

ORIENTEERING PROGRESSION OF SKILLS YEARS 1-6

| Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
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| <ul style="list-style-type: none"> • Use and follow directional language (near and far, left and right, up and down, forwards and backwards). • Describe the location of features and routes on a simple map. • Devise a simple map and use basic symbols in a key. | <ul style="list-style-type: none"> • Use and follow directional language (near and far, left and right, up and down, forwards and backwards). • Use cardinal compass directions (N,S, E and W). • Describe the location of features and routes on a simple map. • Devise a simple map and use basic symbols in a key. | <ul style="list-style-type: none"> • Use cardinal compass (N,S, E and W) to follow /give directions. • Demonstrate understanding of a basic map. • Understand the term 'orientate' or 'setting a map'. • To learn the symbols used on an orienteering map. • To develop running skills and agility for orienteering. • To complete a string course. • Complete a simple 'star' orienteering activity in pairs / groups. • | <ul style="list-style-type: none"> • Recognise features and symbols on a map. • To be able to 'Set' the map or plan using the terrain or plan features. • To be able to know where you are on your map/plan at all times and using thumbing. • To punch the control card accurately, with the correct punch patterns in the corresponding numbered boxes on the card. • Complete a star orienteering activity. • Complete a short loop orienteering activity. • To develop running skills and agility for orienteering. | <ul style="list-style-type: none"> • Use the 8 points of a compass and four figure grid references. • Develop expertise in the orienteering skills of orienteering a map, following a course and recognition of relevant map symbols. • Demonstrate an understanding of the relationship between pacing and distance. • Plan a short loop course for another pair to follow. • Improve confidence in map reading and the transfer of information from map to ground. • Apply skills of orienteering including thumbing the map, route choice and symbol recognition. • Plan the most efficient route so the course is completed in the quickest time. | <ul style="list-style-type: none"> • Use the 8 points of a compass, four and six figure grid references, symbols and key (including Ordnance Survey maps) • Further develop navigational skills by planning ahead, identifying problems and making decisions. • Learn to balance speed and accuracy. • Practice and develop pacing skills. • Set, read and follow a bearing. • Be able to take a bearing from a map and use that bearing to find a control point. • Combine map reading and compass skills. • Measure the distance between control points and using the map scale, estimate the number of paces required to reach each control. • Successfully undertake an orienteering competition and / or visit another site to practice orienteering in unfamiliar surroundings. |