



About Orienteering

And Navigation Games



Orienteering is a running and navigation sport in which competitors travel through terrain to visit checkpoints marked on a map. In orienteering, students develop their physical abilities (speed, agility), mental abilities (map navigation, critical thinking), and play outdoors.

Our lesson plans also emphasize teamwork, helping each other learn, and safety. These lessons were adapted from the PE curriculum designed for Cambridge, MA public schools.

Many people have contributed to the development of our lessons and activities. Artist Marina Carlson designed the animals.

Navigation Games is a 501(c)3 non-profit dedicated to orienteering education.

Orienteering USA is the national federation, and has many resources, including training courses, map-making resources, and information about your local clubs.

The **International Orienteering Federation** has many resources for educators.

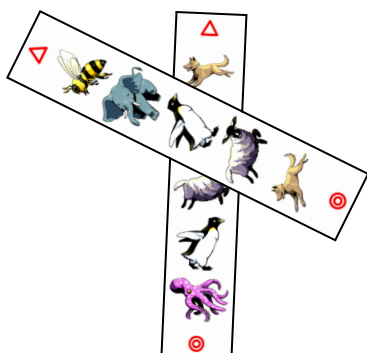
Key concepts

- **Safety** - knowing the boundary, returning on a signal, and awareness of uneven terrain and other orienteers.
- **Observation and mindfulness** - awareness of the environment and its relationship to the map; awareness of one's physical and emotional state and factoring that into pacing and navigational choices.
- **Roles** - Finder/Orienteer, Hider, Helper, Timer, Supporter, Others as needed
- Maps tell you how to find things.
 - Maps can be hard; we use a **progression** of activities.
 - Building a **mental map**.
 - **Matching patterns** on a map to patterns in terrain
 - **Orienting the map** - turning the map so that it matches features in the space.
- Orienteering is a **timed** sport, but finding checkpoints in the correct order is most important. Timing the whole class can help foster teamwork.
- Relating orienteering concepts to **life skills**. What are your goals and your checkpoints each day? What "maps" do you use in life? How do you see alternate routes and choose the best one for you? How do you relocate after making a navigational error?

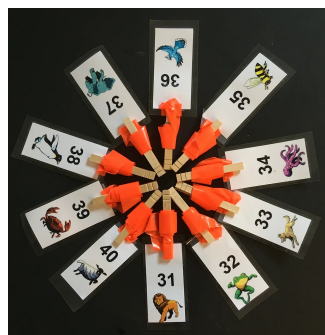


Kit Contents

Navigation Games



Animal-O clue sheets



Checkpoint markers



Clothespins

Additional items in kit

- Clothespins
- Animal pictures for teaching and games

Additional items not in kit

- Maps of your schoolyard or park



More information