



Competitive Orienteering

Class Outline

Brief Synopsis: Would you be able to find your way through the woods using only a map and a compass? Reading a topographic map, understanding contour lines, and utilizing compass skills will be essential in this fast paced sport. Participants will be challenged to work as a team navigating through the woods locating control points as quickly as possible.

Outcomes:

1. Students will determine land elevation by reading contour lines on a topographic map.
2. Students will engage in map reading skills utilizing the map's legend to read the landscape.
3. Students will determine location and direction of travel by orienting the compass to the map and field.
4. Cumulative skills will be mastered on a remote orienteering course made up of 10 control points.

Outline:

I. Map Reading (35 min.)

Reading a topographic map allows a person to visualize the shape and characteristics of the land. Students will utilize the map's legend and contour lines locating such features as hills, cliffs, rivers, and streams. Interpreting a map's scale to calculate distance will determine the proper distance needed to travel from point to point.

II. Taking a Bearing from a Map (30 min.)

How to get from here to there will be the challenge. Students must orientate their compass to the map, and the map to the field, in order to follow the bearing set. Although it may sound complicated, step by step procedures and an indoor simulated skills session will assist the students in gaining the knowledge and confidence needed in order to put this skill into practice outdoors.

III. Competitive Orienteering Course (1 hour, 55 min.)

Traveling to Eagle Bluff's remote orienteering course will be the highlight as small groups of students will work together locating 10 control points as quickly as possible. Each control point offers a specific embossed stamp which will mark the student's score card. Success will be made evident as students rely on their navigational skills traveling from point to point, using their map and compass to set a bearing, orienting their map to the field, and reading the landscape.

Quick Facts

Class length: 3 hours

Ages: 7th grade or older

Season offered: Year-round

Time outside: 1 hour, 55 min.

Hike length/physical activity:
1-2 miles. High physical activity

Pre-requisite/prior knowledge:
Use of a compass

Minnesota Academic Standards:

Math: 8.V.C.2

Social Studies: 4-8.V.B.2

Language Arts: 8.I.B.6., 8.III.A.2

Physical Ed: 7.4.1, 7.5.2,3, 7.6.3,
8.3.2,4, 8.4.1, 8.5.1,2,3, 8.6.1,