

# AASC (NSW) Orienteering Coaching

## Week 8 Games

### **Week 8 - Student course design**

1. Design your own course A
2. Design your own course B
3. Design your own course C

Activities	Instructions	Time	Equipment	Comments
<p><b>Activity 1</b></p> <p><b>Design your own course A</b></p>	<p>Divide the students into pairs.</p> <p>Each pair has a B/W map, a coloured map, pencil and a control flag. Note the team's number and write it on the map.</p> <p>1 member faces a wall with the coloured map to look at. The other team member takes a flag, B/W map and pencil.</p> <p>Within a restricted area marked on the map the flag is placed on the ground at a feature, a circle (#1) is drawn at the feature where the flag is placed and the map is returned to the other team member.</p> <p>The 2nd team member takes the B/W map and runs to their flag, retrieves the flag and places it at another feature (#2) and repeats the process. The clue for the feature is passed on verbally to the partner, but the B/W map and pencil are always carried by the runner.</p> <p>The coloured map is used to plan or confirm the control location.</p> <p>Orienteering language is to be used e.g. building corner, not "corner of canteen".</p>	<p>15 min</p>	<p>For each team:</p> <p>coloured map of school</p> <p>B/W paper map of school</p> <p>pencil</p> <p>flag</p>	<p>Rules:</p> <p>There cannot be more than 1 flag at a feature at the same time.</p> <p>Other teams' flags must be left alone.</p> <p>The same feature may be used more than once BUT the position must be different.</p> <p>The circle must be drawn accurately.</p> <p>First team to have 6 circles completed is the "winner".</p> <p>Remind the children that they are working as a team and shouldn't hide flags.</p>

<p><b>Activity 2</b></p> <p><b>Design your own course B</b></p>	<p>Each pair has a B/W paper map which has 10 circles/control sites drawn on it by the Coach.</p> <p>The team select a designated number of sites (e.g. 6 of the given 10) and form a course.</p> <p>The team then visits the control site and selects/creates a description which is written on the control card.</p> <p>Lines are drawn on the map to create individual courses.</p> <p>Returning to the base the teams then swap courses/maps/control descriptions and run their "new" course.</p>	<p>20 min</p>	<p>B/W paper map with 10 circles/control sites selected</p> <p>control card (blank)</p> <p>pencil</p> <p>10 control flags placed on control sites.</p>	
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<p><b>Activity 3</b></p> <p><b>Design your own course C</b></p>	<p>Use the A3 master map and give a control in pairs or individually to place their control.</p> <p>Send children to a specific area to ensure the controls are spread out. Then the children place a control in the field and mark it's location onto the master map and record a description.</p> <p>The children copy control locations and descriptions onto their own maps and control cards and embark on a scatter or score course.</p>	<p>30 min</p>	<p>A3 master map of school.</p> <p>Controls for pairs of students or individuals.</p> <p>Paper school maps for all students.</p> <p>Control cards.</p> <p>Pencils.</p>	
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