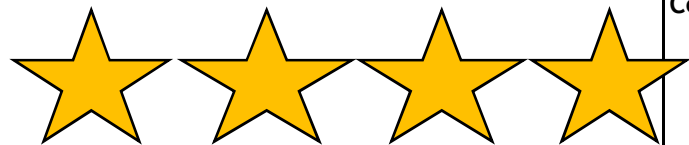


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TD	Skill/technique	<i>Target standards</i>	Target date	Progress	Date ACHIEVED
1	Avoid distractions, don't follow others	<i>Focus on YOUR orienteering; take clues from other competitors where appropriate</i>			
2	Adjust speed sensibly	<i>Know when to adjust speed; traffic light orienteering</i>			
3	Identify alternative routes on map	<i>Understand there's often a choice; identify and describe options involving simple terrain options as well as linear</i>			
3	Weigh up advantages and disadvantages of basic alternative routes	<i>Discuss main pros and cons; make a decision based on them. (TD3)</i>			
3	Judgement of absolute distance	<i>Reliable judgement of distance covered.</i>			
3	Simplify the map	<i>Routinely pick out essential level of detail.</i>			
3	Identify & use catching features	<i>Exploit reliably where appropriate.</i>			
4	Identify & use simple contour features to use as handrails in terrain.	<i>Use valleys, ridges etc. to navigate short distances in terrain.</i>			
4	Take a bearing/fine use of compass	<i>Routinely take bearing fast and accurately</i>			
4	Follow a bearing/proceed "on the needle"	<i>Run/walk accurately on bearing for distances over 50m through terrain.</i>			
4	Maintain map contact	<i>Reliably confident of own location to appropriate level of accuracy</i>			
4	Relocation skills	<i>Use sensible relocation strategy when required; relocate quickly and accurately</i>			
4	Skill/technique choice	<i>Select & employ correct skills & techniques and combinations for different situations</i>			
4	Movement in terrain	<i>Move fluidly in terrain as appropriate.</i>			



Date standard achieved:

Comments/next steps:

Coach name:

Coach signature:

Date:



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