

# Introducing Orienteering - New Course for Teachers

Based on the successful, long established “Teaching Orienteering” course, **Introducing Orienteering** is a new course for teachers, outdoor centre instructors, youth leaders and anyone interested in introducing orienteering to young people.

We’ve taken the best bits of the “Teaching Orienteering” course that we’ve been delivering for several years, made them even better, and made them more relevant to Scotland. The result is a superb day of enjoyable, active learning experience, and a set of resources that you can use immediately for a series of progressive sessions. No prior knowledge is required, and all physical activity is at whatever level you choose.

On the course you will learn how to introduce the basic skills of orienteering through indoor and outdoor activities, and how to bring a variety of subjects to life through the medium of orienteering. As well as offering the incentive for significant physical activity, orienteering offers some important life skills and links with many areas of the curriculum which are of genuine interest to young people:

- environmental awareness
- spatial awareness
- mathematical calculations
- ITC
- language skills - learning new languages and developing existing communication skills
- team work
- planning
- problem solving
- independence and self confidence



The full course is best delivered as a single 6-hour day, but we can split it into shorter sessions if that suits your requirements better. We can also provide an extended (2-day) course in which you will also learn how to take the orienteering beyond the confines of school or centre grounds. We pride ourselves on adjusting the scope to meet the needs of attendees.

Courses are taught by our qualified, experienced and enthusiastic tutors, at various locations throughout Scotland. Although we schedule some dates well in advance, we’re always happy to add more! Please e-mail Hilary Quick - [hilary@scottish-orienteering.org](mailto:hilary@scottish-orienteering.org) if you’d like a course near you.

The standard fee for the one-day course is £70 per person. Please ask for details of pricing for split courses.