



John Port Spencer Academy PE Department

Orienteering Knowledge Organiser Year 7



Key Skills:

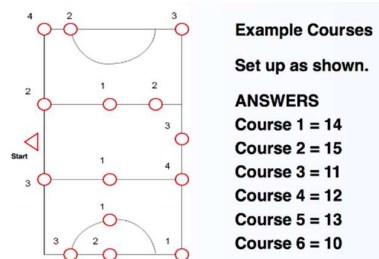
1. The first thing you must do when map reading is to **orientate** your map (move it around) so it is the correct way around to where you are facing.
2. You then need to observe the surroundings before looking for the markings on the map. Once you have identified where you are standing you then find your starting point
3. You need to double check you are at the correct marker before starting because the only way you will successfully complete the course is by getting all answers correct.
4. Team work is key when completing an orienteering course as you will be working in pairs. You must communicate and **discuss** every decision before moving and **navigating** to the next cone. Mistakes can easily be made through poor **communication**.
5. As orienteering involves running, **cardiovascular fitness** is key as you will be running for a long period of time. To train for this, continuous training is useful as well as fartlek training (over different terrains at different speeds)

Rules and tactics:

Orienteering requires **physical fitness**, skill in **map reading**, **mental alertness** and **decisiveness**. Orienteering teaches you to assess, understand and "read" the school site you are working in

The main aim of orienteering is to complete the course(s) correctly in the shortest amount of time, although it is based on map reading it is also a test of your physical fitness. You must find all the points that are placed on the map and record them on your sheet. Consider the ground you are moving over ensuring your safety at all times.

A major tactic to use is your pace. As you are competing with the other people in your group. You must make sure you don't sprint off too quickly so that you are too tired to keep the pace up. If you take it steady the whole way- a jog and not walk- this tactic will help you to be successful



An example of orienteering around a netball court using numbered cones

Stretch and Challenge Task:

Visit www.britishorienteering.org.uk and find where your nearest course for beginners is and the club that is based there.

Key Content and Terms to learn:

Navigation; decision making; communication; cardiovascular fitness; speed; co-operation, orientation; map reading; observation; pace judgement; team work; safety and mental alertness

