



9.1

Activity

ORIENTEERING

In this activity, each team creates an orienteering course for another team to follow. Get into groups of three to six, making sure each group has a compass, pencil, and blank sheet of paper. Follow the instructions below to set up your course.

1. Identify an open space with a number of landmarks (trees, buildings, etc.) like a field or playground.
2. Select five to eight landmarks to use for your course, and identify the order they will appear in the course. Number a blank sheet of paper so that there is one line for each landmark.
3. Write down a description of your first landmark as number 1 (e.g., 30-yard line of the football field). Do NOT write down any of the other landmark descriptions.
4. Stand at the first landmark. Face the second landmark and write down the degree of the angle and the direction shown on the compass on line number 2 (e.g., 30 degrees northwest).
5. Using average-sized paces, walk to the second landmark. Next to the degree and direction, write down the total number of paces required to reach the landmark (e.g., line number 2 might read “30 degrees northwest, walk 25 paces”).
6. Repeat this process for each designated landmark. Write the compass reading (degrees), direction (north, south, east, west), and the distance (steps/paces) require to travel between each landmark. You could require jogging or skipping or another activity for traveling between stations. You could also include an exercise to be completed at each landmark (e.g., “30 degrees northwest, walk 25 paces, complete 10 push-ups”).
7. Once your course is designed, switch your paper with another group. Follow the instructions the other group created and try to complete the course.
8. Continue switching with other groups as time permits.