

# Orienteering KS4

## **Orienteering** – whole day option

Working with a partner, students will be introduced to features of maps including symbols, scale and orientation using a map of an area of forest adjacent to Suntrap. In the forest, students will practice finding the orienteering flags and returning to the start point before attempting the full orienteering course. Students will be under remote supervision.

## **Learning objectives**

- To apply techniques specific to the task or challenge effectively, safely and efficiently
- To understand the principles used to prepare for outdoor activities
- To collaborate with others in a group to solve a problem or make a decision
- To use a map and compass to navigate a route around an unknown area



## **Some suggestions for visit follow-up:**

1. Drawing a map. Pupils could draw a map of the school grounds and use it to design their own orienteering course.

## **National Curriculum Links**

### **PSHE**

#### **Personal wellbeing**

##### 1. Key concepts

##### 1.3 Risk

##### 2. Key processes

##### 2.1 Critical reflection

##### 2.2 Decision-making and managing risk

##### 2.3 Developing relationships and working with others

##### 3. Range and content

e. how to recognise and follow health and safety procedures, ways of reducing risk and minimising harm in risky situations, how to find sources of emergency help

##### 4. Curriculum opportunities

f. work as members of groups and teams for specific purposes, taking on different roles and responsibilities and identifying the range of skills and attributes needed for teamwork

### **Physical Education**

##### 3. Range and content

e. identifying and solving problems to overcome challenges of an adventurous nature, as in outdoor activities

## EVENT SPECIFIC RISK ASSESSMENT

Visit details: **Orienteering**

Carried out by Suntrap Forest Education Centre

Date: February 2013

**S-Staff Pu-Pupils Pa-Parent**

<b>ISSUE</b> List significant hazards which may result in serious harm or affect several people.	<b>HOW TO MANAGE IT</b> What procedures will we have? (Control measures)	<b>Who to inform</b>
Danger of children getting lost	Stay together at all times in pairs	Pu
	Work together as a team	Pu
	Do not cross roads	Pu
	Obey instructions on hazard posts	Pu
Horses bolting/ rider not in control	Be quite and still as horse passes	Pu
	Cover bright shiny papers e.g. map/instructions	Pu
	Do not stroke any horse	Pu
Dogs (jumping up/bite)	If a dog comes near keep still and fold arms	Pu
	Do not stroke dogs in the forest	Pu
Trip/slip/fall/injury	Do not run when moving around the forest	Pu
	If injury occurs stay together	Pu
	All Suntrap staff to carry first aid kit	S
Road safety	Groups to be escorted by responsible adult to start and back to Suntrap	S
	Walk along road in single file	Pu, S
	Cross road using a "Suntrap line"	Pu, S

You must also ensure that appropriate persons are aware of any Generic procedures, but these do not need to be repeated here.  
The activity must only take place if the residual risk following implementation of control measures is deemed to be "low".