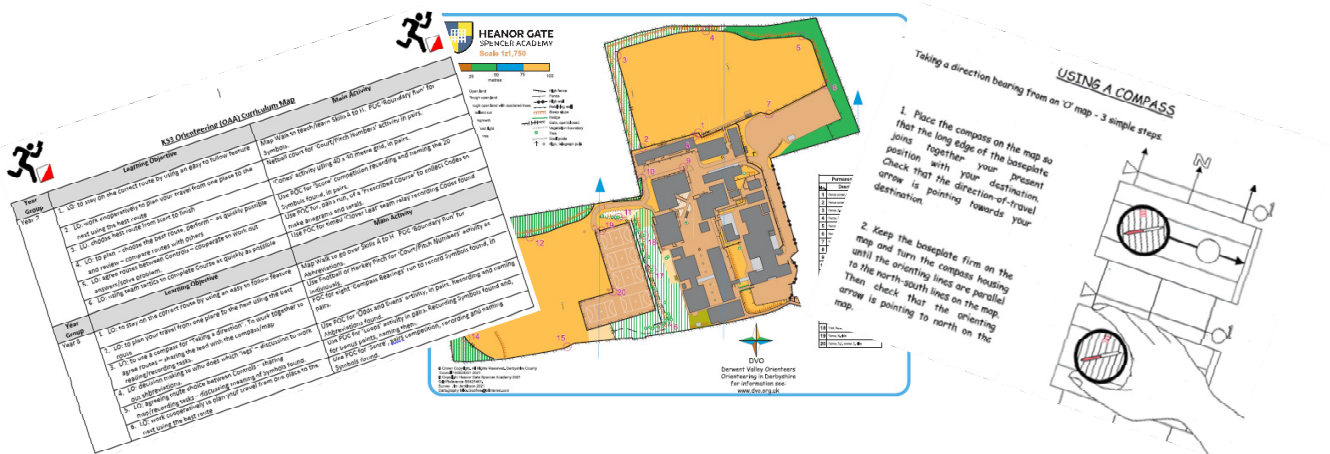




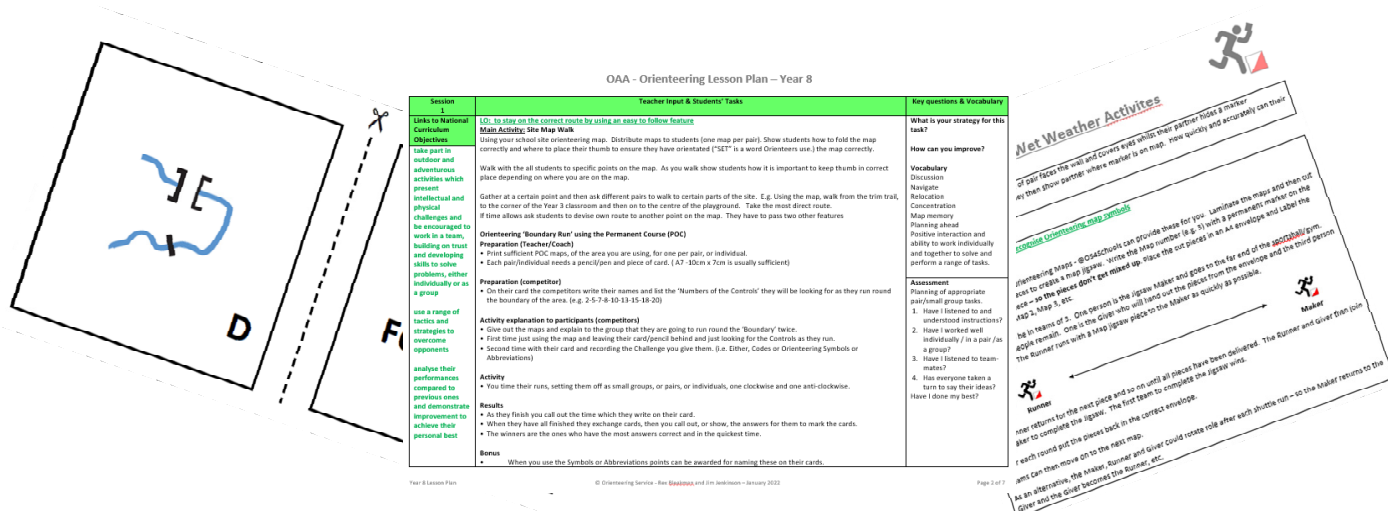
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# Orienteering (OAA) Services for Secondary Schools



## Combining Outdoor, Adventurous and Physical Activity with Problem solving



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Supporting Partners



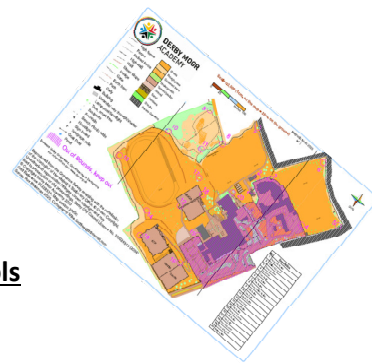


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## Orienteering Services for Derbyshire Secondary Schools

### Combining Physical Activity with Problem solving.

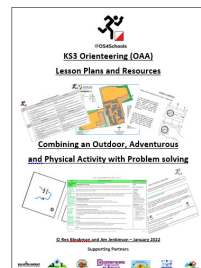


#### **KS3 Lesson Plans and Resources = £350.00**

An electronic pdf version of the progressive skills based lesson plans and supportive resources on a memory stick. Plus an A4 folder containing a paper copy of the lesson plans, wet weather activities and resources for Years 7, 8 and 9.

(N.B. For some of the activities a set of Portable Controls will help add variety and skill development, which we can supply - see below.)

**In order to use this Scheme your school needs an orienteering map of the school site, or local park.**



#### **Survey of School site and mapping = £350.00\***

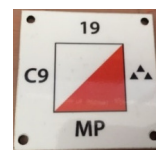
A survey of your school site (2-3 hours visit) in order to produce an Orienteering map of the site. Once agreed, we will provide 30 hard copies on waterproof paper and an electronic pdf of the map.

**\*Occasionally, extra costs may apply for complicated local authority searches and mapping licences. We can advise specific costs on request.**



#### **Permanent Course = £440.00\***

Most schools now choose to have a Permanent Course of about twenty, multi-challenge, signs installed on the school site plus details of Activities and Challenges to use with the Permanent Course. Such a set-up saves a lot of lesson preparation time for staff. Setting up a Permanent Course involves site-specific work and costing. **\*Average cost for most schools. Additional travel costs may apply.**



#### **Portable Controls = £150.00**

A set of twenty Orienteering Punches, including instructions of how to make them up into portable Bottle Controls. We also include numerous additional Activities and Challenges that can be used with these Portable Controls.



#### **CPD Opportunities**

We provide a range of training options for teachers/TAs:

Option 1: In school 90 minutes Introduction to Teaching Orienteering (Max 20 people) = **£250.00**

Option 2: Online (45 minutes) + In school 90 minutes Introduction to Teaching Orienteering (Max 20 people) = **£300.00**

Option 3: A bespoke team-teach day to suit your school timetable and requirements = **£450.00**

Option 4: Option 3 team-teach day plus a 90 minutes staff CPD twilight session = **£600.00**

**Complete Package: Lesson Plans + Resources, Survey + Map, POC + Map, Portables and Training Option 1 = £1386.00\* (10% saving on individual prices)**

**Travel Expenses:** We charge 45p per mile for any school beyond a 20 miles round trip (We are based near Derby).

**To discuss and purchase any of the above options please contact:**

✉ [jimdjenkinson@gmail.com](mailto:jimdjenkinson@gmail.com) | ☎ 07910 802458 or ✉ [rexbreakman321@btinternet.com](mailto:rexbreakman321@btinternet.com) | ☎ 07808 173590



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## Skills Map



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### Orienteering is a great sport combining Physical Activity with Problem solving.

- For fitness with fun
- Problem solving
- Develops self-confidence
- Inexpensive
- Safe
- Cross Curricular

### Teaching/Coaching the fundamental Orienteering Skills

**N.B. it is essential that these Skills and the associated Activities be taught using a real Orienteering Map of a school site or local park.**

#### **Skills progression (X = when first taught)**

The skills are developed, as appropriate, to the needs of the students throughout the Key Stage. These learnt skills will be applied throughout the student's Orienteering lessons. Some repetition / reinforcement is recommended at the beginning of each year group.

#### **Activity Progression (X = when, initially or appropriate to use)**

If students start Orienteering in Year 7 these Activities would be ideally used as shown. However, the activities, with age-appropriate situations and resources, can be used for any year group. Activities may take up more than one lesson.

On the following pages you will find: -

1 - A plan setting out the Skills Progression and Progressive Activities

(N.B. Teaching Skills J to N needs more complex terrain)

2 – Lesson Plans assuming a six-week, half term, programme

3 – Information on Resources, Contacts and support.

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Activity	Key Skills	Yr. 7	Yr. 8	Yr. 9
Simple Map Exercises	A, B, C, D	X		
Cones walk/run	A, B, C, D, E, F	X		
Gym maps	A, B, C, D, F	X	X	X
Court/pitch Numbers	A, B, D, F, G	X	X	X
Map symbols	A, B, C,	X	X	X
Symbols learning activities	C, A, B	X	X	X
Site map walk	A, to I	X	X	X
Site map Star based activities	A to I	X	X	X
Site maps loops activities	A to I	X	X	X
Team competitions	A to I	X	X	X
Individual Head to Head competitions	A to I	X	X	X
Score Competition	A to I	X	X	X
Compass Work	A to N	X	X	X

### Key Stages 1, 2 and 3 Skills

A = To be able to 'Set' the map or plan using the terrain or plan features

B = 'Map to Ground' and 'Ground to Map' – To be able to read / understand the map or plan and relate it to the actual features

C = To be able relate real features to drawn symbols on a map/plan

D = To be able to know where you are on your map/plan at all times "Thumbing"

E = Folding the map to enable you to concentrate on your immediate area and route.

F = 'Route Choice' – Being able to choose the best route from your current location to the next place/Control you are visiting.

G = Navigation – To be able to plan your travel from one place to the next using the best route.

H = Distance Judgement – Using the scale of the map and relating it to the area/ground/terrain to help you estimate fairly accurate distances.

I = Handrail – To be able to use a linear/line feature such as a path ditch, stream or edge of a wood to keep you on the right route.

J = Aiming Off – Deliberately aiming to the left or right of a place that you want to go to/ Control, but cannot see, will enable to know that when you get close to the place it will be on your right or left.

K = Attack Point – An easily identifiable feature near to where you want to get to, so that you can then confidently get to your destination.

L = Catching Feature – A place or feature beyond, but near to your destination, which tells you that you have gone too far.

M = Rough O and Fine O – The first enables you to move quickly to an attack Point near your destination.

The second is when you are in a complex area, often near your destination, and need to be more care, often using a Compass.

N = Relocation – If you are lost you need to find a feature you can see on the map which enables you to relocate/know where you are.