

Orienteering Scheme of work

SKILL YEAR 1	ACTIVITY AND SOURCE
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.	BSO Orienteering Lesson Plans for Teachers <ul style="list-style-type: none">• Table Top Maps - page 3• First Steps – Simple Map exercise - page 4 Tri-O Orienteering Made Easy <ul style="list-style-type: none">• Funny Faces - page 6-13
Devise a simple map and use basic symbols in a key.	Treasure Island Game OEAP Outdoor Learning Cards <ul style="list-style-type: none">• Orienteering 02 Card - Treasure Island

Orienteering Scheme of work

SKILL YEAR 2	ACTIVITY AND SOURCE
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).	BSO Orienteering Lesson Plans for Teachers <ul style="list-style-type: none"> • Cardinal Cones Map Courses - page 16
Describe the location of features and routes on a map.	BSO Orienteering Lesson Plans for Teachers <ul style="list-style-type: none"> • Table Top Maps - page 3 • First Steps – Simple Map exercise - page 4 • Cone Orienteering - page 12 South Downs School Sports Partnership Orienteering <ul style="list-style-type: none"> • Gym Maps page 5 Lesson 3a. Extension to Cone Orienteering Tri-O Orienteering Made Easy <ul style="list-style-type: none"> • Funny Faces - page 6-13 OEAP Outdoor Learning Cards <ul style="list-style-type: none"> • Orienteering 01 Card - First Steps
Devise a simple map and use basic symbols in a key.	Treasure Island Game BSO Orienteering in Schools <ul style="list-style-type: none"> • Treasure Island Game page 19 • Orienteering Island Game page 20 • Individual Orienteering Islands Game page 21 Tri-O Orienteering Made Easy <ul style="list-style-type: none"> • Orienteering Obstacle Challenge - page 14 • Play School Map Jigsaw - page 49 OEAP Outdoor Learning Cards <ul style="list-style-type: none"> • Orienteering 02 Card - Treasure Island

Orienteering Scheme of work

SKILL YEAR 3	ACTIVITY AND SOURCE
Use cardinal compass (N,S, E and W) to follow /give directions.	<p>BSO Orienteering Lesson Plans for Teachers</p> <ul style="list-style-type: none"> • Cardinal Cones Map Courses page 16 <p>Dizzy Directions</p> <ul style="list-style-type: none"> • Instructions • Markers • You Tube Video <p>OEAP Outdoor Learning Cards</p> <ul style="list-style-type: none"> • Orienteering 07 Card - Cardinal Cones
Demonstrate understanding of a basic map.	<p>BSO Orienteering Lesson Plans for Teachers</p> <ul style="list-style-type: none"> • Table Top Maps page 3 • First Steps – Simple Map exercise page 4 <p>BSO Orienteering in Schools</p> <ul style="list-style-type: none"> • Treasure Island Game page 19 <p>South Downs School Sports Partnership Orienteering</p> <ul style="list-style-type: none"> • Gym Maps page 5 <p>Tri-O Orienteering Made Easy</p> <ul style="list-style-type: none"> • Funny Faces - p6-13 <p>Create Own Map Sheet</p> <p>OEAP Outdoor Learning Cards</p> <ul style="list-style-type: none"> • Orienteering 01 Card - First Steps • Orienteering 02 Card - Treasure Island
Understand the term ‘orientate’ or ‘setting a map’.	<p>BSO Orienteering Lesson Plans for Teachers</p> <ul style="list-style-type: none"> • Gym Maps– Indoor Orienteering page 5-11 <p>BSO Orienteering in Schools</p> <ul style="list-style-type: none"> • Turning the Map Exercise page 6 • Map Walks page 14 • Circle of Friends Game page 17 <p>South Downs School Sports Partnership Orienteering</p> <ul style="list-style-type: none"> • Map Walk and Extension Activities page 60 <p>OEAP Outdoor Learning Cards</p> <ul style="list-style-type: none"> • Orienteering 01 Card - First Steps • Orienteering 02 Card - Treasure Island

Orienteering Scheme of work

SKILL YEAR 3	ACTIVITY AND SOURCE
To learn the symbols used on an orienteering map.	BSO Orienteering in Schools <ul style="list-style-type: none"> • Mini Maps page 8 Tri-O Orienteering Made Easy <ul style="list-style-type: none"> • Matching Symbols page 18 South Downs School Sports Partnership Orienteering <ul style="list-style-type: none"> • Map Symbols Game page 43 • Map Games page 58 • Match the Map page 59 • Map Walk and Extension Activities page 60 OEAP Outdoor Learning Cards <ul style="list-style-type: none"> • Orienteering 04 Card - Map Symbol Running Game Lesson 4a. Symbol Worksheets Symbol Star Game Interactive Symbols Learning Game
To punch the control card accurately, with the correct punch patterns in the corresponding numbered boxes on the card.	Tri-O Orienteering Made Easy <ul style="list-style-type: none"> • Punching Relay page 31 South Downs School Sports Partnership Orienteering <ul style="list-style-type: none"> • Odds and Evens Relay page 67 OEAP Outdoor Learning Cards <ul style="list-style-type: none"> • Orienteering 03 Card - Punching Control Cards • Orienteering 08 Card - Star Exercise
To develop running skills and agility for orienteering.	Tri-O Orienteering Made Easy <ul style="list-style-type: none"> • Orienteering Obstacle Challenge page 14 • Hurdles page 29 • Slalom Ball page 47 • Varied Running page 53 OEAP Outdoor Learning Cards <ul style="list-style-type: none"> • Orienteering 05 Card - String Course
To complete a string course.	OEAP Outdoor Learning Cards <ul style="list-style-type: none"> • Orienteering 05 Card - String Course

Orienteering Scheme of work

SKILL YEAR 3	ACTIVITY AND SOURCE
Complete a simple star orienteering activity in pairs / groups.	<p>BSO Orienteering Lesson Plans for Teachers</p> <ul style="list-style-type: none">• Netball Numbers - Star Exercise page 19 <p>South Downs School Sports Partnership Orienteering</p> <ul style="list-style-type: none">• Netball Number Courses page 27• Badminton Courses page 31• Tennis Court Courses page 35• Star Exercise - School Playground page 61 <p>OEAP Outdoor Learning Cards</p> <ul style="list-style-type: none">• Orienteering 08 Card - Star Exercise <p>Lesson 4b. Playground Star Orienteering</p> <p>Symbol Star Game</p>

Orienteering Scheme of work

SKILL YEAR 4	ACTIVITY AND SOURCE
Recognise features and symbols on a map.	Tri-O Orienteering Made Easy <ul style="list-style-type: none"> • Matching Symbols page 18 South Downs School Sports Partnership Orienteering <ul style="list-style-type: none"> • Map Symbols Game page 43 • Map Games page 58 • Match the Map page 59 • Map Walk and Extension Activities page 60 OEAP Outdoor Learning Cards <ul style="list-style-type: none"> • Orienteering 04 Card - Map Symbol Running Game Lesson 4a. Symbol Worksheets Symbol Star Game Interactive Symbols Learning Game
To be able to 'Set' the map or plan using the terrain or plan features.	OEAP Outdoor Learning Cards <ul style="list-style-type: none"> • Orienteering 01 Card - First Steps • Orienteering 02 Card - Treasure Island • Orienteering 06 Card - Netball Numbers
To be able to know where you are on your map/plan at all times and using thumbing.	BSO Orienteering Lesson Plans for Teachers <ul style="list-style-type: none"> • Cardinal Cones Map Courses page 16 • Netball Numbers - Star Exercise page 20 • Netball Numbers Courses - page 27 (Also badminton and tennis court adaptations). BSO Orienteering in Schools <ul style="list-style-type: none"> • Turning, folding and thumbing exercise page 6 • Map Walks page 14 OEAP Outdoor Learning Cards <ul style="list-style-type: none"> • Orienteering 06 Card - Netball Numbers
To punch the control card accurately, with the correct punch patterns in the corresponding numbered boxes on the card.	Tri-O Orienteering Made Easy <ul style="list-style-type: none"> • Punching Relay page 31 South Downs School Sports Partnership Orienteering <ul style="list-style-type: none"> • Odds and Evens Relay page 67 OEAP Outdoor Learning Cards <ul style="list-style-type: none"> • Orienteering 03 Card - Punching Control Cards • Orienteering 08 Card - Star Exercise

Orienteering Scheme of work

SKILL YEAR 4	ACTIVITY AND SOURCE
Complete a star orienteering activity.	<p>BSO Orienteering Lesson Plans for Teachers</p> <ul style="list-style-type: none"> • Netball Numbers - Star Exercise page 19 <p>South Downs School Sports Partnership Orienteering</p> <ul style="list-style-type: none"> • Netball Number Courses page 27 • Badminton Courses page 31 • Tennis Court Courses page 35 • Star Exercise - School Playground page 61 <p>OEAP Outdoor Learning Cards</p> <ul style="list-style-type: none"> • Orienteering 08 Card - Star Exercise <p>Lesson 4b. Playground Star Orienteering Symbol Star Game</p>
Complete a short loop orienteering activity.	<p>South Downs School Sports Partnership Orienteering</p> <ul style="list-style-type: none"> • Loop Courses - Short page 63
To develop running skills and agility for orienteering.	<p>Tri-O Orienteering Made Easy</p> <ul style="list-style-type: none"> • Orienteering Obstacle Challenge page 14 • Hurdles page 29 • Slalom Ball page 47 • Varied Running page 53 <p>OEAP Outdoor Learning Cards</p> <ul style="list-style-type: none"> • Orienteering 05 Card - String Course

Orienteering Scheme of work

SKILL YEAR 5	ACTIVITY AND SOURCE
Use the 8 points of a compass and four figure grid references.	<p>Dizzy Directions</p> <ul style="list-style-type: none"> • Instructions • Markers • You Tube Video <p>OEAP Outdoor Learning Cards</p> <ul style="list-style-type: none"> • Orienteering 07 Card - Cardinal Cones (extend to 8 points of compass)
Develop expertise in the orienteering skills of orienteering a map, following a course and recognition of relevant map symbols.	<p>BSO Orienteering Lesson Plans for Teachers</p> <ul style="list-style-type: none"> • Cardinal Cones Map Courses page 16 • Netball Numbers - Star Exercise page 20 • Netball Numbers Courses - page 27 (Also badminton and tennis court adaptations). <p>OEAP Outdoor Learning Cards</p> <ul style="list-style-type: none"> • Orienteering 06 Card - Netball Numbers • Orienteering 08 Card - Star Exercise • Orienteering 09 Card - Score Event <p>Lesson 4b. Playground Star Orienteering Symbol Star Game</p>
Demonstrate an understanding of the relationship between pacing and distance.	<p>OEAP Outdoor Learning Cards</p> <ul style="list-style-type: none"> • Orienteering 015 Card - Pacing and Compass
Plan a short loop course for another pair to follow.	
Improve confidence in map reading and the transfer of information from map to ground.	<p>South Downs School Sports Partnership Orienteering</p> <ul style="list-style-type: none"> • Score Competitions page 65 • Photo Orienteering page 69 • Map memory - page 69

Orienteering Scheme of work

SKILL YEAR 5	ACTIVITY AND SOURCE
Apply skills of orienteering including thumbing the map, route choice and symbol recognition.	South Downs School Sports Partnership Orienteering <ul style="list-style-type: none"> • Score Competitions page 65 • Photo Orienteering page 69 • Map memory - page 69 OEAP Outdoor Learning Cards <ul style="list-style-type: none"> • Orienteering 06 Card - Netball Numbers • Orienteering 08 Card - Star Exercise • Orienteering 09 Card - Score Event • Orienteering 011 Card - Hanging Control • Orienteering 012 Card - Sprint Races • Orienteering 013 Card - Relay Orienteering
Plan the most efficient route so the course is completed in the quickest time.	South Downs School Sports Partnership Orienteering <ul style="list-style-type: none"> • Score Competitions page 65 • Photo Orienteering page 69 • Map memory - page 69 OEAP Outdoor Learning Cards <ul style="list-style-type: none"> • Orienteering 09 Card - Score Event • Orienteering 010 Card - Cross Country Exercise • Orienteering 011 Card - Hanging Control • Orienteering 012 Card - Sprint Races • Orienteering 013 Card - Relay Orienteering

Other Activities:

OEAP Outdoor Learning Cards

- Orienteering 017 Card - Norwegian Event

[South Downs School Sports Partnership Orienteering](#)

- Other Ideas - Additional Sessions and Competitions page 70

Orienteering Scheme of work

SKILL YEAR 6	ACTIVITY AND SOURCE
Use the 8 points of a compass, four and six figure grid references, symbols and key (including Ordnance Survey maps)	<p>Dizzy Directions</p> <ul style="list-style-type: none"> • Instructions • Markers • You Tube Video <p>OEAP Outdoor Learning Cards</p> <ul style="list-style-type: none"> • Orienteering 07 Card - Cardinal Cones (extend to 8 points of compass) • Orienteering 016 Card - Compass Bearings
Further develop navigational skills by planning ahead, identifying problems and making decisions.	<p>South Downs School Sports Partnership Orienteering</p> <ul style="list-style-type: none"> • Score Competitions page 65 • Photo Orienteering page 69 • Map memory - page 69 <p>OEAP Outdoor Learning Cards</p> <ul style="list-style-type: none"> • Orienteering 08 Card - Star Exercise • Orienteering 09 Card - Score Event • Orienteering 010 Card - Cross Country Exercise • Orienteering 011 Card - Hanging Control • Orienteering 012 Card - Sprint Races • Orienteering 013 Card - Relay Orienteering • Orienteering 014 Card - Map Memory - Marking Controls • Orienteering 017 Card - Norwegian Event
Learn to balance speed and accuracy.	<p>Tri-O Orienteering Made Easy</p> <ul style="list-style-type: none"> • Orienteering Obstacle Challenge page 14 • Hurdles page 29 • Slalom Ball page 47 • Varied Running page 53 <p>OEAP Outdoor Learning Cards</p> <ul style="list-style-type: none"> • Orienteering 05 Card - String Course • Orienteering 010 Card - Cross Country Exercise • Orienteering 011 Card - Hanging Control • Orienteering 012 Card - Sprint Races • Orienteering 013 Card - Relay Orienteering

Orienteering Scheme of work

SKILL YEAR 6	ACTIVITY AND SOURCE
Practice and develop pacing skills.	OEAP Outdoor Learning Cards <ul style="list-style-type: none"> • Orienteering 015 Card - Pacing and Compass
Set, read and follow a bearing.	OEAP Outdoor Learning Cards <ul style="list-style-type: none"> • Orienteering 016 Card - Compass Bearings https://www.herts-orienteeing.club/uploads/skills/techniques_1.pdf
Be able to take a bearing from a map and use that bearing to find a control point.	OEAP Outdoor Learning Cards <ul style="list-style-type: none"> • Orienteering 016 Card - Compass Bearings
Combine map reading and compass skills.	OEAP Outdoor Learning Cards <ul style="list-style-type: none"> • Orienteering 016 Card - Compass Bearings
Measure the distance between control points and using the map scale, estimate the number of paces required to reach each control.	OEAP Outdoor Learning Cards <ul style="list-style-type: none"> • Orienteering 015 Card - Pacing and Compass
Successfully undertake an orienteering competition and / or visit another site to practice orienteering in unfamiliar surroundings.	

Other Activities:

OEAP Outdoor Learning Cards

- Orienteering 017 Card - Norwegian Event

[South Downs School Sports Partnership Orienteering](#)

- Other Ideas - Additional Sessions and Competitions page 70