

# Orienteering First Steps!

Today you're going to learn how to draw and follow a map!

1

Find a partner, they can be an adult or a child.

2

Create an open space, either inside your home or out in the garden that is safe and free of general hazards (e.g. sharp edges, objects to fall on, or breakable items).

4

Look at the shapes you've created on the floor. Draw them from above on a piece of paper. Look closely at...

- ★ sizes
  - ★ positions
  - ★ the distance between shapes
- ... in order to draw them as closely as you can. You have just created a shape map!

You can do it!



3

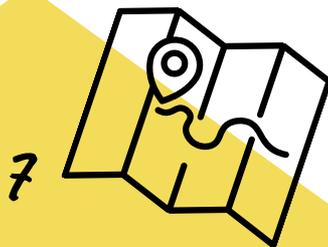
Use household items to make some simple shapes on the floor. For example, a brush, mop, and wooden spoons could create a triangle, or you could use a tray as a rectangle. A ball, belt, scarf, or a rolled up jumper could make a circle.

5

Now, hold your map and stand in front of your space. 'Set' your map by turning it in your hands, so that the position of the shapes on your map matches the position of the shapes on the ground, as you see them now. For instance, if the triangle is on the left on the ground turn your map around so it's on the left too.

8

Take a walking route through the shapes on the ground, using a finger to follow your route on the shape map. When you stop at your final position, point to where you are on the map.



7

Stand on a part of a shape that is on the ground (e.g. in the middle of the circle, or at a point of the triangle). 'Set' your map, and point (with your little finger) to exactly where you are stood on the map. Be very precise & ask an adult to help if you need.

6

Walk to the opposite side of the shapes and 'set' your map again.

Well done, you have just been orienteering!

Good luck!



Remember to wash your hands after playing.

