

## DFOK Running Wild Juniors After School Club – Autumn 2017

### What

- Weekly junior orienteering training in Bexley area

### When

- Wednesdays 5-6pm
- Weekly after school during term time

### Themes

- Fun, enjoyment, variety, social
- Technical skills improvement
- Physical development
- Safety at all times



### Age groups

Age range (approx)	Target level	Aims
- 5-8 yrs	Pre-White	Enjoyment & fun, run accompanied
- 9-11yrs	White/Yellow	Learn basic skills, independence
- 10-14 yrs	Orange+	Improvement, more advanced skills

The age ranges are an approximate guide only. Children will be grouped according to numbers, skills and experience.

### What to bring

- Outdoor clothes – training shoes, running top, jogging bottoms
- Map & compass provided

### Weekly Schedule September – October 2017

Date	Place	Post code	Grid Ref
13 <sup>th</sup> Sept	Danson Park	DA6 8HB	TQ472752
20 <sup>th</sup> Sept	Hall Place	DA5 1PG	TQ503744
27 <sup>th</sup> Sept	Bostall Woods	DA7 5SR	TQ471779
4 <sup>th</sup> Oct	Danson Park	DA6 8HB	TQ472752
11 <sup>th</sup> Oct	Hall Place	DA5 1PG	TQ503744
18 <sup>th</sup> Oct	Bostall Woods	DA7 5SR	TQ471779

Note: Postcodes are approximate only!

Use [www.streetmap.co.uk](http://www.streetmap.co.uk) with Grid Ref for exact location