

TEACHING ORIENTEERING courses – ideal for anyone wanting to introduce orienteering in schools or youth groups



Orienteering is an exciting, dynamic, individual sport that appeals to a wide age range and to people of all levels of fitness. It develops many transferrable skills and links with many parts of the Curriculum for Excellence. These courses are run by the Scottish Orienteering Association, on behalf of the British Orienteering Federation.

Both courses last one day, and make excellent CPD. The Part 1 course assumes no prior knowledge and will enable you to introduce orienteering to your young people in an enjoyable and rewarding way. Part 2 covers some more advanced techniques and is generally more relevant to secondary schools. Attendance at Part 1 is a pre-requisite of Part 2.

For 2012-13 we have planned courses throughout Scotland. A full schedule of course dates can be found in this document and is also available online. Courses are taught by our team of qualified and experienced professional staff.



Please contact Hilary Quick by phone or e-mail if you have any queries or would like to book onto a course and check out our website for the latest list of course dates:

tel. 01479 861374 or

e-mail hilary@scottish-orienteering.org

<http://www.scottish-orienteering.org/natcen/page/national-centre-course-schedule/>

Key facts (2012 prices):

	Part 1	Part 2
Standard Fees*:	£75 per person	£95 per person
Course content	The training delivers the knowledge, understanding and practical ability to teach the <u>basic skills</u> of orienteering.	The training delivers the knowledge, understanding and practical ability to teach <u>some of the advanced skills</u> of orienteering.
Resources supplied	CD with details of orienteering activities and advice	CD with details of more advanced orienteering activities and advice; book "Teaching Orienteering"
Pre-requisites	Age over 16.	Age over 16 and have attended Teaching Orienteering Part 1.
Trains you to...	Introduce the basic skills of orienteering to beginners in a fun and exciting way on areas that are safe, such as school sites or outdoor centre grounds. You will also be able to deliver simple competitions for participants.	Introduce more advanced skills of orienteering, to children or adults in a fun and exciting way on small areas with clear boundaries, plenty of handrail features and few hazards. You will also be able to deliver an extended range of orienteering competitions.

* reductions may be available for organisations booking more than 4 places and providing teaching space.

Course details – common features of both courses

The training is aimed at **teachers, Active Schools Co-ordinators, youth sector workers, parents, volunteers and people working in schools and outdoor centres**. Anyone over the age of 16 may attend the courses, however the Orienteering Young Leader Award, suitable for 14 – 19 year olds, may better meet young people's needs.

Attending Teaching Orienteering Part 1 is a prerequisite for anybody wishing to deliver the Orienteering Young Leader Award or attend the British Orienteering Teaching Orienteering Part 2 training.

Both courses last 6 hours and are practical in nature and you will be expected to join in with group discussions and activities – though the intensity of your physical participation is entirely up to you!

What does Teaching Orienteering training involve?

You will be given the knowledge you require to introduce the appropriate skills of orienteering and ample opportunity to discuss and practise using this knowledge. You will also be given useful resources to help you put your learning into practice, and access to ongoing support and guidance.

What are the learning outcomes of the training?

Part 1

- Introduce children to the fun of orienteering in a safe environment
- Plan sessions which introduce the basic understanding of how to use an orienteering map and include the following skills: map as a bird's eye view, importance of north, map orientation, use of map colours and commonly used symbols, and how to keep in contact with the map.
- Plan and deliver orienteering sessions that meet the safety standards required by British Orienteering.
- Organise and deliver simple orienteering competitions
- Be able to advise children on the opportunities to further their orienteering experience

Part 2

- Develop orienteering skills on small areas with clear boundaries that have been risk assessed as safe for the level of participants involved.
- Use your previous knowledge to plan programmes that include use of compass, scale, distance understanding, basic contours and the techniques required for the relevant external school examination (where appropriate).
- Deliver orienteering sessions that achieve the outcomes of the learning programmes.
- Organise and deliver a range of orienteering competitions.

Is there assessment – if so what form does it take?

These courses are not assessed; following the training candidates will receive a certificate of attendance. Candidates wishing to gain a formal, assessed qualification should talk to a tutor to identify the most appropriate route for them to take.

What people have said about the course

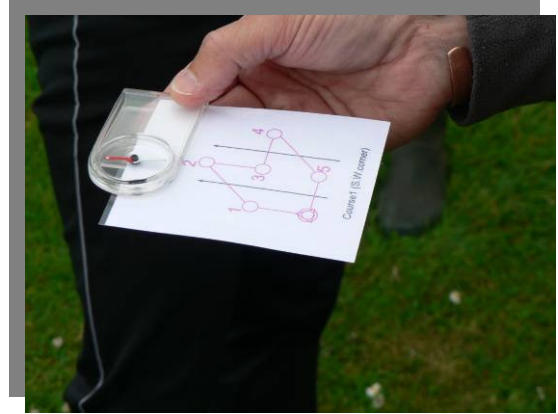
"one of the best CPD courses I have been on!"

"Super course, very hands on with lots of ideas on how to build up skills"

"you've just shot to the top of my list of favourite CPD courses"

"very effective course. Have gained lots of guidance of where to begin with orienteering at Primary School"

"very good course content & suitable for my work area. Loads of resources to help develop the sport."



... and how people envisage using their newly acquired skills

- "Active Citizens group within school P4-7. Adapting for many lessons in cross-curricular ways for maths/literacy/health & well-being/mapping skills/PE."
- "Using the activities with my own class as part of Health & Well-being and Social Skills but also taking it into the wood as a Forest School activity"
- "The course gave me ideas on how to improve running orienteering sessions with children and how to make teaching the subject more fun."
- "With youth sections, Cubs & Scouts, as part of Fitness Challenge and for fun activity event or during camps."

