



# John Port Spencer Academy PE Department

## Orienteering Knowledge Organiser Year 8



### Key Skills:

1. You must be able to orientate your map (move it around) so it matches the map of the school. Always rotate the map so that the Astroturf pitch on your map matches the 'real world'.
2. You then need to observe the school site before looking for the markings on the map. Once you have identified where you are standing you then find your starting point. **All clues are outside.**
3. You will be told to collect one, two or more answers before returning to your teacher. This way your teacher can assess your success and help you if you are struggling. **Do not disturb other lessons as you work.**
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 clue. Mistakes can easily be made through poor communication.
5. As orienteering involves running, cardiovascular fitness is key as you will be running for a reasonable period of time. Run to the area where you believe the marker is before looking more closely for the answer. Refer to your map and/or clue sheet.

### 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 is 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 a control marker that is similar to the ones you may be asked to find. They can be found on buildings, fences, trees and other non-moveable things.*

### Stretch and Challenge Task:

To improve your orienteering develop your fitness by running regularly in your free time.  
When orienteering in school challenge another pair to see who can gather the most answers or complete the course in the quickest time.

### Key Content and Terms to learn:

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

