

Orienteering: The Thinking Sport

Navigating territory using a map and compass

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Goals:

~To get children excited about navigating their world

~To give you ideas of how this program can be used

~To teach you terms and activities for orienteering

Terms

Legends

Contacts

Thumbing

Bearings

Pacing

Agenda

1. Man the Master Maps - warm-up game
2. Campus Run - cardio map run
3. Thumbing exercise with contacts
4. Color Mapping
5. Introduction to using a compass. "Find Your Mark" bearings activity.
6. Pacing Treasure Hunt
7. Ninja Pet Blanket Story

Creating your own map from Google maps.

Satellite view; shift/print screen; open word, right click and paste; click on picture; click on [Format]; crop; click off picture of map; [Insert]; click on shape tools, text boxes, etc. and make your map with the symbols you'd like it to have. Last step is to delete the satellite view leaving just your boundaries, symbols, shapes and text boxes.

Man the Master Maps

This is a memory game to get students warmed up and moving. The activity will lay the foundation for directional awareness.

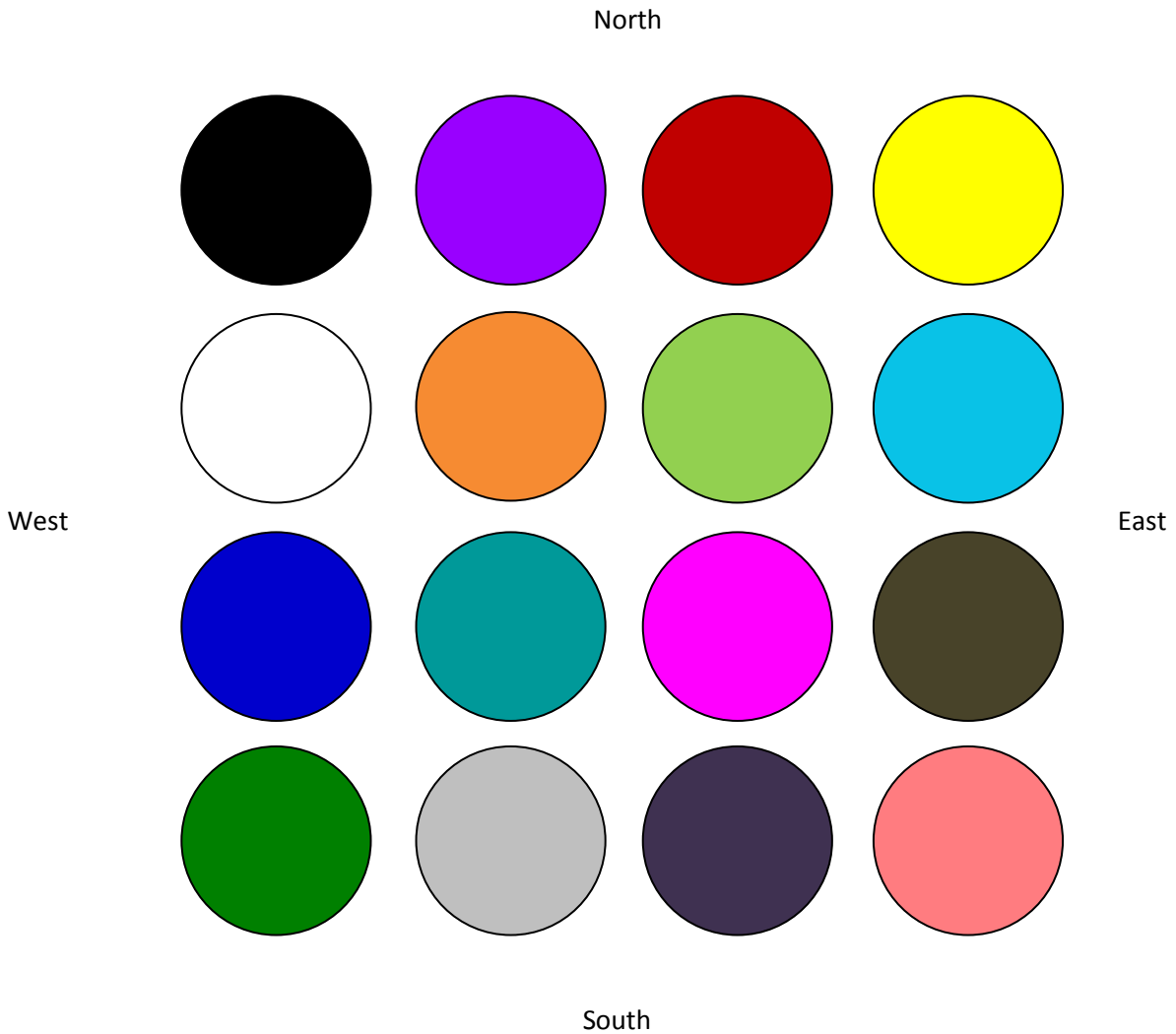
The instructor is the “caller” and will give the following commands in no particular order:

1. **“Go North”** - Everyone runs (or uses another locomotor movement such as skip or gallop) to the North end of the room.
2. **“Go South, East, West...”**
3. **“Lost? Don’t panic”** - Hug the person nearest you.
4. **“Relocation”** - Turn 360 with hand to forehead as if searching.
5. **“Stuck in a bog”** - Lie on one side with one arm and leg in the air.
6. **“Leap the log”** - Leap over an imaginary log.
7. **“Sprint to the finish”** - Run in place.

Variations:

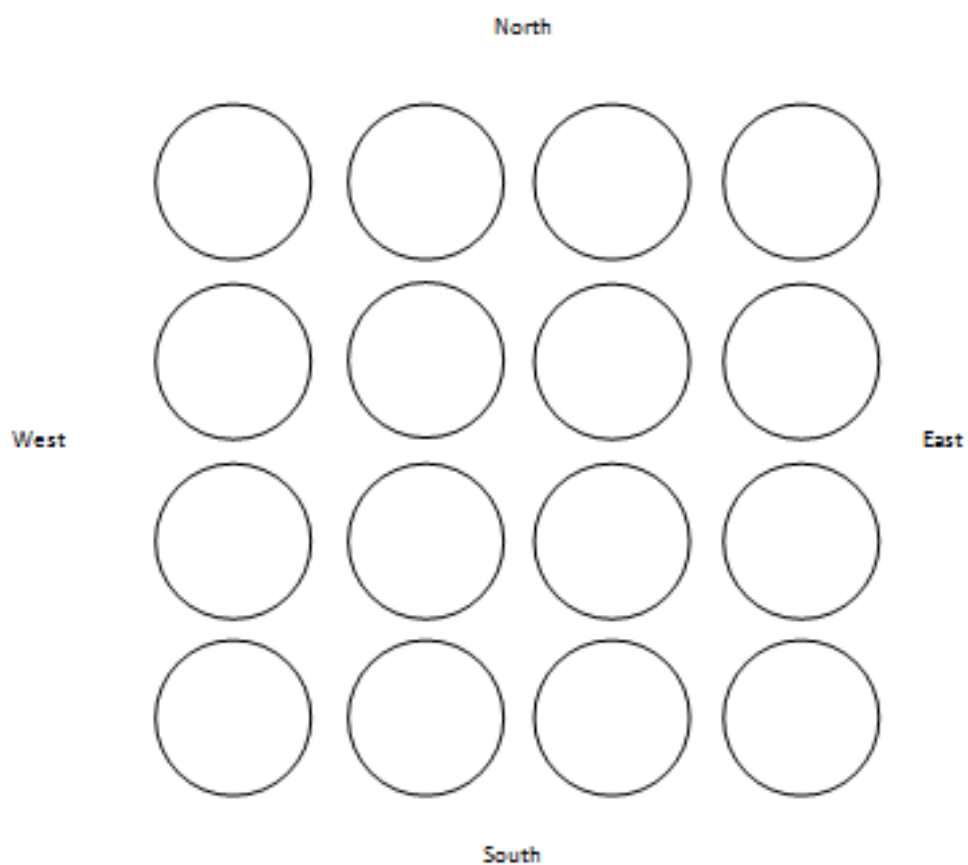
1. Play with elimination. The last one to get to the area or perform the task is out and must help determine who is out next. Play until one person is left. Play multiple times.
2. Instead of elimination, the last person has to give the next call, plus perform 5 burpies before returning to the game.
3. Play until one person is left and that person gets to be the next caller for the whole game.

Color Mapping



Color Mapping

You will each get your own map with 16 circles. Each circle is represented by a poly spot with a marker on it. Your goal is to color in your circles according to the color of marker on each spot. When we are finished all of the maps should look the same. You may not go in order, so each time you pick a new color it has to be at least 3 spots away from the previous spot. The map has directions, so use the directions to know where you are.



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Compass checklist:

Is the compass lying flat?

Is the magnetic needle lined up with the North index line?

Select a target and line up the direction of travel arrow with the object you have selected.

Record the bearing that is lined up with the index line and the direction of travel line.

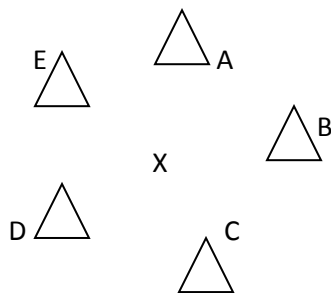
| Object | Bearing | Object | Bearing |
|-----------|---------|-------------|---------|
| Gym | | Parking Lot | |
| Cafeteria | | Backstop | |
| O.L.E. | | Write in: | |

Bearings

Take a compass and stand in the center of the circle. Face one of the cones around the circle and read the bearing on your compass. Your answers will correspond to the letters on the cones. Place letters (A-E) in the blank next to the bearing in which it corresponds.

1. 80 degrees = _____
2. 330 degrees = _____
3. 140 degrees = _____
4. 0 degrees = _____
5. 225 degrees = _____

Example:



Pacing

100 feet= _____ paces

50 feet= _____ paces

25 feet= _____ paces

North 100 feet

West 25 feet

North 100 feet

East 50 feet

South 50 feet

East 100 feet

South 25 feet

Southwest 100 feet

West 25 feet

South 50 feet

Bearings and Pacing

0 degrees – 50 feet

60 degrees – 50 feet

150 degrees – 25 feet

255 degrees – 50 feet

210 degrees – 25 feet

300 degrees – 50 feet

90 degrees – 25 feet

140 degrees – 50 feet