

ORIENTEERING – MAP SYMBOL RELAY

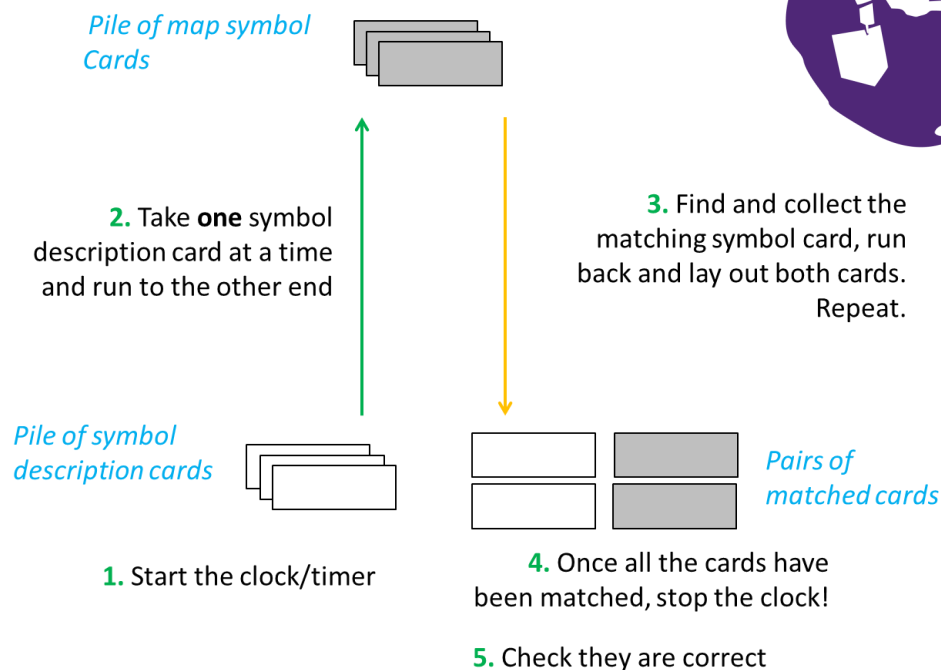
CHALLENGE

Aim of the challenge is to correctly match orienteering map symbols with their descriptions.

Have look at the OAA Legend, memorise the descriptions and associated symbols.

The challenge is to choose a description card run out to the map symbol cards choose the correct symbol and run back to the start.

Repeat this until you have matched all description cards with the symbol cards.



ESSENTIAL EQUIPMENT

- Space big & safe enough for the activity (ideally you would want a 3- 5 m space to run in)
- Downloaded OAA Legend & Resource
- Scrap cardboard / paper and pens /pencil / scissors to create & cut out OAA Legend & Resource
- Stopwatch or phone to time your challenge

OPTIONAL EQUIPMENT

- 8 - 16 household objects to hold the symbols down (if outside)
- Blu tac or sticky tape to hold cards down (if outside)
- Another person to call out the description

HOW TO PLAY

Start the timer

Pick up a random card from the description pile and run to the symbol pile.

Select the matching symbol card, bring them both back and place them down on the floor, on a table and or chair together.

Repeat until you have finished matching all the cards & stop the timer.

Use the OAA Legend worksheet to check you have correctly matched each off the description cards with the symbol cards.

For every incorrect matching of the cards add 5 seconds to the total time it took you to complete the challenge.

Example: Katie took 2 minutes 20 seconds to complete the challenge, she got 3 symbols incorrect, so it took Katie 2 minutes 35 seconds to complete the challenge.

Can you beat your previous time and correctly match all descriptions to symbols?

INCLUSIVE

Increase or decrease the amount of description & symbol cards used. Try 8 different cards first (Basic Set) then increase the number of cards as you see fit until you use all 18 cards (Basic & Advanced sets).

Adjust the distance you have to travel, shorter distance to make it easier, longer distance to make it harder.

Instead of running between the description and symbol areas can you move in different ways? Why not try side stepping, skipping, hopscotch or even a bear crawl! Can you use your opposite hand to pick up and carry each of the cards?

Wheelchair users can place the cards on tables or chairs to ensure they can reach the cards.

If you want to be creative instead of printing the symbols out, can you draw the symbols or even create you own symbols for the descriptions?

SPIRIT OF THE GAMES VALUES

SELF BELIEF

In your own ability to match the correct description to symbol

HONESTY

When you are scoring

DETERMINATION

If you select the wrong symbols then try it again until you get it right



Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

