

# Orienteering in Epping Forest

**Orienteering in Epping Forest – Full day** Please ensure that there are at least three responsible adults per class when undertaking this activity to ensure safe supervision. We will position adults at different points around the forest. Pupils working in pairs will be introduced to the features of maps including symbols and scale. They will be shown how to use a compass to orientate the map.

In a small area of the forest we may practice these skills through star orienteering, this involves finding orienteering flags and returning to the starting point for checking. When confident each pair will then attempt the full orienteering course, which will be timed. It takes on average 30 minutes to complete.



## Learning objectives

- to use a map and compass to navigate a route around an unknown area
- to collaborate with others in a group to solve a problem or make a decision
- to develop some of the skills involved in group work, such as negotiating, problem-solving, debating



## Some suggestions for visit preparation

1. Look at a variety of maps and discuss what they show including scale and keys.
2. Work out how to find North on a compass.

## Follow on suggestions

1. Draw a map of the school and use it to find different places.
2. Collect a variety of different maps, e.g. theme parks, shopping centres, town plans and plan different routes.

## National curriculum links

### Geography

#### Geographical skills and fieldwork

- use the 8 points of a compass, symbols and key to build their knowledge of the United Kingdom and the wider world

### Physical education

- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

### PSHE guidance

- to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions



Click [here](#) to read our day visit risk assessment

Bringing nature nearer

