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Orienteering (OAA) Services for Primary Schools

OAA - Orienteering Lesson Plan - Year 4
Teacher Input & Children's Tasks

Session	Link to NC Objectives	Key questions & Vocabulary	What is your strategy for this task?
2	Use part to understand and use changes both individually and within a team.	<p>What can you see?</p> <p>Vocabulary: Discussion, Narrative, Information, Comparison, Map memory, Planning ahead.</p>	<p>What is your strategy for this task?</p> <p>Use a large area / half 12 activity is not very active.</p> <p>Map up Breakway Forest - 30-55 mins (See Orienteering Warm-up)</p> <p>Map Activity Cards (See Course resource)</p> <p>Place 10 lines on form - grid paper. Use as large an area / half 12 as you can. Each grid should accommodate 12 children. Place a cone or sign at each grid. Start drawing all 12 grids and is allowed to be red, not known by pupils.</p> <p>Each pupil has their own starting cone (indicated by a cone sign) and must find their own starting cone (indicated by a cone sign) and must find their own starting cone (indicated by a cone sign).</p> <p>Map Development - do not repeat around the course until each child has their own map. Teacher can then add markers to children's maps. Each child should then improve their map and improve their own time after each course. Repeat.</p>

A Primary School
Scale 1:1,350 (1cm, on the map = 13 m, on the ground)

Can you match the symbol to the meaning?

A	X
B	yellow
C	green
D	white
E	[Symbol]

Combining Outdoor, Adventurous and Physical Activity with Problem solving

KS1 & KS2 Orienteering Curriculum Map

Year Group	Learning Objective	Main Activity
Year 1	1. LO: position yourself correctly using a map/plan 2. LO: relate real features to drawn symbols on a map/plan	Gym Mat 1, First
Year 2	1. LO: position yourself correctly using a map/plan 2. LO: relate real features to drawn symbols on a map/plan 3. LO: choose best route from start to finish	
Year 3	1. LO: position yourself correctly using a map/plan 2. LO: relate real features to drawn symbols on a map/plan 3. LO: choose best route from start to finish 4. LO: working together to relate real features to drawn symbols on a map/plan	
Year 4	1. LO: relate real features to drawn symbols on a map/plan 2. LO: choose best route from start to finish 3. LO: working together to relate real features to drawn symbols on a map/plan 4. LO: work cooperatively to plan your travel from one place to the next using the best route 5. LO: to know common Orienteering map symbols 6. LO: to stay on the correct route by using an easy to follow feature 7. LO: choose best and quickest route from a single start / finish point	
Year 5/6	1. LO: choose best route from start to finish 2. LO: working together to relate real features to drawn symbols on a map/plan 3. LO: to stay on the correct route by using an easy to follow feature 4. LO: to know common Orienteering map symbols 5. LO: working in pair to plan best route in competitive environment 6. LO: using team tactics to complete Course as quickly as possible 7. LO: using a range of Orienteering skills to complete Course as quickly as possible 8. LO: to plan - choose the best route, perform - as quickly possible and review - compare routes with others	

Man the Master Maps
A fun, warm-up game for Orienteering. Introduces commonly used Orienteering terms.

GO NORTH	Run to the end of the area identified as North	GO SOUTH	Run to the end of the area identified as South
GO EAST	Run to the end of the area identified as East	MAN THE MASTER MAPS	On hands and knees, bottom in air - pretending to be checking their map.
GO WEST	Run to the end of the area identified as West	Trip Over A Log	Pretend to trip over, lie on side with one arm and leg in air.
LOST!	Stand on the spot, turning 360°, with hand on head, as if you are looking for terrain features to relocate.		

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Supporting Partners



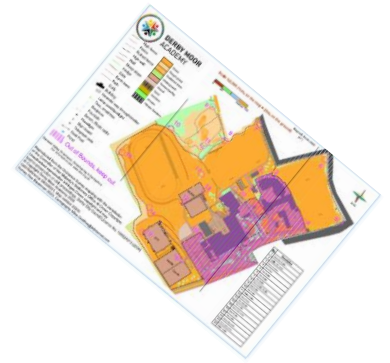


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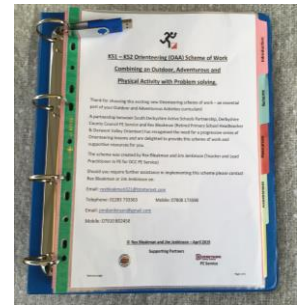
Combining Physical Activity with Problem solving.



KS1 - KS2 Scheme of Work and Resources = £200.00

An electronic pdf version of the scheme of work and supportive resources on a memory stick. Plus an A4 folder containing the 114 pages paper copy of the scheme, resources and an assessment guide for Years 1 - 6. **(N.B. 1. Many of the Challenges and Activities can be used with Secondary School pupils. 2. You will need a set of Portable Controls, 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 = £480.00*

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: Face-to-face 90 minutes Introduction to Teaching Orienteering = **£250.00**

Option 2: Online (45 minutes) + Face-to-face 90 minutes Introduction to Teaching Orienteering = **£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: Scheme, Survey + Map, POC + Map, Portables and Training Option 1 = **£1287.00* (10% saving)**

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 | 📞 07910 802458 or ✉ rexbleakman321@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)

Introduction to skills will begin in Year 1 and developed, as appropriate, to the needs of the children throughout the Key Stages. These learnt skills will be applied throughout the child'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 children start Orienteering in Year 1 these Activities would be ideally used as shown. However, the activities, with age-appropriate situations and resources, can be used for any year group (Yr1 onwards). Activities may take up more than one lesson.

On the following page is the Skills Progression and Progressive Activities Map.

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

Activity	Key Skills	Yr. 1	Yr. 2	Yr. 3	Yr. 4	Yr. 5	Yr. 6	Yr. 7	Yr. 8	Yr. 9	Yr. 10
Basic Map / Plans	A, B, C	X	X	X	X						
Simple Map Exercises	A, B, C, D	X	X	X	X	X	X	X			
Cones walk/run	A, B, C, D, E, F		X	X	X	X	X	X			
Gym maps	A, B, C, D, F		X	X	X	X	X	X	X	X	
Court/pitch Numbers	A, B, D, F, G			X	X	X	X	X	X	X	X
Map symbols	A, B, C,		X	X	X	X	X	X	X	X	X
Symbols learning activities	C, A, B		X	X	X	X	X	X	X	X	X
Site map walk	A, to H		X	X	X	X	X	X	X	X	X
Site map Star based activities	A to G			X	X	X	X	X	X	X	X
Site maps loops activities	A to G			X	X	X	X	X	X	X	X
Team competitions	A to G				X	X	X	X	X	X	X
Individual Head to Head competitions	A to G				X	X	X	X	X	X	X
Score Competition	A to G				X	X	X	X	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 = 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.

I = 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.

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

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

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

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.