

## Using a compass



A compass can be used to work out which direction to travel in. The compass uses the earth's natural magnetic fields which move the needle and allows the user to find North. A compass can be used in orienteering to find locations on a map.

## Year 5 Outdoor Adventure Activities

### Key Vocabulary

Map, Compass, Direction, Grid reference, Bearing, Marker, Orienting, Kite.

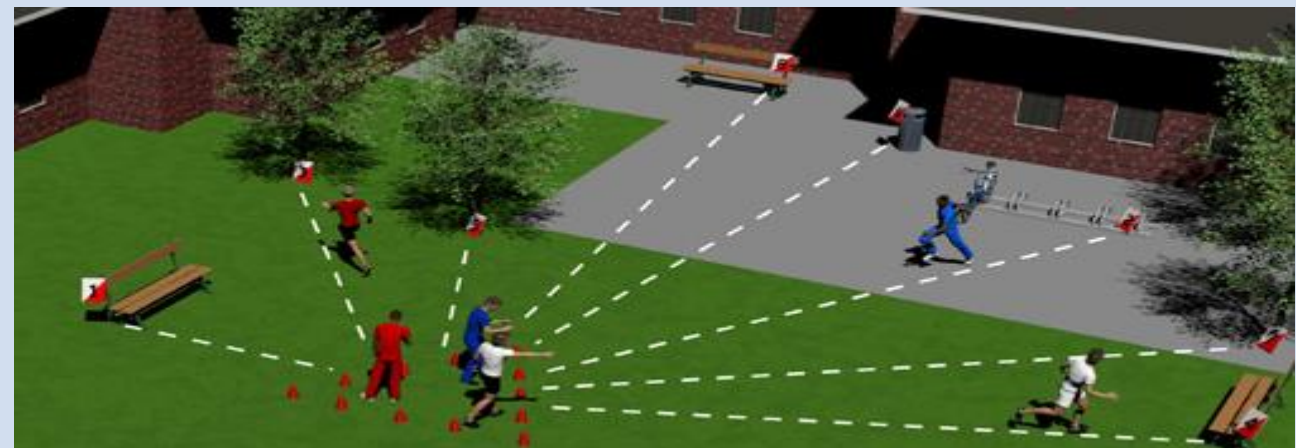
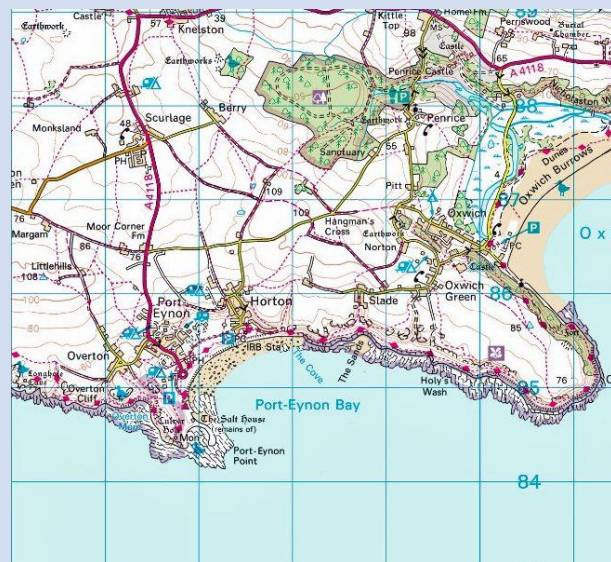


### Star Orienteering

- This orienteering course can be done individually or as a team. Each team has a map and starting base to head to first.
- Competitors must head to their first base where they will find instructions on which base to visit next.
- Once all bases have been visited the competitors return to the start point where they are given a time.
- The fastest team, who have collected the bases in the correct order, will be the winners.

































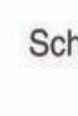
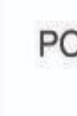






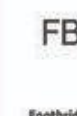
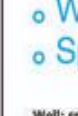





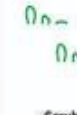

## Ordnance Survey Maps

Ordnance survey maps are covered in faint blue lines which make up a grid. Each grid square has associated numbers, and these numbers are what you use to pinpoint your location on a map. They can be used in orienteering to guide teams to a specific location.

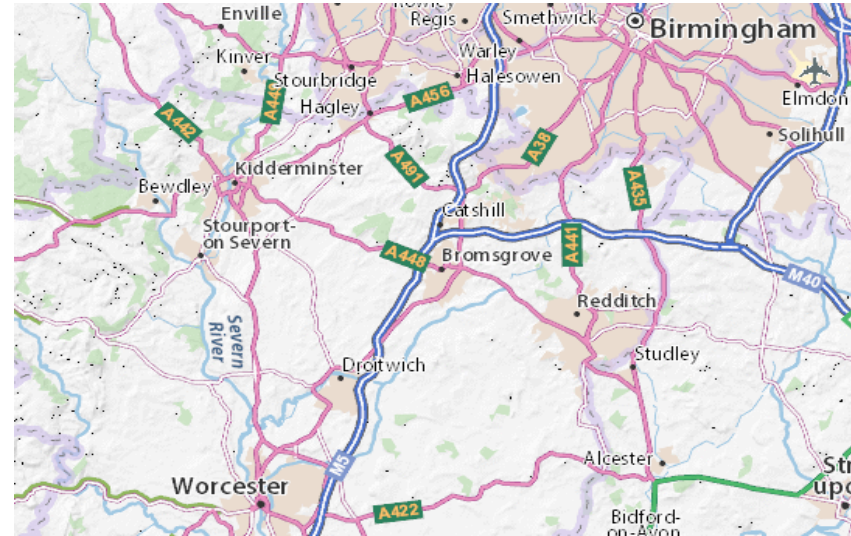




## Key Symbols on an OS map

						
Railway Station	Level Crossing	Motorway	Trunk or main road	Footpath	Bridleway	National Trail/Long Distance Route; Recreational Route
						
Camp site/caravan site	Viewpoint	Picnic site	Access information point	Building of historic interest	Recreation/leisure/sports centre	Museum
						
Site of battle	Castle/fort	Cadw: Welsh Historic Monuments	Historic Scotland	English Heritage	National Park boundary	Nature reserve
						
Access land in woodland area	Access land boundary and tint	Cycle trail	Information centre	Telephone	Parking	Garden/arboretum
						
Place of worship with spire, minaret or dome	Place of worship with tower	Place of worship	Youth hostel	School	Post office	Public convenience
						
Bus or coach station	Cliff	Wind pump; wind generator	Electricity transmission line	Quarry	Footbridge	Well; spring
						
Non-coniferous trees	Coniferous trees	Marsh, reeds or saltings	Orchard	Bracken, heath or rough grassland	Scrub	Contours

## Year 6 Outdoor Adventure Activities



## Know your surroundings

- Orienteering courses can be small (playground or field) or much larger (parks).
- It's a good idea to know your surrounding to help you find your way.
- When moving between bases you should pace yourself. Don't get tired out too quickly and have to slow down.
- Be sure to have a clear aim of where you are heading and mark your card correctly.

## Score Competition

- The players all start together and are only out for a set time which can accommodate a large number of participants without designing lots of courses.
- Players must finish within the set time limit.
- If all controls are found within the time the fastest back wins.
- Points are deducted for late return. The penalty should be sufficient to dissuade people from staying out longer, e.g. one point lost for every minute late.
- Controls which are missed or incorrectly marked are not counted.
- The winner is the person or pair with the highest score.

