

Key Vocabulary	
Communication	The imparting or exchanging of information by speaking, writing, or using some other medium.
Control Plotting	Plotting a marked waypoint used in orienteering and related sports such as rogaining and adventure racing.
Indoor Mapping	It is a revolutionary concept that visualizes an indoor venue and spatial data on a digital 2D or 3D map.
Location	This term can be used to describe the space being worked in, or the specific placing of an object within the activity.
Map Skills	To help us read maps and ascertain information from their symbols and scales.
Picture Orienteering	Orienteering using pictures rather than grid references
Problem Solving	The process of finding solutions to difficult or complex issues.
Scale	A ratio of size in a map, model, drawing, or plan.
Symbol	A mark or character used as a conventional representation of an object, function, or process
Teamwork	The combined action of a group, especially when effective and efficient.

Year 5/6 - PE - Orienteering

Sticky Knowledge/Skills

The most important skill in Orienteering is orienting the map! Maps are not supposed to be held with the top up the top, but instead in the same orientation as the terrain around you. Look for a prominent feature around you like a fence or a road, and rotate the map to match. You can also use a compass to assist, but it's more important to learn how to orient your map using the terrain. A compass comes in handy when you're on more difficult courses and the terrain is complicated.

When you're starting out, Line Features are the best way to navigate from one control to the next. Line features are anything that runs in a line, as opposed to a point feature. Some examples of line features:

Orienteering maps are specially made for orienteering, and show an incredible amount of detail. On an orienteering map, you can see features such as a small bends in the trail, hills only 5 meters tall, and even individual boulders that are just half a meter tall.

The reason orienteering maps can show so much detail is due to their large scale. A map scale indicates how "zoomed in" or "zoomed out" it is. For instance, a bushwalking (topographical) map is typically zoomed way out (small scale) so that a centimetre on the map is almost a kilometre on the ground, whereas an orienteering map is zoomed way in (large scale).

Famous Explorers



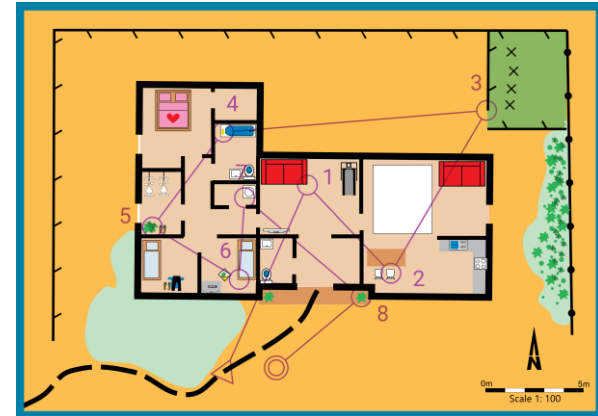
Sir Ernest Henry Shackleton was a polar explorer. Shackleton led three British expeditions to the Antarctic. He was one of the principal figures of the "Heroic Age of Antarctic Exploration". The Shackletons were originally from Yorkshire, but Shackleton was born in County Kildare, Ireland. Shackleton and his Anglo-Irish family moved to Sydenham in suburban London when he was ten.



Amelia Earhart is one of the most famous female explorers in history. She was an aviator and pilot - and only the 16th woman ever to receive a pilot's license. She was an extremely talented pilot who loved the freedom she gained through flying.

The Importance of the map!

An orienteering map, and a compass, are the primary aids for the competitor to complete an orienteering course of control points as quickly as possible. A map that is reliable and accurate is essential so that a course can be provided which will test the navigational skills of the competitor.



Orienteering didn't begin as a sport, it actually started in Sweden in late 19th century as military training. The competitive element of orienteering as a sport was introduced to military officers in Sweden on 28th May 1893.

