

Orienteering

LKS Year 3 Skills

Lesson 1
Navigate the
cones

How do you
set/orientate
a simple
map and
keep it set
whilst on
the move?

course

Lesson 2
Navigate the
cones

How do you
set/orientate
a simple
map and
keep it set
whilst on
the move?

navigate

Lesson 3
Setting the
orienteering
map

What are the
features of
an
orienteering
map?

symbol

Lesson 4
Setting the
orienteering
map

What is the
purpose of
thumbing the
map?

thumbing

Lesson 5
STAR
orienteering

What is
STAR
orienteering?

collaborate

Lesson 6
SCORE
orienteering

What is
SCORE
orienteering?

*route
tactics*

What will we be learning about over the coming weeks?

Orienteering

LKS Year 4 Skills

Lesson 1
Navigate the
cones

What is the
folding and
thumb
technique?

thumbing

Lesson 2
Navigate the
cones

Can you
set/orientate
a map and
apply the
folding and
thumb
technique?

navigate

Lesson 3
Netball court
maps

Can you
keep a map
set whilst
moving?

orientate

Lesson 4
STAR RELAY
orienteering

What is
STAR RELAY
orienteering?

role

Lesson 5
SCORE
orienteering

Can you
complete a
SCORE
orienteering
event
accurately?

control
point

Lesson 6
Q&A The
Sport of
Orienteering

Can you
answer an
orienteering
event about
the sport of
orienteering?

leader

What will we be learning about over the coming weeks?

Orienteering

UKS Year 5 Skills

Lesson 1 Classic Point to Point

Why do orienteers hold the map in both hands?

orienteer

Lesson 2 Classic Point to Point

What is the purpose of map memory?

memory

Lesson 3 Classic Point to Point

What is the purpose of control flow?

control flow

Lesson 4 Classic Point to Point

Why is map memory and pre-planning needed to help flow through controls?

pre-planning

Lesson 5 Classic Point to Point

What other skills do you apply when practising your control flow?

point to point

Lesson 6 Designing a Point to Point

How do you design a point to point orienteering course?

What will we be learning about over the coming weeks?

Orienteering

UKS Year 6 Skills

Lesson 1 Compass Skills

What is the first/second/third step to take a compass bearing?

bearing

Lesson 2 Compass Skills

Which parts of the compass can be turned by hand?

compass housing

bezel

Lesson 3 Compass Skills

When is it most appropriate to take a compass bearing?

bearing

Lesson 4 Team Building

How did your partner gain your trust?

trust

Lesson 5 Team Building

How did your partner encourage you?

encourage

Lesson 6 Team Building

how did you reflect on your performance to improve the next time?

reflect

What will we be learning about over the coming weeks?