

Lesson plan: Making a plan

Introduction

This is to help your learner combine the skills of finding handrails and attack points and orientating their map each time they change direction. At an advanced level it is all about the planning of the whole route and strategy and it may also include stepping stones, aiming off and catching features.

Lesson plan

- Teach your learner to plan a route before they start it.
- This is easy and intuitive for adults but child beginners often just want to get the rough direction and run.
- At the early stage it is best for the learner to just move away from the control a small amount, then plan their route and then set off on it.
- As they get better they can learn to plan as they move.
- Beginner orienteers need to plan to have some handrails leading them to an attack point (see other lessons).
- Intermediate orienteers can start planning to use stepping stones, aiming off and catching features, but they still must have an attack point.

Recap and reflect

Get your learner to show you a planned route for the level of course they are on, and ask them the advantages and disadvantages of this route.

Tips for coach

It's easy to talk to a learner off the course, but once they get started they tend to forget this skill. When using SPORTident, you could get the learner to register at a control twice, with a 20 second gap in between, during which they must plan.

See recommended exercises at orienteering.org.nz/coaching-and-training-hub

Ideal map and terrain

This skill should be learned with a wide range of maps.