

Orienteering and the curriculum



Natural history

plants in particular places
inter-relationship of plants, animals, insects and birds

Geography/environment

using maps, symbols, scale, legend
looking closely at environment
directions, using compass
minimal carbon footprint

Personal and inter-personal skills

confidence, independence, taking personal responsibility
strategic planning, problem solving, discuss hypothetical situations & alternatives
understand instructions, communication, team work & co-operation

Health & Wellbeing

walking/running around outdoors
exercise at own rate
sport for the non-sporty
mental wellbeing communing with nature
general motor skills
aerobic activity

Verbal skills

describing what seen, route plans, route taken, difficulties encountered
positional words, subtle differences
understanding & communicating

Spatial awareness

relating map shapes to reality
understanding sizes and distances, relative positions

Art & crafts

awareness of shapes
drawing basic maps
making control markers

Maths & ICT

timings & scores, calculations on them
distance & measurement
angles, turning, direction
software for events

Social skills

taking turns & sharing, concept of "fair play"
awareness of other land users
respect for other people & their property
involvement with local club
vested interest in local woods

... and it's FUN!