

# 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!