

ORIENTEERING



MOST IMPORTANT COMPONENTS OF FITNESS

Speed – to get round the course as fast as possible.

C.V Endurance – to keep going when the course is longer.

SKILLS

Orientating the map

Thumbing

Hand rails

Using the Key

Pacing

Judging distance

using a compass

TACTICS

Deciding on the best route.

Stop / think / plan!



K S 3

REGULATIONS

You have to go to all of the controls on the course in the fastest possible time.

Sometimes you will be set off at different times – remember it might not be the first back that runs the course in the fastest time!!

RULES

These will depend on the event.

School rules:

Do not disturb other lessons.

Do not move any controls.

Make sure you write down or mark the answer at each control in the correct place on your time sheet.
