

ORIENTEERING - PITCH 'O'

Quick introduction

- Pitch orienteering takes place on a standard football pitch and involves completing a variety of mapped courses in relay style. Each course is different and each team completes the courses in a different order.

A mapped course

- Each mapped course involves a series of points (called controls) to visit in a certain order. Each control has a number on, so competitors must add up the total of the numbers on their course, return to their team, record the number on the answer chart and hand over to the next team member who completes the next course.

Getting started

- 16 cones or markers labelled with numbers are required (four cones with number one, four with number two, four with number three and four with number four).
- Maps for 10 courses can be downloaded from British Orienteering web site. See www.britisshorienteering.org.uk/page/schools
- Put out cones on a football pitch as per the downloaded diagrams, taking care to position them accurately.
- Make a start triangle on the ground with red cones to identify the team waiting area.
- Each team will have to complete several courses in relay fashion, and each team completes the courses in a different order.

Safety

- Ensure the area is clear from hazards before starting competition.
- Be mindful of other competitors when running with a map and avoid wearing anything that may cause danger to opponents; this includes caps, jewellery and other sharp objects.
- Other competitors must stay away from inside the pitch area unless it is their turn.

Think tactics

I will keep a balance between speed and accuracy, and where possible think ahead to where I am going next on my map.



Football pitch map.



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Organising the game

- Reinforce the skills of map orientation and accuracy. The aim is to visit controls in order and add up the total of the course. The player then hands over to the next member of the team who takes the next course.
- The answer sheet for the courses is in circular layout to assist randomised completion of the courses.
- Teams must record their answers whilst also completing their courses quicker than other teams.
- Team size and numbers can be variable dependent on the numbers taking part in each competition, i.e. 50 competitors could be 10 teams of 5.

Officiating

- Check and process results.
- Ensure the smooth running of the competition and record team finish times.
- Young Leader training is available (see www.britishorienteering.org.uk/page/teaching).

Keep it enjoyable

- Use other pitches or court maps; download from www.britishorienteering.org.uk/page/schools.
- Try alternative one-off activities at control points for example spelling a topical word or cross curricular maths or geography questions.

Make it easier

- If there are a small numbers of competitors competing, each competitor could complete two or three courses up to the maximum of 10 courses.

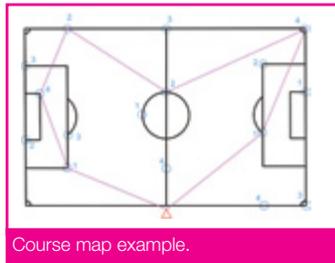
Think inclusively

- Create a tactile map that visually impaired athletes can access.
- Raise controls off the ground to provide easy access for SEN/disabled athletes.
- Mix disabled and non-disabled competitors.
- Allow visually impaired athletes to work with a guide.
- Create a shorter or simpler course within or alongside the regular course.

Spirit of the Games: Excellence through Competition



I will try my best for the team and show support for fellow competitors.



Course map example.



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