

Activity: Playground Courses

Setting up a simple course in a park or playground is easier than you think! We can help you make an event for children to practice orienteering, making it a fun and challenging activity for children who want a bit more than the very basics.

What you need:

- Orienteering maps with different courses marked on. If your school or area hasn't been mapped, you can contact your local Scottish Orienteering Regional Development Officer to help with sourcing or preparing this
- A teacher's map with "all controls" and codes marked on it
- Control markers (10-20: you can make your own from cardboard or plastic milk bottles)
- Control cards for each participant (as per template below) and pencils



While this is what a professional orienteering control looks like...



...almost any object can be made into a control!

How it works:

- Place control markers at locations shown on the teacher's map, ensuring codes correspond with the map
- Add a second code (number instead of letter, or girls name, or colour, or any theme) to each control point
- The triangle on the map represents the start where the teacher / leader will always be found.
- The control description box, gives clues about where the controls are as well as a code to check that they are in the right place.
- Participants write the second code on their control card to prove they have been round the course.
- Then have a go at a different course.

Skills children will practice:

- Keeping the map set
- Recognising map symbols
- Following a route on the map and on the ground

How children progress in the exercise:

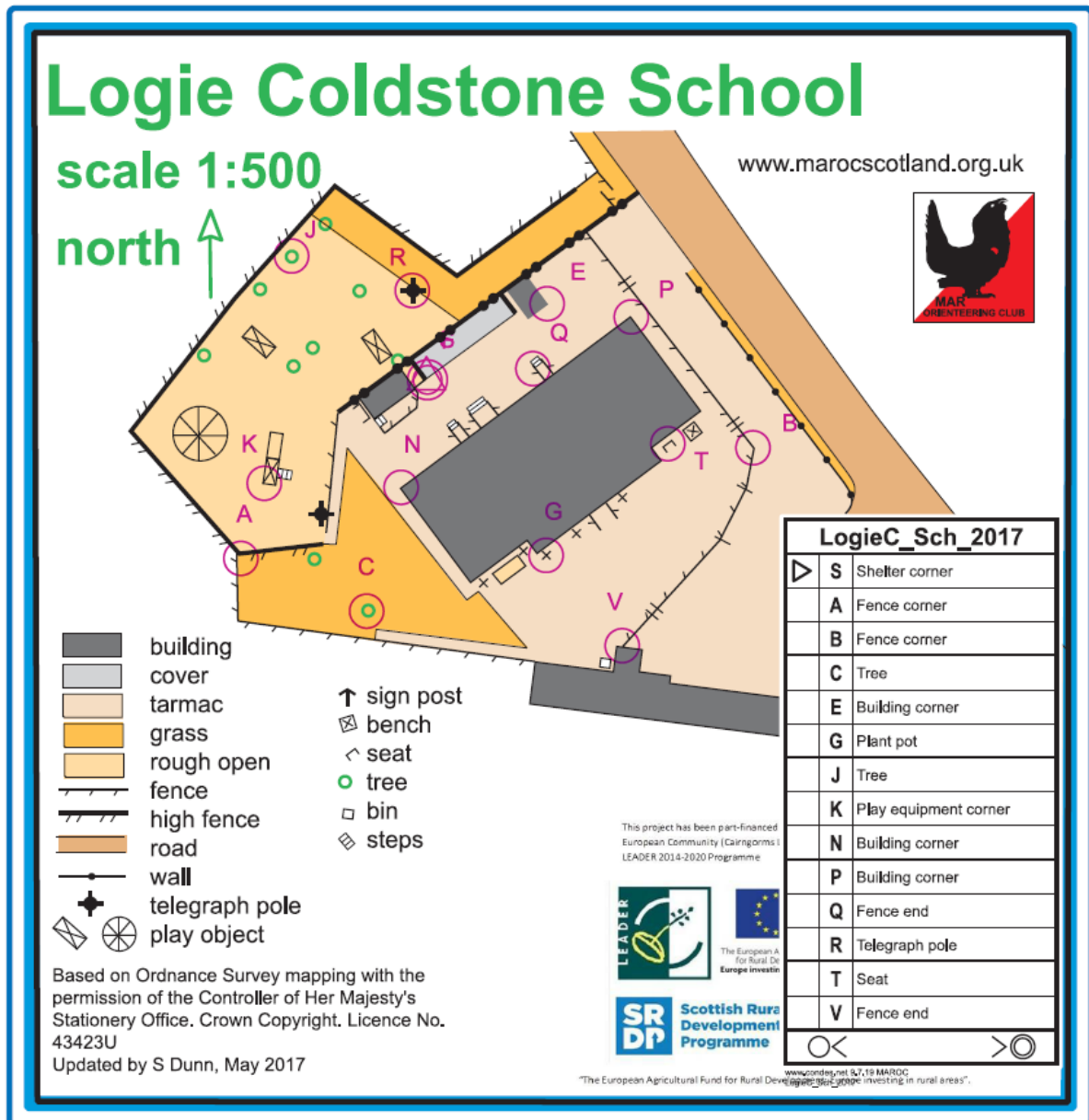
- Plan some courses that get progressively longer and more complex with crossovers and more route choice around the area

Remember:

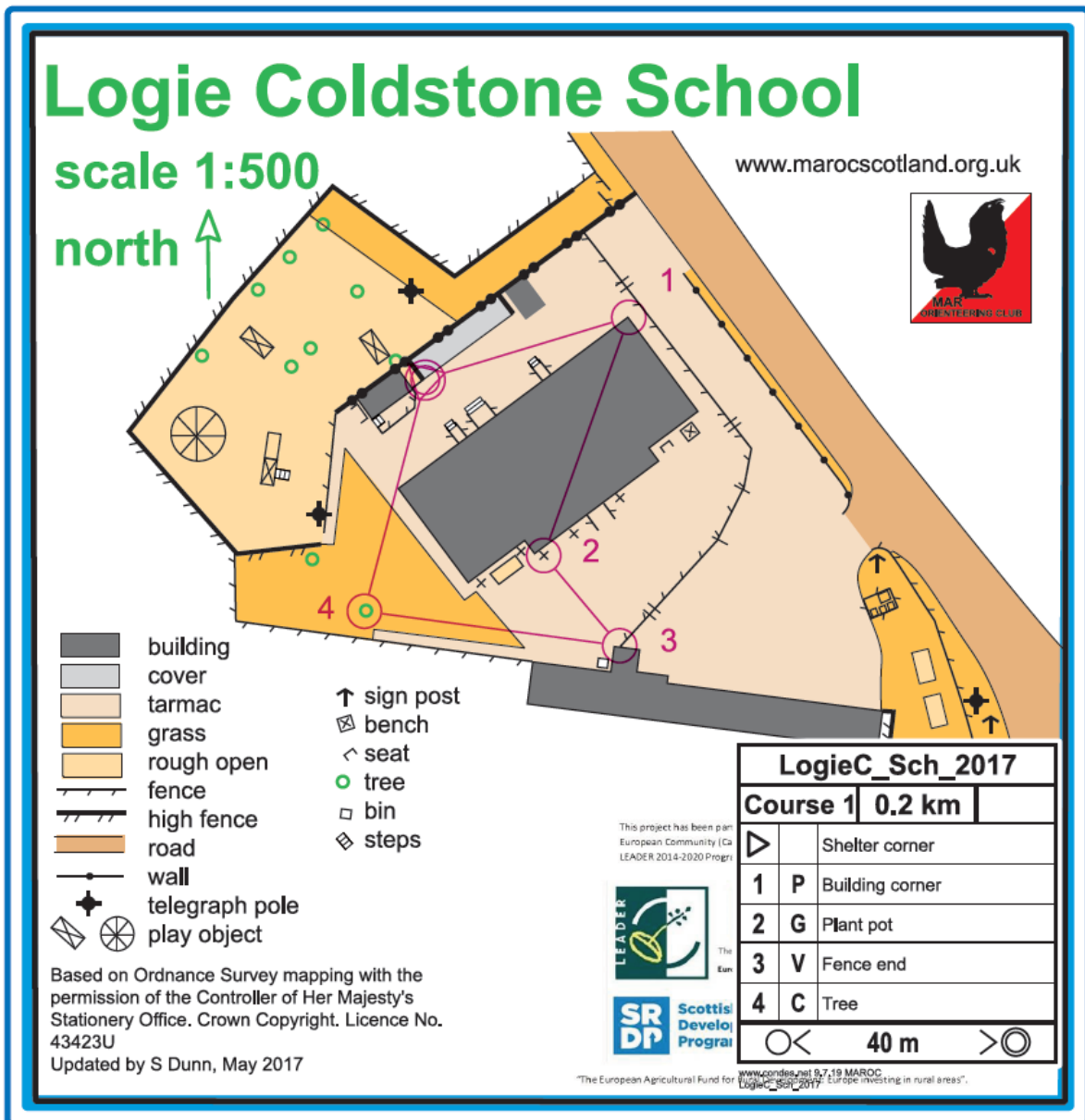
- To register your orienteering activities on the World Orienteering Day website - www.worldorienteeringday.com - each year the event keeps breaking world records and we want you to be part of this!
- To share pics of your activity! #WODScotland ~ #WorldOrienteeringDay

Examples of school course maps

Setup map, featuring all controls



Example Course 1



Example Course 2

Logie Coldstone School

scale 1:500

north ↑

www.marocscotland.org.uk

Legend:

- building
- cover
- tarmac
- grass
- rough open
- fence
- high fence
- road
- wall
- telegraph pole
- play object

↑ sign post

▣ bench

∧ seat

● tree

□ bin

◇ steps

LogieC_Sch_2017		
	Course 2	0.2 km
▶		Shelter corner
1	N	Building corner
2	J	Tree
3	E	Building corner
4	T	Seat
◁	45 m	▷

This project has been part of the European Community (EC) LEADER 2014-2020 Program

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"The European Agricultural Fund for Rural Development" "Europe investing in rural areas"

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Example Course 3

