

Web pages for Schools:

The DFOK website (www.dfok.co.uk) includes a support area for schools including various learning resources and equipment.

To reserve your place on the course please email the Course Administrator, Andrew Evans, at schools@dfok.co.uk, 07794 379711

Course fee is £115 plus £20 for British Orienteering resources pack. Entitles the participant to access the suite of British Orienteering online learning exercises, about 70 in total with accompanying materials that can be printed off.

The administrator reserves the right to cancel with a full refund to anyone enrolled if there are fewer than 8 bookings by the closing date although the last course DFOK organised was fully subscribed before the closing date.



(Course members working on table-top exercise with the course tutor)



Dartford Orienteering Klubb

In association with

British Orienteering



Teaching Orienteering Part 1 Course

1 Day Course

Wednesday 22nd May 2024

At

Lullingstone Country Park

Castle Road

Eynsford, Kent.

DA4 0JF

Course organised by DFOK

And delivered by

Josh Jenner

British Orienteering Licensed Tutor

WHO IS THIS COURSE FOR?

The course is aimed at teachers, youth sector workers and those working in schools and outdoor centres. Anyone over the age of 16 may attend the course but the Orienteering Young Leaders Award, available for 14 - 19 year olds may be more suitable.

NB: This training day will need to be completed by those wishing to attend the British Orienteering Teaching Orienteering Part 2 Course.

Aim: To provide teachers and others working on school sites and other enclosed sites with the knowledge, understanding and practical ability to teach the basic skills of the sport of orienteering mainly at Key Stages 2 and 3.

Learning outcomes:

1. To understand the sport of orienteering and how to deliver it in a fun and exciting way.
2. To be able to produce learning programmes which show progression through desktop, room, hall and school grounds.
3. To acquire and be able to instruct the following skills: map as a bird's eye view, importance of north, map orientation, keeping in contact with the map and "thumbing" and use of map colours and commonly used symbols.
4. To be able to plan and deliver sessions which meet British Orienteering safety guidelines.
5. To be able to plan and deliver simple competitions.
6. To be aware of the opportunities for young people and others to participate in the sport of orienteering.

TEACHING ORIENTEERING PART 1 - PROGRAMME

09.15

Course registration

09.30 - 10.00

Introduction to orienteering

Video, orienteering in schools (including cross-curricular applications) and youth groups, maps, resources.

10.00 - 11.00

Indoor exercises

Including table top maps, cones exercise, gym orienteering, map symbol relay.

11.00 - 12.30

Outdoor exercises

Map walk
Star exercise
Head to head loops

12.30 - 13.00

Lunch (please bring your own)

13.00 - 13.15

School games and other competitions

13.15 - 15.30

Planning and organising short competitions

Course drawing, control descriptions, risk assessment, differentiation, Score event, Odds and Evens Relay

15.30 - 16.00

Round-up: Safety, Clubs, Contacts, What next?



(Children at the start of an event in Danson park)