AASC (NSW) Orienteering Coaching

Week 3 Games

Week 3 - Control card, flags and punching

1. Control Punching Chaos
2. Punch Relay
3. Perfect Punching
4. Perfect Punching Relay

Activities	Instructions	Time	Equipment	Comments
Activity 1 **Control Punching Chaos**	Form 2 teams. Sit the children on the ground straight-legged with feet touching. There should be one stretched arm distance between each pair. Number off the pairs. Place two controls (with or without punches) in view of the students. Explain which control belongs to each team. Each team member is numbered 1,2,3….. Each team leader has a blank control card and a pencil. The first runner from each team runs down over the legs of their team-mates, out to the control, records/ punches the control information into box 1 and returns to their place. They hand the control card to the second runner who repeats the run but punches into the second box. Continue.	10 min	1 control card for each team. Flag and punch for each tem.	This could also work with 4 teams. Rules Legs must stay still. Runners only run over their own team's legs. Note: Running over legs will not work with all children. Drop this element if children may be hurt. Option If the whistle blows (this can be used to equalise teams) call 'LOST'. The current runners have to run around in 3 circles while their team members shout 'there it is' before returning to the

Activity 2	Organise the students into 4 teams.	10 min	A control/punch card for each team. Use cards to enable every person to have at least 2 runs.	This exercise is purely to get the children used to punching in a box.
Punch Relay	Show the children a control card and explain how punching works.			Note: In this game each control card has the same letter all the way i.e. each team has its own flag and they don't visit any other flag.
	The children then progress to practising punching the card as a team in a relay sequence.		Punches or control sites for each team.	
	The first child in the team runs to that teams punch and punches the card in box #1. They then return to their team and hand the control card to the next runner #2. #2 takes the control card, runs to the team's punch and punches in box #2. The team then repeats the pattern until all the team has punched the card.		No map!	Extensions of this game appear in the next Section.
	Further teams punch their own card at their own punch.			

Activity 3	Start children off to one side of the court.	5 min	Chalk or other control markers.	To prepare, with chalk write a control number and code on each line junction on a basketball court or any playground surface where you can use chalk.
Perfect Punching	Place a container of pencils on the other side or in the middle of the court. Each child is given a control card which stays beside the pencils.		Container of pencils.	
	The children may then find controls in any order <u>one at a time</u>. They then return to the pencil tin and record the information in the correct box of their control card. Return the pencil to container and search for another code/control. Repeat		A 1-10 control card for each child.	One option is to use the following:
				1 OR, 2 IE, 3NT, 4 EE, 5 RI, 6 NG, 7 IS, 8 FU, 9 NY,10 ES.
				or another is to use:
				1 IA, 2 MA, 3 CL, 4 EV, 5 ER, 6 OR, 7 IE, 8 NT 9 EE, 10 R!
				If available you can also use witches hats to put the code under - for some fun and to make kids go to the control site.
				This activity can also be used to introduce the concept of a Score or Scatter Course**.**

| Activity 4

Perfect Punching Relay | As for Perfect Punching except that children complete the control card as a relay. | 5 min | Chalk or other control markers.

Container of pencils.

A 1-10 control card for each child. | |