

**BOOKING FORM
TEACHING ORIENTEERING PART 1 COURSE**

11 March 2011 at Tiffin Girls' School, Kingston upon Thames

Name.....

School/Organisation.....

Address.....

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Postcode.....

Phone.....

Email.....

Send booking form by 28 February 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: chris@britishorienteering.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 11 March 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
and Regional Development Officer)



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

