

Orienteering challenges and outdoor adventure activities allow progression for pupils at a social and motivational level. Formats are simplified, progressive and varied and appeal to a wide range of pupils regardless of their level of fitness. Developing the fundamental skills of Orienteering such as map reading, navigation and decision making are a fantastic mechanism for developing self-belief, respect and team work. Orienteering also has the huge benefit of developing cognitive and mental processes whilst exploring the outdoors which a wide range of pupils can enjoy.



Heads

- I will keep my map oriented and know where I am on the map at all times
- I will keep a balance between speed and accuracy
- I will practice my problem solving skills

Hearts

- I will work co-operatively in a team
- I will practice perseverance
- I will listen and have fun

Hands

- I will develop my confidence and competence
- I will maintain physical activity

We will be exploring a range of orienteering and problem solving activities

Language development:

Compass, route planner, key, directions, communication (verbal and non-verbal) problem solving, teamwork, planning, challenge, map orientation.



Useful links:

www.britishorienteering.org.uk/goorienteering

www.xplor.org.uk

www.britishorienteering.org.uk/schoolgames