

Integrated unit : Orienteering race.



1. Complete the chart with the following words

Map flag control card forest north rock cliff scale legend park playground
contour lines pits hills lake pond stream woodland cardinal points bridge
track path compass control code road punch course arrow countryside

Things in a map			Objects and equipment
Symbols	Geographical features	Man-made features	

2. Match the words and the definitions.

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|-------------------------------|--|
| 1. Map. | a) A flat drawing of a place |
| 2. Scale | b) The farthest place south on earth |
| 3. North Pole..... | c) A card that you carry with you to punch at each control. |
| 4. South Pole..... | d) A ruler on a map that measures distance to find out the real distance on Earth. |
| 5. Map key or legend | e) A sport of navigation. |
| 6. Orienteering | f) A guide that tells what the symbols represent. |
| 7. Control | g) The farthest place north on earth. |
| 8. Control Card or Punch Card | h) Letters or numbers that identify each control on a course. |
| 9. Control Code | i) A nylon marker hung at each feature on the course |
| 10. Description sheet | j) A sheet or card with a explanation of each control with code numbers. |

3. Read the text and answer the questions about orienteering.

Orienteering is an exciting outdoor adventure sport in which participants have a map and a compass and they use them to find control points. **Orienteering races** are time trials. You can run individually, in pairs or in teams. Each competitor must carry a control card. The control card is marked at each control point to show that the competitor has completed the course correctly. Control points are marked by white and orange "flags".

Orienteering can take place anywhere from remote forest and countryside to urban parks and school playgrounds. It's a great sport for runners, joggers and walkers who want to improve their navigation skills or for anyone who loves the outdoors.

Orienteering maps are drawn to a large scale, most commonly 1:15000 (1cm=150m) or 1:10000 (1cm=100m). All maps use a set of symbols and these are logical and easy to learn. Most orienteering maps will also provide a detailed legend to help you understand the map.

Orienteering maps are printed in five standard colours. The colours are part of the map symbols:

- **Black** is used for most man-made features such as buildings and rock features such as cliffs.
- **Brown** is used to show landform, including contour lines, valleys, pits and small hills.
- **Blue** is used for water features such as lakes, ponds, and streams
- **White and Green** are used to depict the density of woodland. Open 'runnable' woodland is White. 'Slow run' to 'difficult' is marked by different shades of Green.
- **Yellow** is used for unwooded areas

Here you have some **tips for Beginners**

1. **Fold your map**- so that you can easily see the part of the map where you are.
2. **Orienteer your map**- Always make sure that your map is the correct way.
3. **Check your control card**- Check that the code on your control sheet matches the code on the control point.
4. **Have fun and enjoy yourself**- Orienteering should always be fun and enjoyable!

1. What objects do you need to participate in an orienteering race?
2. How can we identify control points?
3. Where do orienteering races take place?
4. What does the scale 1:15000 mean?
5. What does color blue represent in a map?