



Orienteering

program resource sheet | Early Adolescence

Orienteering is an exploration program in which students search and locate markers in a surrounding area within a set time period. Students are split into groups and given a topographical map to locate markers in a logical order, dependent upon allocated points and their location. Students gain valuable map reading, teamwork, verbal communication, collaboration, cooperation, decision making and prioritising skills.

Available at:	Bickley, Ern Halliday and Woodman Point.
Challenge considerations:	Team land-based challenge.
Duration of program:	90 minutes.
Items required:	Enclosed shoes, hat, sunscreen and water bottle.
Focused Core Shared Values:	<ul style="list-style-type: none"> Respect and concern for others and their rights. Environmental responsibility.



Program links:

Orienteering allows students to practise and demonstrate the skills listed below. Students can be assessed, however it is important that these skills have been covered in a previous learning program.

Outcome	Skill	Elaboration
Interpersonal skills	Communicating	Students must learn, practise, apply and adapt effective communication skills to discuss ideas and strategies within their team.
	Preventing and managing conflict	Students must negotiate their ideas, be assertive and learn to suspend negative judgements to minimise conflict and to ensure success in the program.
	Cooperating and collaborating in groups	Students will need to undertake a specific role, listen to group members' ideas, discuss various options and meet group commitments to contribute to their group's overall effectiveness.
Self-management skills	Reviewing the situation	Students must strategically decide which markers to search for depending upon elements including terrain, distance, marker points and the other team's influences.
	Planning before deciding	After students review elements that aid in forming a decision, they must plan collaboratively to decide their route to marker points.
	Deciding and acting	Students need to decide quickly and collaboratively which marker to head to after they have discussed their options.
	Monitoring and evaluating	During and after the program, students evaluate the choices they made and what affected these choices.
Skills for physical activity	Skills for recreating in the outdoors	Basic navigation and safe practices for being involved in the outdoors are learnt and practised by students to ensure their safety and success in the Orienteering program.

Orienteering encourages the development of the following Overarching Learning Outcomes:

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