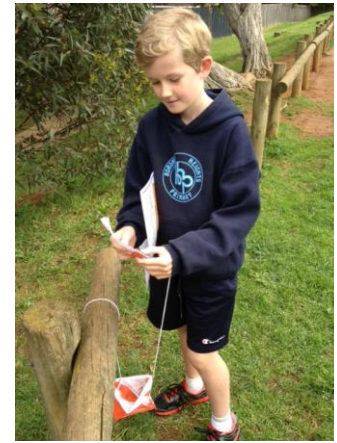
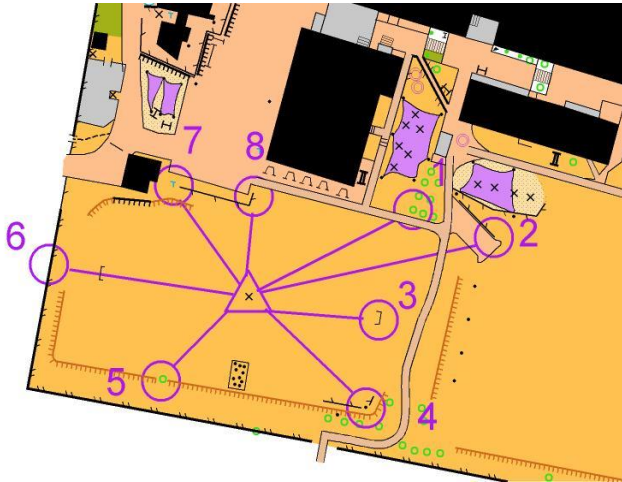


How to run a successful orienteering program

CORE
1

STAR RELAY

SAMPLE MAP



1, Student at control punching card

How to set up the Star relay.

Give each pair of students one control (flag with punch attached and numbered) and a map showing where the control is to be hung.

Explain that the centre of the circle is the exact location – have students verbalise the feature, ask the question for #8 “Exactly where are you going to hang the control”? Answer: “On the fence end”

Demonstrate how to attach the control to feature. It is precise not ‘on tree nearby’.

Students set off, hang their control (tie onto fence/ post etc) and return.

NOTE- first session have all control sites within view so Teacher can monitor accuracy.

Yes, they now know where ONE of their controls is! That is OK.

Run the Star relay.....even do it twice changing odds and evens.

At end of session- students go and collect the control they hung out, bring it back and store it neatly.

Demonstrate how to tie up flag with punch ready for safe storage.

STUDENTS’ RESPONSE

Students eager to hang control correctly.

Students were slow to tie/clip controls onto feature.

Students felt proud they could hang a control in the right place.

Start Relay, all controls within view of Teacher.

Student’s confidence high as they could see all sites. (Next lesson shd have controls out of sight).

TEACHER OBSERVATIONS

Having the students involved in the setting up means that Teacher does not have to ‘race’ around during lunch break to set up courses. Make setting up/retrieving/ tying up controls- part of every lesson. Means no equipment is lost or damaged. Students learn to respect equipment.

Take time to ensure students understand exact locations.

Do not rush this part of the lesson.

Revise orientating map to north.