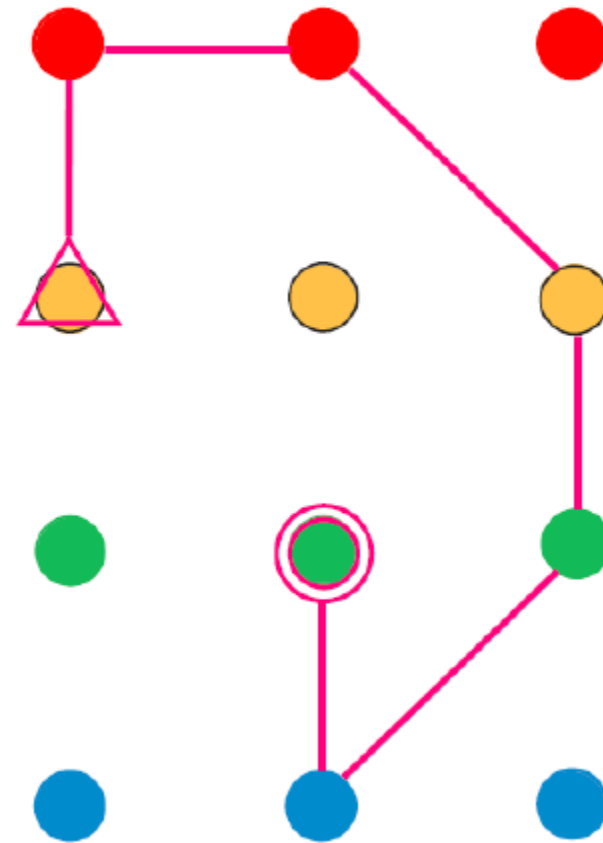


# APPENDIX #2: COUNTING CONES

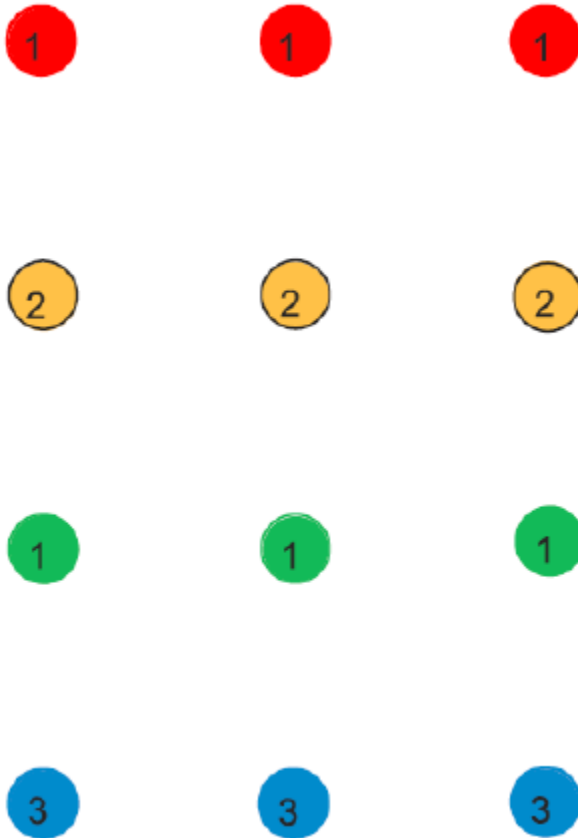
## MAP 5



## MAP 6



## APPENDIX #2: COUNTING CONES



Set up as shown.

### ANSWERS

Map 1 = 11

Map 2 = 12

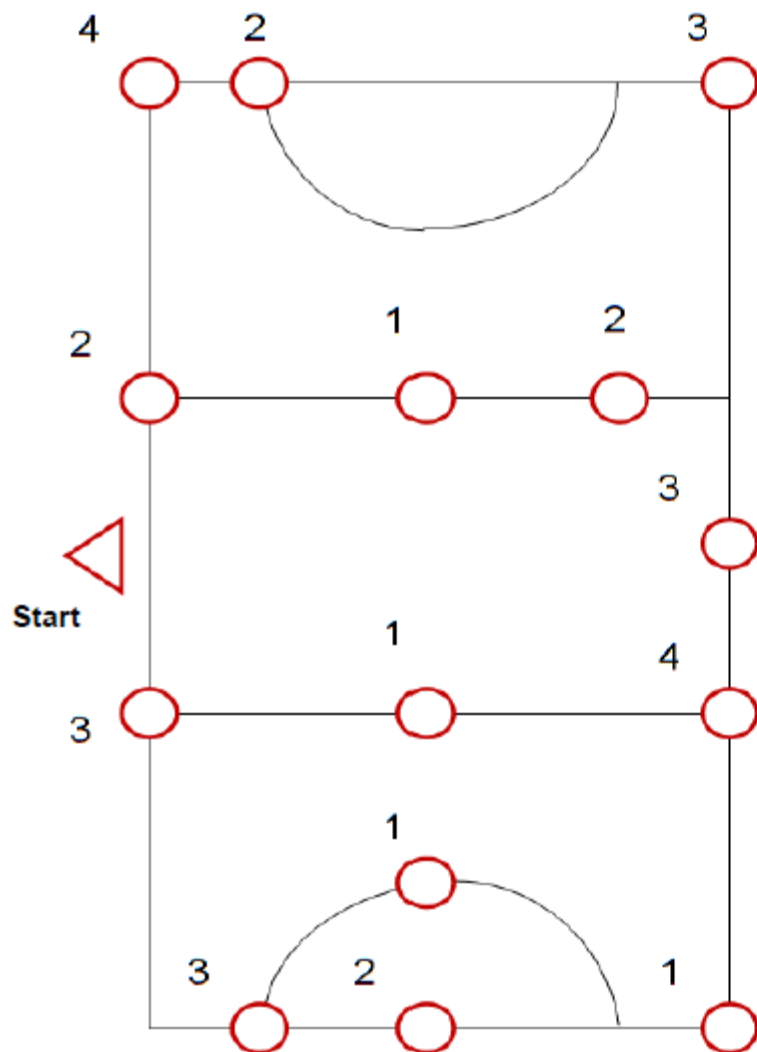
Map 3 = 13

Map 4 = 10

Map 5 = 12

Map 6 = 11

# APPENDIX #8: NETBALL NUMBERS



Set up as shown.

## ANSWERS

Course 1 = 14

Course 2 = 15

Course 3 = 11

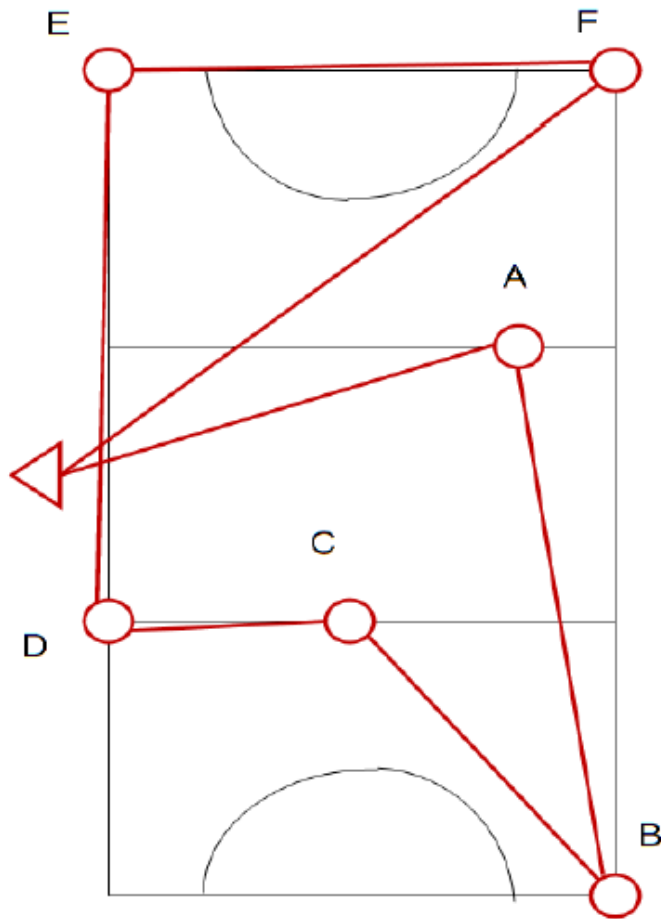
Course 4 = 12

Course 5 = 13

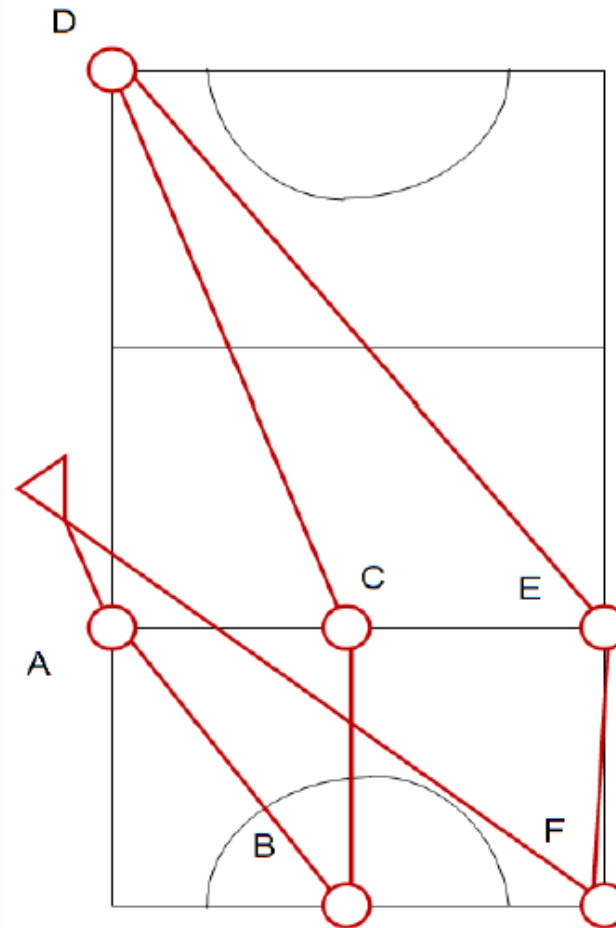
Course 6 = 10

# APPENDIX #8: NETBALL NUMBERS

## MAP 1

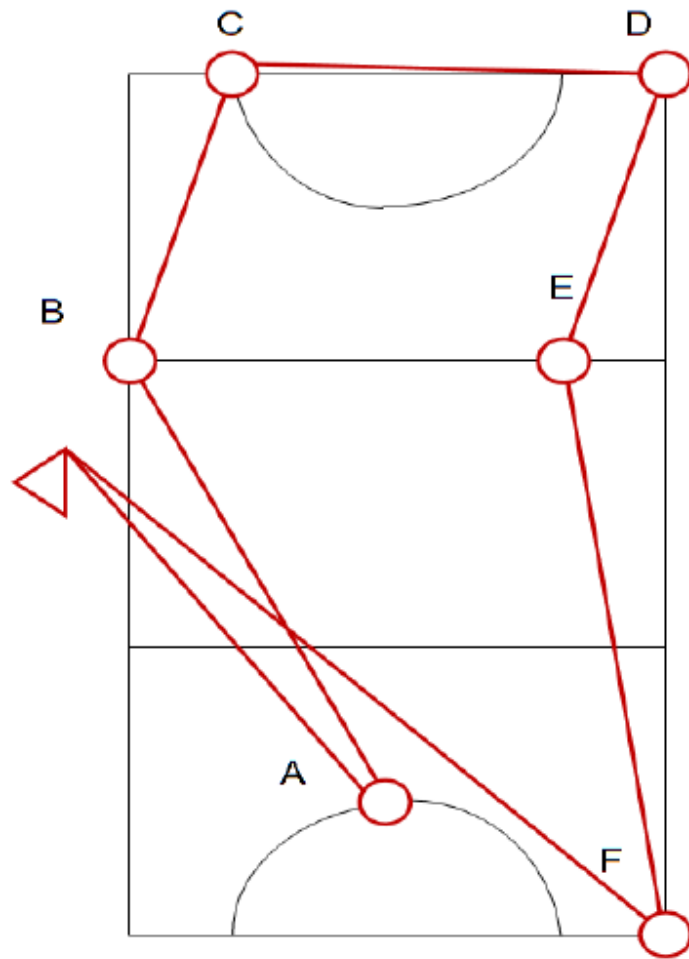


## MAP 2

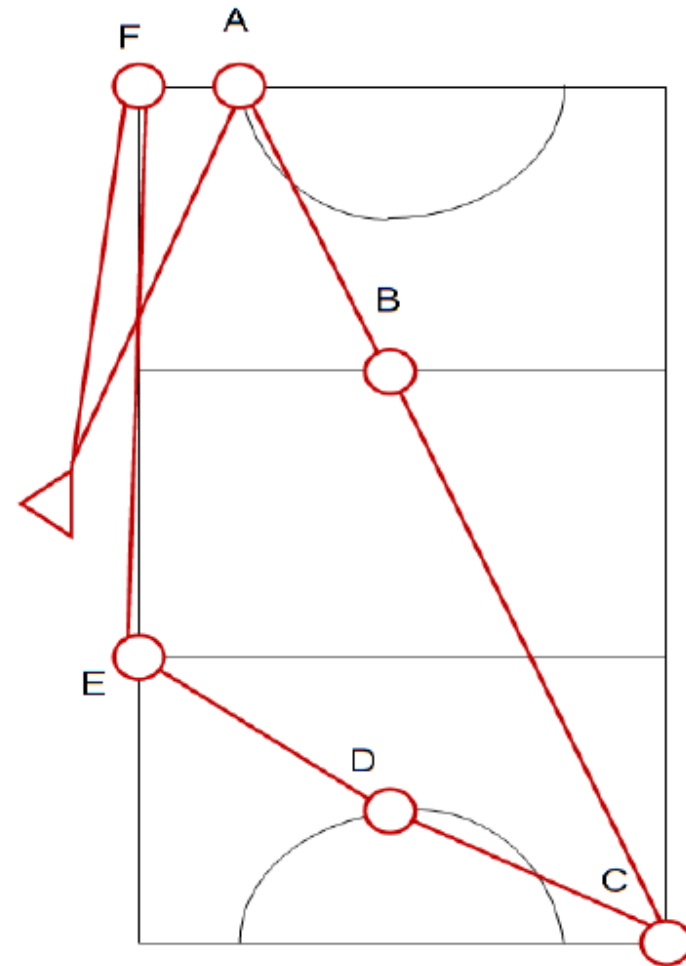


# APPENDIX #8: NETBALL NUMBERS

## MAP 3

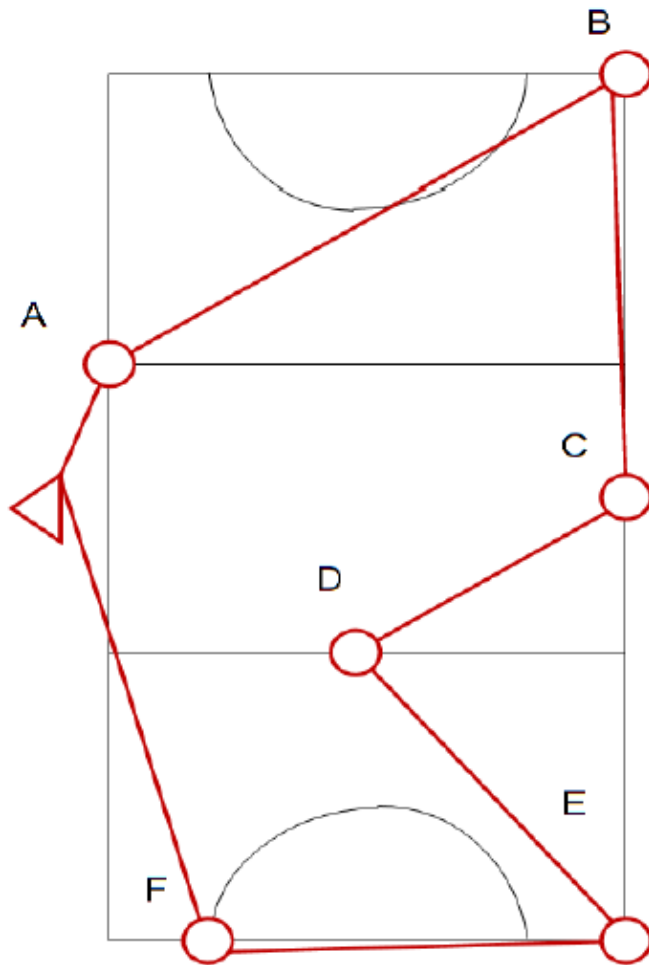


## MAP 4



# APPENDIX #8: NETBALL NUMBERS

## MAP 5



## MAP 6

