

Outdoor Adventurous Activities (OAA)

#Knowyourdirections



Compass



Achieve the challenge

The aim of the game is to correctly identify compass point directions

Learning about Orienteering Courses

If you haven't already, watch the Introduction to Orienteering video by clicking [here](#)

- In Orienteering your journey around an area (usually an orienteering course) is called a route.
- The locations that you are trying to find are called controls, and usually have markers/flags to identify them. A course will be made up of different controls.
- The route between 2 control points is usually known as a leg, so there will be one leg for each control in your route.

How to play: Part 1 [Click here for the demo video](#)

1. Firstly you will need to create a compass point diagram (print this page or copy it on to a sheet of paper or card).
2. Next choose an area (garden/yard/indoors), ideally outdoors.
3. Stand in the middle of the area and, facing North, place the compass diagram on the floor.
Tip: The last page shows different ways you can work out which way is North.
4. Choose some objects/features that are in different locations and make a list of them.
5. For each feature, use the compass point diagram to work out which of the 8 compass directions you would have to go in (from where you are standing) and write it on the list.

Tip: If you are not confident, do the [CompassPointChallenge](#) exercise first (see the website).

Equipment

Ask permission first!

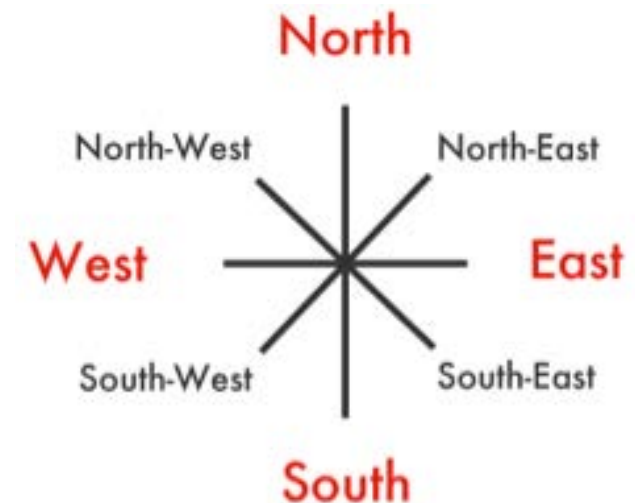
Essential

- Space big enough for the game
- A4 paper/card and pencil/pen

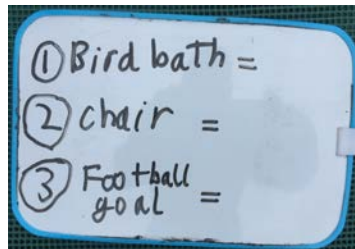
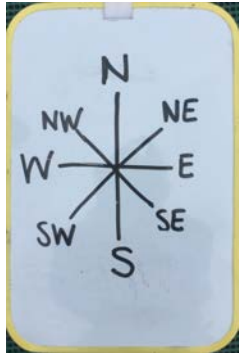
Optional

- Access to the internet
- 3-6 objects (cones, plant pot, toys)
- Wipe board and pens

compass point diagram:



Part 1 Set Up: Example compass point diagram and list of objects/features:

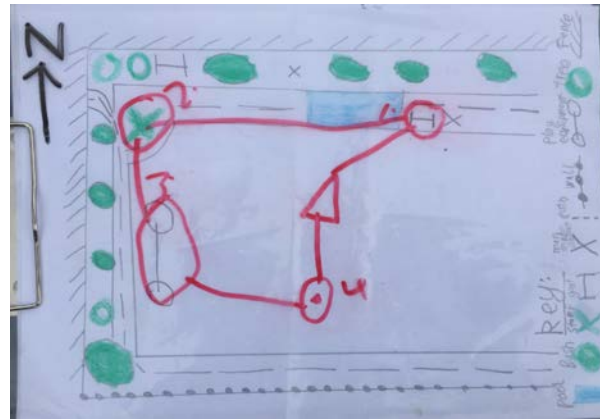


North East

Part 2 Set Up: Create a basic map and course (this is for Y5/6 or if you are feeling confident)

1. Choose as large an area as possible – ideally a garden or if indoors a large room.
2. You will need a simple map of this area. Either use the map from last week, or create a new one.
Tip: see the #MapMaking activity worksheet on the website for more details.
3. Choose one feature as the start. Mark this as a red triangle on your map. You can place an object in an easy location instead if you want.
4. Create a course by adding 3-6 controls. These can be features already in the area or simply add objects. *Tip: make sure they are in easy to reach places, do not hide them behind plants etc.*
5. Make sure all of the features or objects are marked on your map (draw a red circle around each).
6. Label each of the controls (not the start/finish) with a number on the map, in the order you wish to visit them.
7. Plot your route on the map by drawing lines to connect the control circles in the correct order.
8. Write a list of the numbers on a separate paper/card (add the names of each object/feature).

Part 2 Set Up: Example area and map with a course

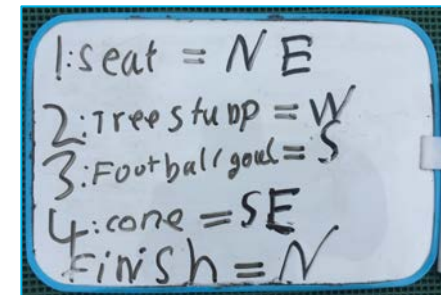


Part 2: How to play

- Place your map and compass diagram (both facing North) at the start.
- Use the compass diagram to work out which of the 8 compass directions you have to go in to get to the first control (the first leg).
- Write this down on a piece of paper against number 1.
- Now go to the first control and work out the direction to the second control (from where you are, not from the Start), and add this to the list.
- Repeat this for each leg – making sure the map and compass diagram face North each time (this is called orientating your map), until you are back at the start.

Q: How did you do? Can you make this harder or easier?

Part 2: example completed list



Other ideas:

- Record how long it takes you to walk around the course, then run the course.
- Do an exercise (e.g. 10 star jumps) at each control.
- Practise your map orientation (see the #MapOrientation worksheet) – holding the map the correct way whilst completing the course.

How to identify which direction your house faces (or which way is North).

This can be done in 4 ways:

1) With a compass:

if you or someone else at home has a compass, like the one on the first page. Compasses have a single needle in the middle, with one end marked red and the other white. Make sure the compass is level. The compass needle will stop moving after a few seconds. The red needle always points to North (once it has settled).

Tip: place it on the ground to make sure it is level before reading it.

2) Using the internet:

use a safe search engine (ask permission) you can use your address and postcode to find your house/flat. Nearly all mapping software (like google maps) has the top of their maps pointing North. If you zoom into the location of your house, so you can see the outline of the building and the street(s) you live on, you should be able to work out which wall/fence points North.

3) Using the sun:

The sun rises in the East (in the morning) and sets in the West (in the evening). Can you remember which room/window the sun shines through first thing in the morning? This is East. This should help you, or a helper, work out each of the compass directions in your building or outdoor space.

4) Use a smartphone/tablet (ask permission):

There are many free compass apps available for smartphones. Some phones have them already installed. Use them in the same way as a compass (they usually have a single needle with one end marked red and the other white).



Spirit of The Games



Determination:

It can take a while to work out compass directions. It usually takes practise and determination.