

Orienteering

Instruction sheet

Guidelines for running an Orienteering Session:

- There are 3 different courses, colour-coded blue, purple and orange. You will be given one which will take around 45-60 minutes.
- You will be given an answer sheet with clues for yourself and maps and blank sheets for the students to fill out as they do the course.
- It is recommended to divide your group into two. Then you will be able to have a competition between the two groups as to who can finish first.
- One adult must go with each group.
- There are 16 stations to visit numbered 1-16 on the map.
- Students must copy the word from each station into the boxes onto their answer sheet
- Once you have finished, rearrange the list of words to form a sentence!
- All stations can be found using the map and the landmarks on it.
- The first group back to the base with the correct sentence will be the winners.

