

Web pages for Schools:

The DFOK website includes a support area for schools including various learning resources and equipment.

In addition, DFOK has a new site, 'The Niche', which contains specific resources showing the essential skills of orienteering.

For more information about the opportunities for Orienteering in schools, contact Rachel Collins, Junior Coach for DFOK on [radicalrachel-33@hotmail.com](mailto:radicalrachel-33@hotmail.com)

Course fee is £75 plus £20 for British Orienteering resources pack.

**Closing date for applications is Friday, 15th February 2019.**

For more information on this course and to book, contact Andrew Evans, Club Chairman on [chairman@dfok.co.uk](mailto:chairman@dfok.co.uk)



**Dartford Orienteering Klubb**  
in association with  
**British Orienteering**



## **Teaching Orienteering Part I Course**

**I Day Course**

**Monday 18th March 2019**

**At**

**The Woodlands Farm Trust  
(courtesy of the Trustees)**

**Shooters Hill**

**Welling**

**DA16 3RD**

Course organised by DFOK  
and delivered by

**Josh Jenner**

British Orienteering Licensed Tutor

## WHO IS THIS COURSE FOR?

This course is aimed at teachers, youth sector workers and those working in schools and outdoor centres. Anyone over the age of 16 may attend the course but the Orienteering Young Leader Award, available for 14 - 19 year olds may be more suitable.

NB: This training day will also need to be completed by those wishing to attend the British Orienteering Teaching Orienteering Part 2 course.

**Aim:** To provide teachers and others working on school sites and other enclosed sites with the knowledge, understanding and practical ability to teach the basic skills of the sport of orienteering mainly at Key Stages 2 and 3.

### Learning outcomes:

1. To understand the sport of orienteering and how to deliver it in a fun and exciting way.
2. To be able to produce learning programmes which show progression through desktop, room, hall and school grounds.
3. To acquire and be able to instruct the following skills: map as a bird's eye view, importance of north, map orientation, keeping in contact with the map and "thumbing" and use of map colours and commonly used symbols.
4. To be able to plan and deliver sessions which meet British Orienteering safety guidelines.
5. To be able to plan and deliver simple competitions.
6. To be aware of the opportunities for young people and others to participate in the sport of orienteering

## TEACHING ORIENTEERING PART I - PROGRAMME

09.15

**Course registration**

9.30-10.00

**Introduction to orienteering**

Video, orienteering in schools (including cross-curricular applications) and youth groups, maps, resources.

10.00-11.00

**Indoor exercises**

including Table top maps, Cones exercise, Gym orienteering, Map symbols relay

11.00-12.30

**Outdoor exercises**

Map walk  
Star exercise  
Head to head loops

12.30-13.00

**Lunch (please bring your own)**

13.00-13.15

**School games and other competitions**

13.15-15.30

**Planning and organising short competitions**

Course drawing, control descriptions, risk assessment, differentiation

Score event

Odds and evens relay

15.30-16.00

**Round-up: Safety, Clubs, Contacts, What next?**