



WHY ORIENTEERING

What are the benefits of playing my sport?

The Orienteering challenges and competitions allow progression for pupils at a social and motivational level. The formats are simplified, progressive and varied and appeal to a wide range of pupils regardless of their level of fitness. Developing the fundamental skills of Orienteering such as map reading, navigation and decision making are a fantastic mechanism for developing self-belief, respect and team work. Orienteering also has the huge benefit of developing cognitive and mental processes whilst exploring the outdoors which a wide range of pupils can enjoy.

TOP Tip!

From Pitch Orienteering that takes place on a standard football pitch to the traditional Orienteering Score Competition, pupils with SEN have been found to respond particularly well to the simplified versions of the sport. Orienteering can be used as a tool to overcome barriers to participating. It engages SEN pupils and others by using orienteering challenges through cross curricular activity or storytelling and exploring. Based on your pupils' needs there is huge potential to offer a healthy alternative to traditional sports via Orienteering.

ORIENTEERING

Spirit of the Games:
Excellence through competition
How does your sport exemplify these values?



Orienteering requires passion when finding controls at speed or in a short space of time.



Encourages respect for officials and fellow competitors as well as rules and boundaries.



Encourages independent decision making when choosing the route to controls.



Develops confidence through the satisfaction of perseverance, skill improvement and leadership.



Provides opportunities for players to support and co-operate with team-mates as well as fellow competitors.



Provides opportunities for overcoming physical and intellectual limits.

Priority competitions:

Name of the competition:

Age group/gender:

Intra/Inter Competition?

Who can run it?

How to enter it:

When does it take place?

Next steps after this competition:

Team Score competition

Years 5 & 6. Pupils compete in small teams of up to 4 (e.g. four counters like in cross country). Males/females/mixed.

Local inter-school or central venue leagues/events, e.g. local mapped secondary school sites or parks.

Supported by teachers, SGOs, local orienteering clubs.

Local entry through SGOs.

Schools/SGOs/LOCs can be quite flexible. However, we suggest March-July (may be reliant on orienteering club support).

Local competition to qualify to County Final - Inter School Competition (Level 3) event.

Name of the competition:

Age group/gender:

What level/location:

Who can run it?

How to enter it:

When does it take place?

Next steps after this competition:

Individual Score competition

Years 7/8/9/10. Athletes compete individually. Can compete in school teams (e.g. four counters like in cross country). Males/female/mixed.

Local inter-school or central venue leagues/events, e.g. local mapped secondary school sites or parks.

Supported by teachers, SGOs, local orienteering clubs.

Local entry through SGOs.

Schools/SGOs/LOCs can be quite flexible. However, we suggest March-July (may be reliant on orienteering club support).

Local competition to qualify to County Final - Inter School Competition (Level 3) event.

Where do young people go next? (from school to club/community)

Xplorer Schools – for a primary focus: a handy pack of equipment to introduce creativity and adventure via Orienteering (developed in partnership with the Youth Sport Trust), **Xplorer Schools** is available. It is a cross-curricular resource from British Orienteering, designed to introduce orienteering to primary school pupils. It can also be used as a tool to engage with pupils' families/community.

Xplorer – for a community focus: an excellent link to activity beyond the school are our community Xplorer events. Xplorer is aimed at preschool/primary children and their parents, grandparents and carers. These events are delivered in local parks and green spaces by the local authority, friends of the park group or other local community partners and are the perfect opportunity to try a bit more Orienteering in an informal, safe and friendly environment.

For orienteering club information, local competition and club night training opportunities, please check out your local Orienteering club: www.britishorienteering.org.uk/find_a_club

Relevant web links:

www.britishorienteering.org.uk/goorienteering

www.xplorer.org.uk

www.britishorienteering.org.uk/teaching

www.britishorienteering.org.uk/school_games



ORIENTEERING

Spirit of the Games:
Excellence through competition
How does your sport exemplify these values?



Orienteering requires passion when finding controls at speed or in a short space of time.



Encourages respect for officials and fellow competitors as well as rules and boundaries.



Encourages independent decision making when choosing the route to controls.



Develops confidence through the satisfaction of perseverance, skill improvement and leadership.



Provides opportunities for players to support and co-operate with team-mates as well as fellow competitors.



Provides opportunities for overcoming physical and intellectual limits.

Signposted competitions:

British Schools Score Championships (BSSC)

- Boys and girls compete separately in a 45-minute score event.
- The event is held each year in October.
- The categories for competition are; primary: Years 5 and 6.
- Middle/prep: Years 5 to 8.
- Lower secondary: Years 7 to 9.
- Upper secondary: Years 10 to 13.
- Pairs may also compete at Years 5 to 8 and younger competitors may take part at the school's discretion.

British Schools Orienteering Championships (BSOC)

- Team competition (requires three to score).
- Individuals can enter but the emphasis of the event is towards the school team and age class competitions.
- The event is programmed to take place in November (competitors are expected to have taken part in at least three orienteering events before entering the championships).
- Middle/prep: Years 5 to 8.
- Large secondary: Years 7 upward (601 or more on roll).
- Small secondary: Years 7 upward (up to 600).
- Tertiary, Sixth Form Colleges and Colleges of Further Education.
- Pairs may also compete at Years 5 to 8 and younger competitors may take part at the school's discretion.

Both competitions are open entry but individuals and schools need to enter in advance. More details including competition rules can be found on the British Schools Orienteering Association website www.bsoa.org

Orienteering Clubs Competition

- For local competition opportunities, e.g. clubs often run local school leagues, see www.britishorienteering.org.uk/find_a_club

Young Leader/Officials courses/qualifications available:

Young Leader Training and Teaching Orienteering Part 1 and Part 2 are available. See www.britishorienteering.org.uk/teaching

Embracing the School Games Vision

Development Competitions provide an opportunity to engage all young people. Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

Relevant web links:

www.britishorienteering.org.uk/goorienteering
www.xplorer.org.uk
www.britishorienteering.org.uk/teaching
www.britishorienteering.org.uk/school_games

ORIENTEERING

Competition Card 1

Primary or Secondary:

Primary

Name of competition:

Team Score Competition

Age group:

Years 5, 6 and 7

How to enter:

Via your local SGO

Tournament format:

The Score competition can work well in a central venue tournament format – for example if districts or local school partnerships can access mapped secondary schools or local parks.

Simple rules:

- A network of points (controls) are planned across a mapped site (such as school playing field) or you can use a local park/permanent orienteering course (POC) if convenient.
- Teams start and finish at the same place.
- It is important that the start area gives the opportunity to go to various controls (so teams disperse).
- Minimum of one map per team; ideally each person should have a copy of the course map.
- Teams have one card on which they mark/punch to show they have visited a control.
- The aim is for teams to visit as many of the controls marked on the map as they can in a set time (recommended 20 mins for Years 5/6 and 30 mins for Year 7).
- Teams start at the same time (mass start). If a very small site it may be appropriate to stagger teams at intervals but this requires more timekeepers and teams still have a set time to finish.
- Controls can be visited in any order.
- Start the competition with a whistle/klaxon and sound this again with two minutes left to warn teams to return. Point penalties can be given for a late return.
- The team that visits the most controls in the given time wins.
- If teams do get all the controls then the quickest time back wins.

Think inclusively!

Inclusive orienteering enables SEN/disabled and non SEN/disabled players to compete together in the same team.

Inclusive teams can compete in a mainstream competition or in a specific inclusion competition made up of other inclusive teams. This should be decided locally through consultation with schools and athletes.

Key additions to the competition

- Each inclusive team should include a mix of SEN/disabled and non SEN/disabled players. SEN/disabled players are defined as those SEN/disabled players who cannot easily access the traditional orienteering competition.
- Option 1 – Set up a shorter course within the competition course, e.g. using fewer controls covering a shorter distance.
- Option 2 – Create a different course alongside the competition course, e.g. on a hard surface on a school site.
- The course should be designed around the needs of the inclusive teams, ensuring it provides meaningful and appropriate competition.
- It should enable inclusive teams to compete against either mainstream teams or other inclusive teams.



Relevant web links:

- www.britishorienteering.org.uk/goorienteering
- www.xplorer.org.uk
- www.britishorienteering.org.uk/teaching
- www.britishorienteering.org.uk/school_games

ORIENTEERING

Competition Card 1

Primary or Secondary:

Primary

Name of competition:

Team Score Competition

Age group:

Years 5, 6 and 7

How to enter:

Via your local SGO

Tournament format:

The Score competition can work well in a central venue tournament format – for example if districts or local school partnerships can access mapped secondary schools or local parks.

Roles for young people:

- Timekeepers.
- Scorers (checking how many controls teams have visited).
- Marshalls (positioned at out of bounds points/places of danger).
- Officials (to manage start and finish area).
- See www.britishorienteering.org.uk/teaching

How can depth in competition through extra teams be achieved?

Orienteering is a sport that can accommodate whole classes at intra level or multiple teams, for example B, C, D teams at inter level. When competing individually at secondary, for example, athletes can count as scorers within a school team (as in cross country).

Orienteering also has the huge benefit of developing cognitive and mental processes whilst exploring the outdoors which a wide range of pupils can enjoy. Based on your pupils' needs there is great potential to offer a healthy alternative to traditional sports via Orienteering.

County Final - Inter School Competition (Level 3)

Local central venue leagues or a one off district competition can be used to qualify teams for a County Final - Inter School Competition (Level 3) recommended March-July.

How can regularity be achieved?

If SGOs are limited with venues — the same large mapped area can be set up with controls at different points so it can be used more than once in a competition season for the same or different age groups.

Relevant web links:

www.britishorienteering.org.uk/goorienteering
www.xplorer.org.uk
www.britishorienteering.org.uk/teaching
www.britishorienteering.org.uk/school_games



ORIENTEERING

Competition Card 2

Primary or Secondary:

Secondary

Name of competition:

Individual Score Competition

Age group:

Years 8, 9 and 10

How to enter:

Via your local SGO

Tournament format:

Local central venue leagues or a one-off district competition can be used to qualify teams for a County Final - Inter School Competition (Level 3) (recommended March–July).

Simple rules:

- A network of points (controls) are planned across a mapped site (such as school playing field) or a local park permanent orienteering course (POC).
- More points need to be planned than the lower age group event due to a longer time limit and quicker athletes. An accessible local park is therefore recommended as it will likely be of a bigger size and more challenging.
- Rules are the same as a team score except athletes compete as individuals.
- Athletes receive one map and one card on which they mark/punch to show they have visited a control.
- The aim is for the athlete to visit as many of the controls marked on the map as they can in a set time (recommended 30–45 mins).
- Individuals start at the same time (mass start). If the site is small it may be appropriate to stagger individuals at intervals but this requires more timekeepers and teams still have a set time to finish.
- Start the competition with a whistle/klaxon and sound this again with two minutes left to warn teams to return. Point penalties can be given for a late return.
- Controls can be visited in any order.
- The athlete that visits the most controls in the given time wins.
- If athletes get all the controls then the quickest time back wins.
- The SGO/organising body can decide how many scoring athletes contribute to a team score (depending on number of schools entered). Scoring is based on finishing position.

Think inclusively!

Inclusive orienteering enables SEN/disabled and non SEN/disabled players to compete together in the same team.

Inclusive teams can compete in a mainstream competition or in a specific inclusion competition made up of other inclusive teams. This should be decided locally through consultation with schools and athletes.

Key additions to the competition

- Each inclusive team should include a mix of SEN/disabled and non SEN/disabled players. SEN/disabled players are defined as those SEN/disabled players who cannot easily access the traditional orienteering competition.
- Option 1 – Set up a shorter course within the competition course, e.g. using fewer controls covering a shorter distance.
- Option 2 – Create a different course alongside the competition course, e.g. on a hard surface on a school site.
- The course should be designed around the needs of the inclusive teams, ensuring it provides meaningful and appropriate competition.
- It should enable inclusive teams to compete against either mainstream teams or other inclusive teams.



Relevant web links:

- www.britishorienteering.org.uk/goorienteering
- www.xplorer.org.uk
- www.britishorienteering.org.uk/teaching
- www.britishorienteering.org.uk/school_games

ORIENTEERING

Competition Card 2

Primary or Secondary:

Secondary

Name of competition:

Individual Score Competition

Age group:

Years 8, 9/ and 10

How to enter:

Via your local SGO

Tournament format:

Local central venue leagues or a one-off district competition can be used to qualify teams for a County Final - Inter School Competition (Level 3) (recommended March-July).

Roles for young people:

- Timekeepers.
- Scorers (checking how many controls teams have visited).
- Marshalls (positioned at out of bounds points/places of danger).
- Officials (to manage start and finish area).
- See www.britishorienteering.org.uk/page/teaching

How can depth in competition through extra teams be achieved?

Orienteering is a sport that can accommodate whole classes at intra level or multiple teams, for example B, C, D teams at inter level. When competing individually at secondary, for example, athletes can count as scorers within a school team (as in cross country).

Orienteering also has the huge benefit of developing cognitive and mental processes whilst exploring the outdoors which a wide range of pupils can enjoy. Based on your pupils' needs there is great potential to offer a healthy alternative to traditional sports via Orienteering.

County Final - Inter School Competition (Level 3)

Local central venue leagues or a one off district competition can be used to qualify teams for a County Final - Inter School Competition (Level 3), recommended March-July.

How can regularity be achieved?

If SGOs are limited with venues — the same large mapped area can be set up with controls at different points so it can be used more than once in a competition season for the same or different age groups.

Relevant web links:

www.britishorienteering.org.uk/goorienteering
www.xplorer.org.uk
www.britishorienteering.org.uk/teaching
www.britishorienteering.org.uk/school_games

