

# PE – Orienteering

## Overview

Orienteering is an exciting outdoor sport that challenges participants to navigate through various terrains using navigational skills, a map, and a compass. Orienteering involves:

**Navigational Skills:** Essential for moving quickly and accurately from point to point.

**Map Types:** Participants typically use topographical maps or specially prepared orienteering maps, which highlight specific control points.

**Terrain:** Courses can vary significantly, often featuring diverse and unfamiliar landscapes that test both mental and physical abilities.

**Speed:** Participants aim to complete the course as quickly as possible while ensuring they accurately locate each control point.

**Control Points:** These are markers placed throughout the course that participants must find and record to validate their route.

Overall, orienteering is a blend of strategy, teamwork, and physical endurance, making it a unique and engaging activity for adventurers of all skill levels!



## Rules

**Objective:** Complete the course by finding control markers in the correct order as quickly as possible.

**Map Reading:** Accurate navigation is crucial; rely on your map to guide you through the terrain.

**Physical Fitness:** Your ability to traverse different terrains impacts your overall performance.

**Safety:** Always prioritize safety for yourself and your team, considering varying fitness levels.

**Teamwork:** Share responsibilities for finding controls and ensure all team members contribute to decision-making. Effective communication is essential to avoid mistakes.

**Rules:**

- Control markers are located outdoors; do not enter buildings to shortcut.
- Avoid sharing control symbols with others to maintain fair play.
- The whole team must finish together to receive a time.



Orienteering flag



Orienteering control

## Skills and Techniques

**Running Activities:** Begin lessons with running to boost cardiovascular fitness for varied terrains.

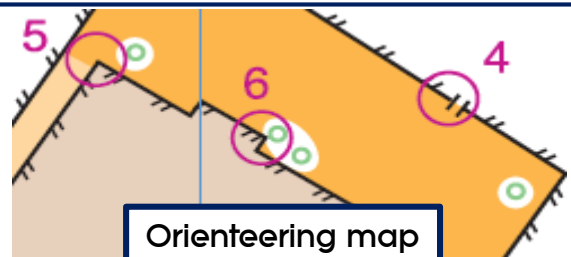
**Observing Surroundings:** Identify key features (like playgrounds and trees) to help locate yourself before checking the map.

**Orientating the Map:** Align your map with the landscape, ensuring it matches the direction you're facing.

**Map Reading:** Recognize symbols and colors on the map using the key for accurate navigation.

**Human Features:** Identify man-made features (buildings, fences) as reference points.

**Physical Features:** Recognize natural features (rivers, hills) to assist in your navigation.



Orienteering map



Team work

## Key words and Vocabulary

Orienteering, Location, Speed, Cardiovascular Fitness, Setting a Map, Navigation, Diverse, Direction, Key, Orientate the map, Terrain, Map, Compass, Control point, Thumbing



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## Tactics

Pace management and navigation techniques are crucial in orienteering. Here's a breakdown of key tactics:

### Pacing:

- Avoid sprinting at the start; take time to orientate your map and surroundings.
- Maintain a steady pace throughout the course to conserve energy and stay focused.

### Map Orientation:

- Quickly identify key ground features to align your map.
- Adjust your grip on the map when changing direction to keep it oriented correctly.

### Star Exercises:

- In these exercises, run from a central point to different controls, each remembering a different answer if in a team.

### Courses:

- You may need to find multiple controls at once; remember that shouting answers is not allowed to maintain fairness.

### Thumbing:





















- Use your thumb to mark your position on the map and move it as you progress, helping you track your location effectively.

### Line Features:

- Utilise visible features (like tree lines or fences) to guide you toward control markers, then navigate more precisely as you get closer.

## Key

Know the symbols used in the key for the school and fields maps:

tarmac	
soft surfaces	
mown grass	
rough grass	
new trees	
sand	
bushes	
pond	
garden	
out of bounds	
slope	
path	
ditch	
steps	
fence, gate	
high fence	
tree	
tree root stock	
building, canopy	
seat, post	

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