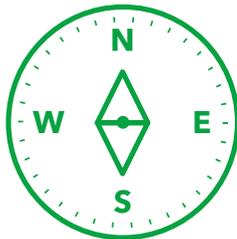


# Year 6/7 Transition

## Orienteering



If you've found this resource useful, visit our website for more information on our whole school My PB resource and training.

[www.youthsporttrust.org/mypersonalbestpri](http://www.youthsporttrust.org/mypersonalbestpri)



### Learning Intention:



1. Show Integrity when taking part in orienteering challenge games
2. Show empathy when competing against a partner
3. Explore problem solving through an orienteering challenge



### Social Connectedness:

Practise touching the cones as quickly as possible and then challenge your partner! Can you beat them on the slalom course? Can you communicate with others in the group to help them complete the problem solving challenge if you have finished your puzzle?



### You will need:

Six cones per pupil.  
A worksheet with 10 photographs of your space (for each pupil) and 10 pre-prepared letters and numbers to stick on each item you have taken a photograph of.



### Current Guidance:

- Ensure every child washes their hands before and after the lesson.
- Maintain physical distancing with all children at least 2 metres apart.
- Wherever possible do not use equipment – any essential equipment used must be cleaned before and after use.
- Outdoor PE is preferable, but if indoors make sure the space is well ventilated.



### Links to Learning:

- Think about integrity in all aspects of your life. Are you always honest with friends and family? Do you always do the right thing? Challenge yourself to tell the truth all week. Does it make you feel good about yourself?
- Empathy is a really special quality to have. If you know someone in your family or one of your friends is having a hard time at the moment can you think about how that feels and do something kind for them?
- Families are constantly faced with problems to solve! Can you become the problem solver in your family if things are lost or need sorting out?

### STEP: Space Task Equipment People

- Move the cones closer together in your square to make it easier to complete the challenges.
- Increase or decrease the number of cones pupils have to touch in the reflex and slalom challenges
- Allow extra time for children struggling to find the numbered pictures, give prompts or ask pupils next to them to help if they are struggling to work out the pictures.



## HEALTHY ME

### Integrity

“the quality of being honest and having strong moral principles”

Orienteering requires a combination of planning, awareness, reflexes, fitness, agility and navigation skills.

Set up a square 5x5 metres with a cone on each corner. You are going to complete four pulse raisers inside your area;

1. Star jumps
2. Knee raises
3. Touching each cone with your foot (you plan the order)
4. Jumping in the air and touching a cone (when the teacher claps.)

Using your cones, you will now take part in the ‘reflex challenge.’ With the person in the box next to you, on ‘go’ you must both go from the middle of your box and with your hand, touch the top left, top right bottom left and bottom right cone. The first one to finish shouts “Orienteering”! Did you show integrity against your partner, touching all the cones properly? Did you accept them winning and congratulate them?

Now all pupils will take part together. This time your teacher will shout the order you should touch the cones in. You need to listen carefully and react at the right time. When you have finished shout “Orienteering”!

Taking part fairly and encouraging and caring for others are key qualities in Orienteering. Did you show these traits?



## THINKING ME

### Problem Solving

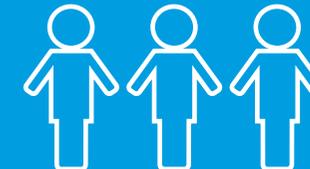
“finding solutions to difficult or complex issues”

On your worksheet you will see 10 pictures of things in your Orienteering space, they are numbered 1-10. You must find each of the items and record the letter and number/symbol under the picture on your worksheet. You will only be allowed to go and find a picture when your teacher tells you (ensure physical distancing, only one pupil at a number at a time.)

Once you have collected all of the information you will need to find the solution to two challenging puzzles;

1. Re-arrange the letters you have collected to spell a word
2. Use the numbers and symbols you have collected to complete a mathematical calculation.

Be determined to collect all of the information and to use your problem solving skills to work out the two answers. Think about the person next to you. If they are struggling with the answers and you have finished, show empathy by giving clues and helping them.



## SOCIAL ME

### Empathy

“the ability to share someone else’s feelings or experiences by imagining what it would be like”

Using your six cones you are going to set up a slalom course in-line with the person next to you. Set out the cones as your teacher shows you. This activity is excellent for developing agility and hand-eye co-ordination for use in orienteering.

Firstly have a practice, you must start at the first cone and work down the course, touching each cone with your right or left hand according to the side the cone is on. When you get to the end cone, go round and do the same on your way back.



Now you have had a practice you are going to race against the person next to you. Remember that even though you want to win, it is extremely important to show compassion when racing.

Complete the slalom race five times until you have a winner. If you win, think about how your partner is feeling. Can you make them feel better? Would you do anything differently next time?