

SPORTS & GAMES · GRADES 3–5

Orienteering

Outdoor & Adventurous Activity

Lesson at a glance

Equipment	Simple map of school grounds (sketch is fine), 8-12 'control point' markers (laminated cards with letter codes), clipboard + pencil per pair
Space	School grounds (playground, field, garden)
Aim	Find all control points and record their letter codes.
Time	45 min — 15 set up + brief, 25 activity, 5 reflect

Setting it up

<p>1 — Make a map</p> <p>Sketch your school grounds simply on A4. Mark KEY landmarks (gym, climbing frame, oak tree, fence corner). Doesn't need to be to scale — just clear.</p>	<p>2 — Place control points</p> <p>Print 8-12 cards labelled A through L. Hide them around the grounds — each in a clearly findable place but not OBVIOUS. Tape to a tree, hang on a fence, tuck under a cone.</p>
<p>3 — Mark on the map</p> <p>Add a small circle on the map for each control point. Number 1-12. Each pair gets the same map.</p>	<p>4 — Run the activity</p> <p>Pairs set off — try to visit all controls in any order. Record the LETTER they find at each numbered location. Time limit: 25 minutes.</p>
<p>5 — Check answers</p> <p>Pairs return. Read out their letter sequence. Whoever has the most correct wins. Or: the letters could spell a word — bonus for finding it.</p>	



Safety + behavior

- Define the boundary — children must stay within school grounds
- Pairs stay together — no splitting up
- Whistle to recall everyone if needed
- Walking only — running on uneven ground risks injury
- Adult supervision visible from key vantage points
- First aid kit on site

