

Orienteering – a sport for life

Which way is north?

Where am I now?

Where am I going?

How do I get there?

In learning to answer these four ‘big’ questions, students will apply a range of educational and activity-based concepts, including:

- **pattern matching**
- **number sequence**
- **spatial awareness, map reading**
- **geography, geometry, trigonometry**

and through them build:

- **self-confidence**
- **resilience**
- **fitness**
- **team work**

Session	Typical programme	Content (can be modified to the specific needs of your teachers/school)
1	Week 1	Introduction – map orientation and cardinal points. (ACPMP061)
2	Week 2	Progression - using cardinal points and map interpretations to match map to ground and for problem solving. This session will apply movement concepts and strategies by requiring students to travel in correct directions and in the correct order as prescribed by the map and other written information (ACPMP063)
3	Week 3	Intro to real orienteering on set line course – with map interpretation and directions reaffirmed. This session will require students to be innovative in physical activity experience as much of the information and directions will provide options for choice in travel. (ACPMP 065)
4	Week 4	In school competition – individual or pairs - with electronic timing and concludes with results. All will be required to think creatively and assess the map information available to make decisions required to reach solutions – that is to complete the courses in the correct order, in line with the rules and fair play (ACPMP 068 and 069)

Note: Australian Curriculum (ACPM) content descriptors are provided as a guide and are indicative only – teachers will be required to make their own assessment of the applicability of the program content.



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Your Primary School



We use the following table to estimate costs for a coach's daily program delivery. We choose which option most closely matches your requirements. If more than one option applies we choose the most relevant option that will meet the resource requirements to develop and deliver to your group.

Option	Classes	Students ¹	Hours of Delivery ²	Breaks (recess/lunch)	Cost ³ (ex. GST)
A	Up to 4	Up to 100	Up to 2.5 hrs	None	\$ 250
B	Up to 6	Up to 150	Up to 4 hrs	One only ⁴	\$ 350
C	Up to 7	Up to 175	Up to 4.5 hrs	One only	\$ 400
D	8 +	Up to 200	Up to 5 hrs	Lunch & recess	\$ 500
E	8 +	Up to 300	> 5 hrs	Lunch & recess	\$ 550
Map	Depending on campus complexity		\$300 - 600		

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Notes:

- 1 Student numbers are based on a maximum of 25 children per class. Our target range is Years 3-6.
- 2 Session length 30-45 minutes – if longer sessions are desired, please contact our coordinator.
- 3 Costs are estimates only – in particular if more than one orienteering coach is required costs may increase (eg especially where K-2 classes are required), but we can also offer economies of scale (eg where classes run in parallel).
- 4 During recess and lunch the coach needs to remain on duty to monitor equipment so may incur a fee.

Examples:

- 1 A coach is required to deliver to two year 4 classes of 25 students before lunch followed by two year 5 classes of 20 students after lunch. All periods 30 minutes = 90 students, 2 hours but with one break = \$350+GST per day
- 2 Two year 3 classes of 24 students run in parallel for 45 minutes, followed by two year 4 classes of 24 in parallel each for 45 minutes with no break = 2 classes totalling 48 students over 90mins for each of two coaches = \$1200+GST in total for 4 week program



Forest, bush	Distinct vegetation features	Water features	Watercourses	Boulder	Impassable/Passable fences
Distinct trees	Tracks	Stairs	Man-made features	Impassable/Passable walls	Start
Secondary boundary	Control	Finish	Out-of-bounds area		



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