

**BOOKING FORM  
TEACHING ORIENTEERING PART 1 COURSE**

21 October 2011 at Tiffin Girls' School, Kingston upon Thames

Name.....

School/Organisation.....

Address.....

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Postcode.....

Phone.....

Email.....

Send booking form by 7 October 2011 with payment of £40.00 payable to Christine Robinson to:

Christine Robinson  
British Orienteering Licensed Tutor  
85 Deacon Road  
Kingston upon Thames  
KT2 6LS

Email: [development@sloweb.org.uk](mailto:development@sloweb.org.uk)  
Tel: 020 8255 7176

On receipt of the application form and payment you will be notified if you have been allocated a place on the course. **First come, first served.** There is a maximum of 14 places available on the course so please book early to avoid disappointment.

# Teaching Orienteering Part 1 Course



Friday 21 October 2011

9.15-4.00

Tiffin Girls' School,  
Kingston upon  
Thames

Organised by South London  
Orienteers in association with  
Kingston School Sport Partnership  
and British Orienteering

Course tutor: Christine Robinson  
(British Orienteering Licensed Tutor)



## WHO IS THIS COURSE FOR?

This course is aimed at teachers, youth sector workers and those working in schools and outdoor centres. Anyone over the age of 16 may attend the course but the Orienteering Young Leader Award, available for 14 - 19 year olds may be more suitable.

NB: This training day will also need to be completed by those wishing to attend the British Orienteering Teaching Orienteering Part 2 course.

**Aim:** To provide teachers and others working on school sites and other enclosed sites with the knowledge, understanding and practical ability to teach the basic skills of the sport of orienteering at Key Stages 2 and 3.

### Learning outcomes:

1. To understand the sport of orienteering and how to deliver it in a fun and exciting way.
2. To be able to produce learning programmes, which show progression through desktop, room, hall and school grounds.
3. To acquire and be able to instruct the following skills: map as a bird's eye view, importance of north, map orientation, keeping in contact with the map and "thumbing" and use of map colours and commonly used symbols.
4. To be able to plan and deliver sessions which meet British Orienteering safety guidelines.
5. To be able to plan and deliver simple competitions.



## TEACHING ORIENTEERING PART 1 - PROGRAMME

- 09.15 Course registration
- 9.30-10.00 **Introduction to orienteering**  
Video, orienteering in schools (including cross-curricular applications) and youth groups, maps, resources
- 10.00-11.00 **Indoor exercises**  
including Table top maps, Cones exercise, Gym orienteering, Map symbols relay
- 11.00-12.30 **Outdoor exercises**  
Map walk  
Star exercise  
Head to head loops
- 12.30-1.00 Lunch (please bring your own)
- 1.00-1.30 **National Competition Framework**
- 1.30-3.30 **Planning and organising short competitions**  
Course drawing, control descriptions, risk assessment, differentiation  
Score event  
Odds and evens relay
- 3.30-4.00 **Round-up: Safety, Clubs, Contacts, What next?**

**COURSE FEE:** £40.00; this includes £20 to cover the cost of registration with British Orienteering, certificate of attendance and a comprehensive resource CD

### COURSE VENUE:

Tiffin Girls' School  
Richmond Road  
Kingston upon Thames KT2 5PL  
020 8546 0773

Further information on the Teaching Orienteering Part 1 course is available at:

[www.britishorienteering.org.uk/page/coaching](http://www.britishorienteering.org.uk/page/coaching)

