

PRIMARY

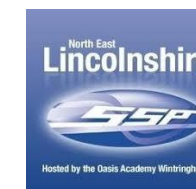
ORIENTEERING

#stayinworkout
#stayhomestayactive

THIS RESOURCE HAS BEEN PRODUCED
USING RESOURCES AND IDEAS FROM



RESOURCE PRODUCED
IN PARTNERSHIP WITH



PRIMARY

ORIENTEERING

MONDAY MOVERS

! Personal Challenge

Activity overview

Dizzy Directions

A simple running challenge involving Compass Points and directions!

Equipment needed

- ✓ 9 Markers (*be creative – use socks, food tins, cushions etc. etc.*)
- ✓ Pen & Paper

School Games value



TUESDAY CHALLENGE

! Problem Solving

Activity overview

Design your own map!

A challenge to design and draw a useable orienteering map

Equipment needed

- ✓ Pen, paper and imagination

School Games value



WEDNESDAY WORKOUT

! Links to numeracy/literacy

Activity overview

Knolls & Depressions

A 2 player activity – potential to be very competitive!

Equipment needed

- ✓ Pen & Paper
- ✓ Set of markers

School Games value



THURSDAY THINKING

! Physical literacy/skills

Activity overview

Scavenger Hunt

Single player game to find random household items

Equipment needed

- ✓ Random household items
- ✓ Pen & paper

School Games value



FRIDAY FUN

! Virtual competition

Activity overview

School Competition – two options to choose from

Equipment needed

- ✓ Dizzy Directions and
- ✓ Design your own Map!

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

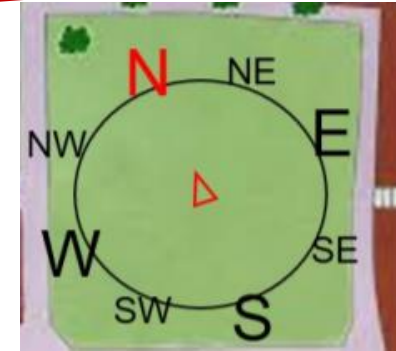
PRIMARY ORIENTEERING

MONDAY MOVERS

! Physical Literacy/Skills



30mins



ACTIVITY

Dizzy Directions

- Best played outside, but it can be played inside your home if you create enough space.
- Place a marker in the middle of your space (bucket, washing basket, cushion) and imagine a circle surrounding this Centre point.
- Now place a 'NORTH' marker (use a compass if you have one – most phones do!) This can be a 'red' marker or simply write NORTH on some scrap paper.
- Place the other markers – NE, E, SE, S, SW, W, NW – make sure they're roughly the same distance from the Centre marker.
- Player stands on the Centre point facing **NORTH**
- A game leader (adult, sibling or 'facetime' friend) calls out a compass point.
- Player races to the correct marker on the circle
- Player returns to the centre point and orientates themselves back to face **NORTH**
- **The aim the game is to complete a full set of all compass point correctly**

EQUIPMENT NEEDED

- 9 Markers to identify the cardinal compass points
- Some scrap paper and pen to label compass points



How can you
demonstrate
teamwork
throughout
this challenge?

MAKE IT EASIER...

Shorten the distance between markers or remove the North East, North West, South East and South West markers – leaving just North, South, East and West.

MORE OF A CHALLENGE

Introduce a stop watch – make it into a competition. Who can complete set of compass directions correctly in the quickest time?

You could also remove the north label and use a compass to self-orientate after each directional run.

MAKE IT INCLUSIVE

Ensure the space is suitable for ability – shorter distance for wheelchair users or powerchair users. Directions can be given verbally or using BSL.

LEAD OTHERS

If you have younger siblings – why not act as the activity leader and create your own compass direction challenges for them to do!

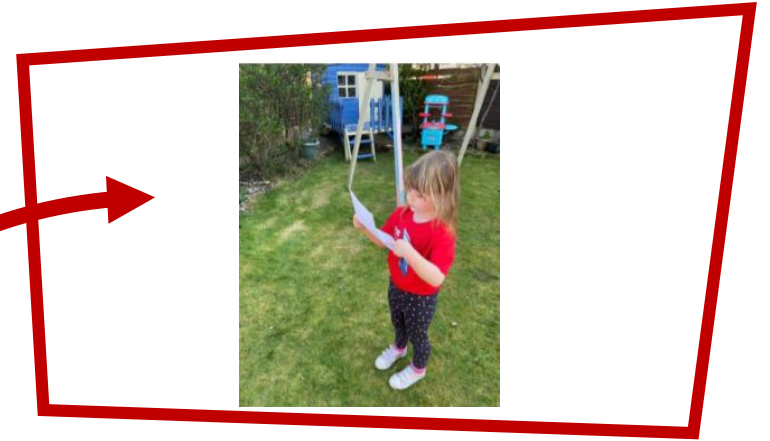
PRIMARY ORIENTEERING

TUESDAY CHALLENGE

! Problem Solving



30mins



ACTIVITY

DESIGN YOUR OWN HOUSE MAP

- All you need is a blank piece of paper and a pencil
- Then using a pencil and ruler, just sketch out your garden or house or a combination of both.
- Decide where you are going to start. This can be marked on the map with a triangle if you wish.
- Then spend some time with your child explaining the map, orientating it and asking some questions such as: • Can they identify the key objects in the garden/ house? • Where are the doors? • Can the child identify where they are stood with you at the moment?
- Plot a number of control/marker points around the map for your child to find.
- Keep it simple to begin with, no more than 5 markers!
- Once they have found each marker using the map introduce some more challenging tasks and activities....
- Make it into a treasure hunt by placing a series of clues at each marker point
- Add Maths or English questions at each marker – give a total score

EQUIPMENT NEEDED

- Paper, pencils and an imagination!
- A prize for a treasure hunt – optional!



How can you
demonstrate
self belief
throughout
this challenge?

MAKE IT EASIER...

Simplify the map and markers – placing markers on easily accessible surfaces and household items will make them a lot easier to find! For example, placing a marker on the TV screen instead of behind a curtain.

MORE OF A CHALLENGE

Make the map and markers more complicated and don't be afraid to throw some tricky problems i.e. placing a marker inside a draw instead of on top!

MAKE IT INCLUSIVE

Ensure all markers and map points are fully accessible – don't place markers too high for younger children. Don't place markers in corners of rooms or behind large furniture if wheelchair or powerchair users play

LEAD OTHERS

Let other children create and design their own maps

PRIMARY ORIENTEERING

WEDNESDAY WORKOUT



30mins

! [Links to numeracy/literacy](#)

ACTIVITY

Knolls & Depressions

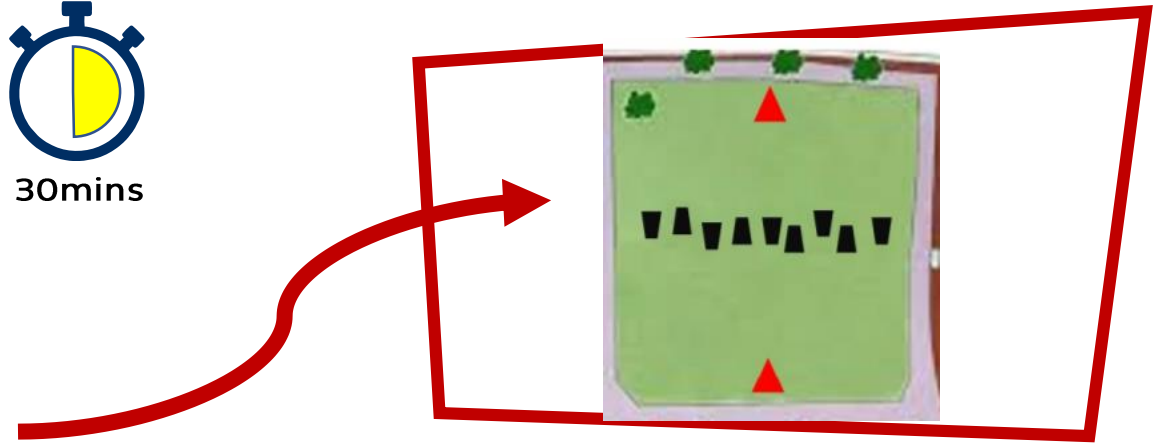
- Place a set of markers in the middle of your room or garden space in a horizontal line
- Half of these markers need to be upside down (**Knolls**) and the other half the correct way up (**Depressions**)
- Start players at opposite ends of the room or garden – make sure they're both the same distance away!
- Set a time limit for a game (1 minute is a good start)
- Decide which player will turn Knolls to Depressions and which player will do Depressions to Knolls.
- Players can only touch one marker at a time and must always return to their starting point before going back to the middle marker again.
- The winning player is the one who has the most markers in their Knolls or Depressions after the time is up!
- Introduce simple math questions beneath each marker – players must complete the questions on paper back at their starting station before returning to the middle
- Write a set of different words underneath each marker – players must record each word back at their station and then create the best sentence or story using all the words

EQUIPMENT NEEDED

- 7 – 14 Markers
- Some scrap paper and pen



How can you
demonstrate
determination
throughout
this challenge?



MAKE IT EASIER...

Shorten the distance between player starting points
Use simple maths questions or words

MORE OF A CHALLENGE

Place markers in a random order around your space instead of in the middle
Introduce harder maths questions and words

MAKE IT INCLUSIVE

Introduce a handicap for older or faster children by bringing the slower/younger players starting position closer to the middle
Make sure the markers are accessible – if wheelchair or powerchair users, place markers on a table.

LEAD OTHERS

If you have siblings or parents at home – why not act as the activity leader and create your own time limits, maths and english questions.

PRIMARY

ORIENTEERING

THINKING
THURSDAY



30mins

! Physical literacy/skills

ACTIVITY

Scavenger Hunt

- Create a list of household items – start with a 5 item list.
- Think of different rooms or garden areas to ensure all your items are spread around your home and garden
- Give your child this list and start a stop watch.
- Players have to collect one item at a time and bring it back to their 'Base Camp'
- Stop the watch once the player has found all items and brought them back to base camp.
- Be creative with your list – for example, instead of 'Tennis Ball' you could say 'Something furry' to challenge the player imaginations!
- This can be played many times by simply changing the items on your list.
- A really great way of playing this game is to do so over FaceTime, House Party or Zoom apps – your children could create a list of items for friends, grandparents or older siblings to find in their own home!
- An example list'; *Something Green, Something Big, Something Wet, A Ball, Something tiny, A Book, Something Smelly and Something from outside!*

EQUIPMENT NEEDED

- Some scrap paper and pen
- Household items



How can you
demonstrate
passion
throughout
this challenge?



MAKE IT EASIER...

Ensure all items on the list are within one room
Make a list of 5 items or less

MORE OF A CHALLENGE

Create a long list of items from areas all around the house
Introduce a time limit

MAKE IT INCLUSIVE

Make sure items are easily accessible for wheelchair or powerchair users

LEAD OTHERS

Create their own list of items – challenge siblings or parents, even play over video messaging such as Facetime and challenge their friends or other relatives!

PRIMARY

ORIENTEERING

FRIDAY FUN



30mins

GET AHEAD
PARTNERSHIP

EDUCATION. SPORT. WELLBEING

ACTIVITY

Virtual School Competition Option A – DESIGN YOUR OWN MAP

- Ask your students to send photographs of their own household orienteering map designs. Use some simple criteria to judge the best map.
- A normal orienteering map would include a clear key and have a defined starting position – usually identified by a triangle.
- Bonus points for good colouring and artistic design.

Virtual School Competition Option B – DIZZY DIRECTIONS

- Who can complete a full set of Mondays 'Dizzy Directions' compass points in the quickest time? Ask students to record video evidence of their fastest attempt.
- Rules
 - The set must be called out in a random order by an adult, older sibling or other family member
 - Markers should be 2 meters away from their center point (where/if possible)

EQUIPMENT NEEDED

- Paper, pencils and an imagination!
- A prize for a treasure hunt – optional!
- 9 Markers to identify the cardinal compass points
- Some scrap paper and pen to label compass points



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win not the best cheat.



Treating everyone equally, supporting each other and working together to achieve at your very best level. Celebrate each other's successes and be a positive team player.



Respect for the referee, for the opposition, for your team mates for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, in every sport and for everyone.



You've got to believe to achieve. Have the self belief and confidence to succeed and reach your personal best.



Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.



Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be.