

WESTHOUGHTON HIGH SCHOOL -ORIENTEERING

Skills and Techniques:

→ **Directions:** 4 key compass directions: North, South, East, West

More complex compass directions: North East, North West, South East and South West

→ **Map Reading:** Recognise symbols on a map. Understand that maps and aerial view pictures are not the same. Recognise these features on aerial photographs

→ **Human features:** Know that a human feature, is influenced by man (Road, cities, churches). Recognise these on a map

→ **Physical Features:** Know that a physical feature, is natural (Forest, rivers, beaches, hills) Recognise these on a map

→ **Directional language:** To describe the physical and human features in a location or a route.

Diagrams and Symbols:

Map Symbols:

	Open Grass
	Rough Open
	Grass Garden
	Undergrowth
	Sandpit
	Tarmac
	Buildin
	g
	All weather pitch
	Canopy
	Steep Bank
	Lamp
	Post Flag
	Pole Tree
	Goal Post
	Netball Post
	Orienteering
	Point Outer
	Fence

Positions:

→ The main aim of orienteering is to complete the set course by finding control markers in the correct order in the shortest time.

→ Although it is based on accurate map reading it is also a test of physical fitness.

→ You must find all the controls you are told to visit and record them on your score sheet.

→ You have to consider the terrain you are moving over ensuring your safety and the safety of any team members at all times, taking into account the varying fitness level of all your team members.

→ In order to be given a finish time for finding controls the whole team has to finish together

Key Features:

→ Orienteering control



→ Orienteering Map



Key Words:

Location, Speed

Cardiovascular Fitness

Setting a Map

Navigation

Adventurous

Diverse Direction

Key

Catchment features

Terrain

Map

Compass

Control point

Thumbing

Attack points

Pacing

Key components:

→ **Map**

A diagrammatic representation of an area showing physical features

→ **Key**

Explains the meanings of symbols

→ **Route**

A way from getting from a starting point to a destination

→ **Location**

The place where something is

→ **Orienteer**

To find your way across areas using a map.

→ **Grid reference**

map reference indicating a location in terms of a series of vertical and horizontal grid lines

→ **Latitude**

Imaginary lines north and south of the equator

→ **Longitude**

Imaginary lines from East to West around the globe