

Subject Knowledge Organiser

Orienteering- Orientate, observe, navigate, team work, communication

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)



	M16	4,1 km	120 m
1	40	↘	⊗
2	53	↘	∩
3	46	↓	∩
4	57	∩	∩
5	32	∩	∩
6	58	▲	∩
7	47	↘	∩
8	48	↘	∩
9	49	■	∩
10	100	↘	⊗



Example Courses

Set up as shown.

ANSWERS

- Course 1 = 14
- Course 2 = 15
- Course 3 = 11
- Course 4 = 12
- Course 5 = 13
- Course 6 = 10

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 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

Always remember: The main aim of orienteering is to complete the course in the shortest amount of time, however good team work and planning of your route is vital to success.

Progress Vocabulary: *Identify, Define, describe, explain, compare and contrast, sporting links, analyse, evaluate*

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