CONTENT AND LANGUAGE INTEGRATED LEARNING UNIT (UNIDAD DIDÁCTICA CLIL) 2016/17
PHYSICAL EDUCATION


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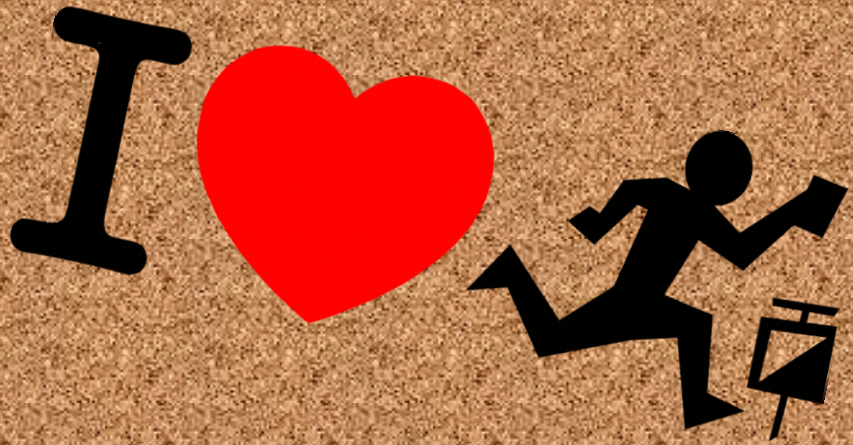

## What is Orienteering?

It is a timed event across a mostly natural landscape, where participants navigate through a series of checkpoints along the way.

The route from one checkpoint to the next isn't marked: Each participant decides the best route on the run.

## What is an orienteer?

An orienteer might be described as part trail runner and part map-and-compass geek.
Because it requires you to find pre-placed control markers.

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# Tips for First-Timers

Smart route choices can save more time than a speedy pace

Walking and stopping are perfectly fine.

A common mistake is to run off with only half a notion of where you're headed because it's a "race."

Familiarize yourself with orienteering maps before the event.

The rich detail on a map offers a lot of guidance but it can also be a little overwhelming trying to figure out what the special symbols mean.

Don't fret about how you're doing compared to others.

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# Glossary

**Angle of declination** –
The angle representing the difference between magnetic north and true (or geographical) north.

**Base point** –
The place where one stands to navigate toward the control point. The base point can be the control or an attack point used to sight the next control point.

**Attack point** -
An identifiable feature that serves as a guide in navigating to the control point.

**Control point –**
An object or place to be located in the competition area. It is marked both on the Orienteering map and on the terrain.

**Declination lines** –
Slanted parallel vertical lines drawn on a map indicating the discrepancy or the degrees between true and magnetic north.

**Beeline** –
A straight line.

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**Walk a bearing** –
The act of following a specific degree setting by aligning the setting over the direction arrow on a compass.

**Geographical map** –
A map that shows a one-dimensional portion of the earth´s surface using conventional signs, degrees of longitude and latitude, and true north or geographical north.

**Topographical map** –
A three-dimensional map that shows a portion of the earth´s surface featuring both manmade (e.g., roads, bridges, buildings) and natural (e.g., lakes, streams, cliffs, woods, fields) features.
Elevation is shown by variously contoured concentric rings; the center ring is the highest elevation and each outer ring represents a progressively lower elevation.
The top of the map faces north.
A legend defines the various symbols that denote the features.

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# Preparing to Orienteer

**1.- Dress appropriately.**

You should be comfortable, but keep in mind that you'll probably be running for stretches of the course.

Wear hiking or trail shoes. Long-sleeve shirts and pants will help cut down on insect bites.

Check local weather conditions before you orienteer. This will help you dress for any potential weather scenarios.

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**2**.- **Gather your supplies.**

You'll need to bring a compass.

A whistle will come in useful if you get lost.

Bring along some water, especially if you'll be running a lot.

You'll be given a map of the course, so don't bring along any maps of the area.

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# Participating in a Basic Orienteering Course

**1.- Study your map.**

When you start your race, take a moment to look at the topographical map which will consist of a start, a series of control sites connected by lines and numbered in the order they are to be visited, and a finish.

Your start will be a red or pink triangle. Control sites are circles connected by lines. You don't have to strictly follow the lines, but you do need to visit the circles in the order given. The finish is noted by two concentric circles.

**2.- Orient your compass with your map.**

Your map will have an arrow indicating north.It may also have north lines. These are thin lines over your map that point north. Line your compass arrow with the map's arrow or north lines.

Your map will be topographic. Topographic maps show contours, which show you the terrain of the course. It also shows vegetation and other less important features than tracks.

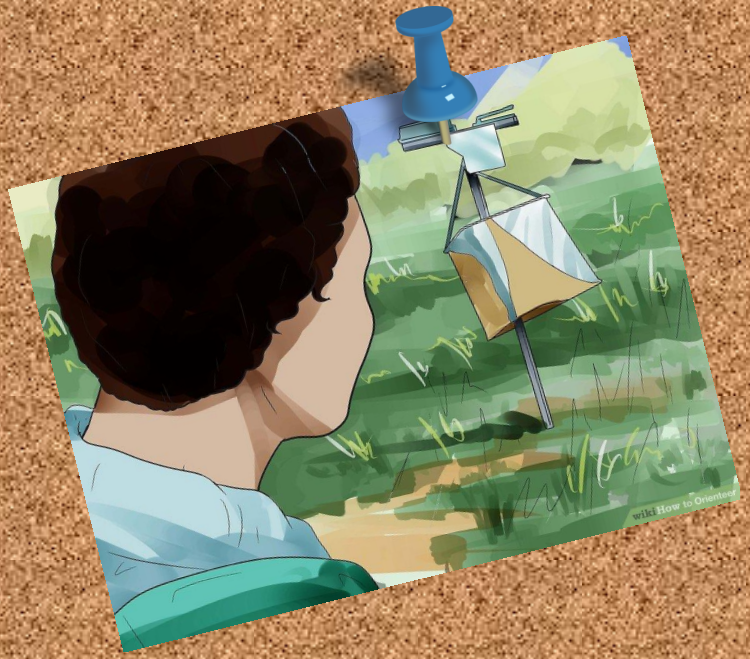
For example,

white is open woods

**green is bushy underbrush**

**orange is open fields**

**light brown show paved areas**.




**3**.- **Look for your first control site.**

This is indicated on your map by a circle with a 1. Your control descriptions sheet will also briefly describe the control. These are sometimes called clues.

At the control site, you'll see an orange and white control flag.


If you reach the control and find that the description doesn't match the control description, you are probably at the wrong control. For example, if the description states a control is on a post, but you're at a bench, you're at the wrong control.

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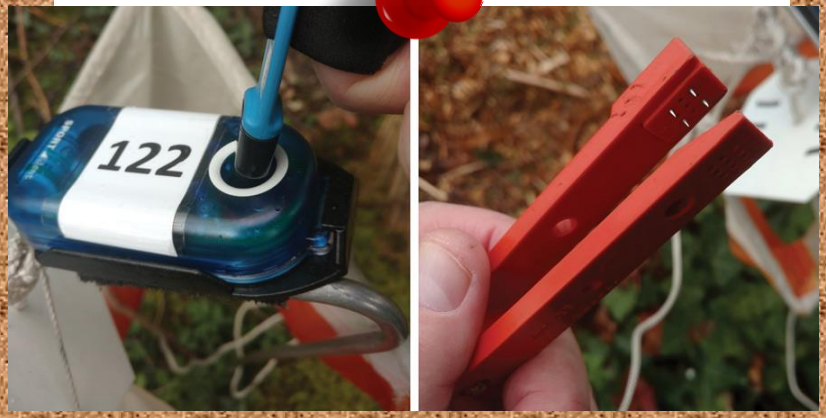
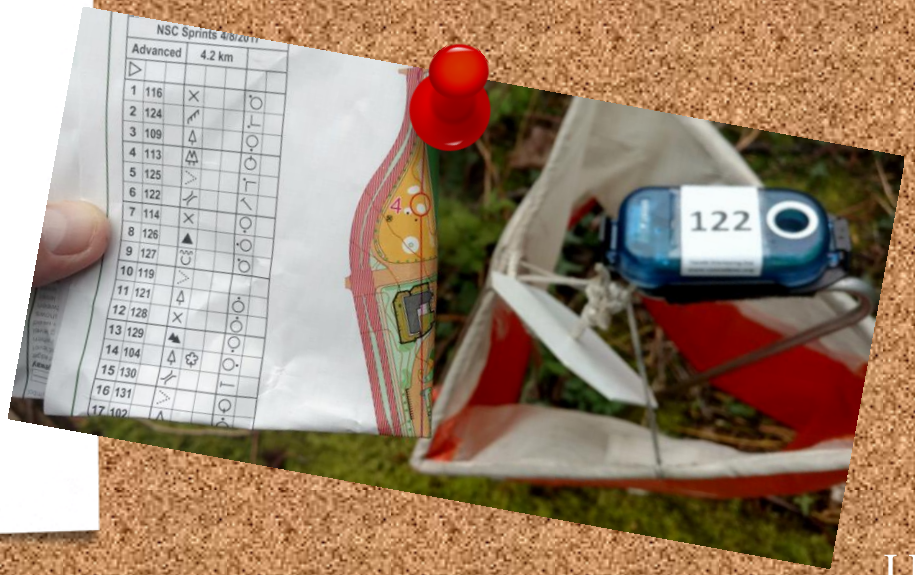
## 4.- Punching in at Controls

Each control on the course has a unique number to positively identify it. Double-check that identifying number against your control description before punching in because a mispunch disqualifies your time.
At a typical meet you must visit controls in numerical order.

It is important to leave the control site right away, because standing next to the control for too long will give away the position to all following runners. You destroy their fun, and could accidentally allow them to catch up to you if you're competing.

**e-punch** **paper punch**

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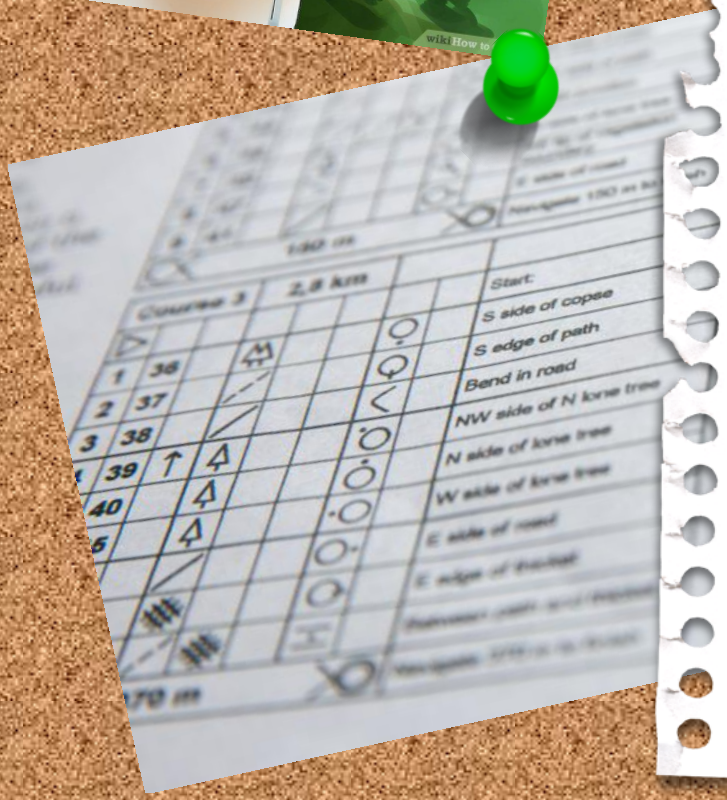


**5.- Race to the next control site.**

You choose your route from one control marker to the next in order, your map has descriptions of the feature on which each control will be found, they use special symbols.

Check your map before moving on to the next site and make sure your compass is aligned with your map's arrow before continuing on.

Take your time when starting out. Running from control sites without relying on your map can cause you to get lost.

Once you've gotten the hang of finding control sites, try to increase your speed. As you become more comfortable, you'll be able to go faster and be more competitive.

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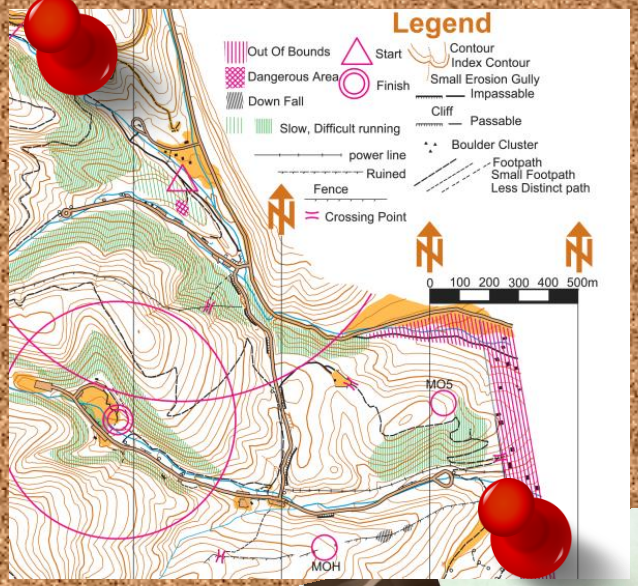
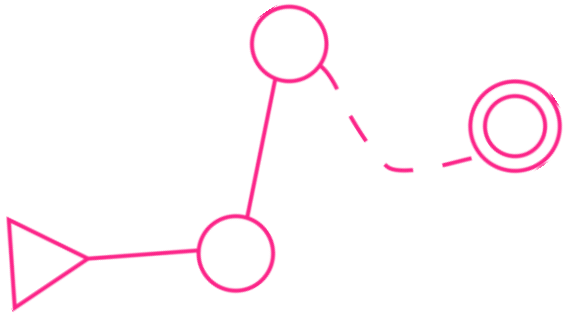



## 6 .- Find the finish.

Once you've visited all the control sites in order, look for the concentric circles on your map.



Use your compass to make sure you're headed in that direction.

If you decide to abort the course, you MUST check out at the finish table. Be aware that otherwise concerned people will spend their night searching for you  in the forest!

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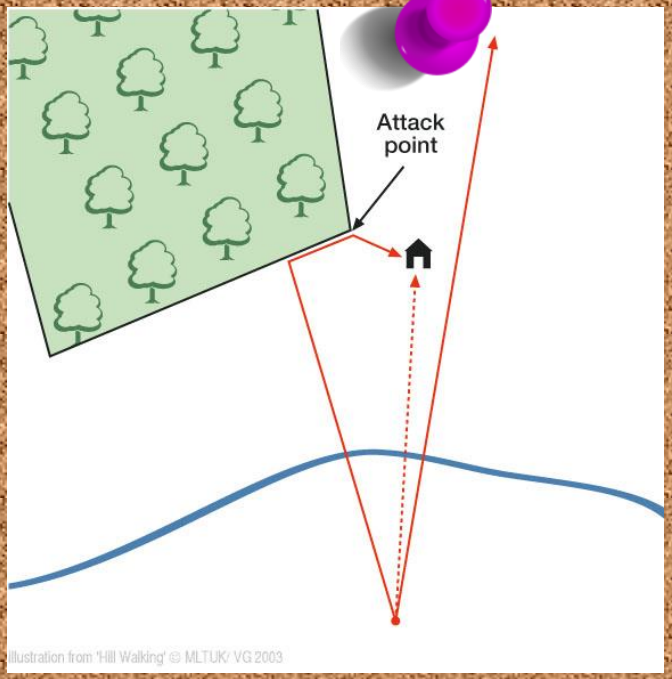
# Learning an Advanced Technique: The Attack Point




**1.- Decide on an attack point.**

Controls will not always be visible or reachable from trails alone.
You need to think about how you want to find a specific control.

Attack points allow you to get close to your control site without giving the location away to your opponents.

An attack point is a point that is easily reachable and identifiable (so you will not err about where you currently are), but is as near as possible to the control you are looking for.
For example, an attack point is often on a trail, right at a distinctive bend, or where a vegetation boundary is cut by the trail.
It can also be anything else that you can easily identify.

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**2.- Check the map for any catching features.**

A catching feature is something that is *behind* your target control, easily recognizable, and it is wide enough so you can't miss it.

A typical example is the next trail, but it could be a river, power line or high ridge.

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**3 .- Use your compass to locate the control site.**

Check with the map to see how far and in what direction to travel from your attack point.

At this point, you should be careful about giving your position (and the control site's position) away to nearby opponents.

Avoid simply running from the attack point to the control site.


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Control description sheet

## McIver Scout-O 2013

### Beginner

| White | | | 2.0 km | | | | | |
|---|---|---|---|---|---|---|---|---|
| ▷ | | | | | | | | Start: |
| 1 | 31 | |  | | | | | Needle-leaved lone tree |
| 2 | 32 | |  | | | | | Stream and path crossing |
| 3 | 33 | | ■ | | |  | | E side of building |
| 4 | 34 | |  | | |  | | W end of fence |
| 5 | 35 | | ■ | | |  | | N outside corner of building |
| 6 | 36 | |  | | | | | Road and path junction |
| 7 | 37 | |  | | bench | | | Special item, bench |
| 8 | 38 | |  | | | | | Power pylon |
|  | | | 250 m | | |  | | Navigate 250 m to finish |

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# Orienteering map symbols

## Example of symbols

### Point features

- Tower
- Lighthouse
- Bridge
- Building
- Campsite
- Survey marker

### Linear features

- Highway
- Railway
- Powerline
- Trail
- Boundary
- River

### Area features

- Moraine
- Coral reef
- Lake
- Swamp
- Tidal flat
- Mangroves

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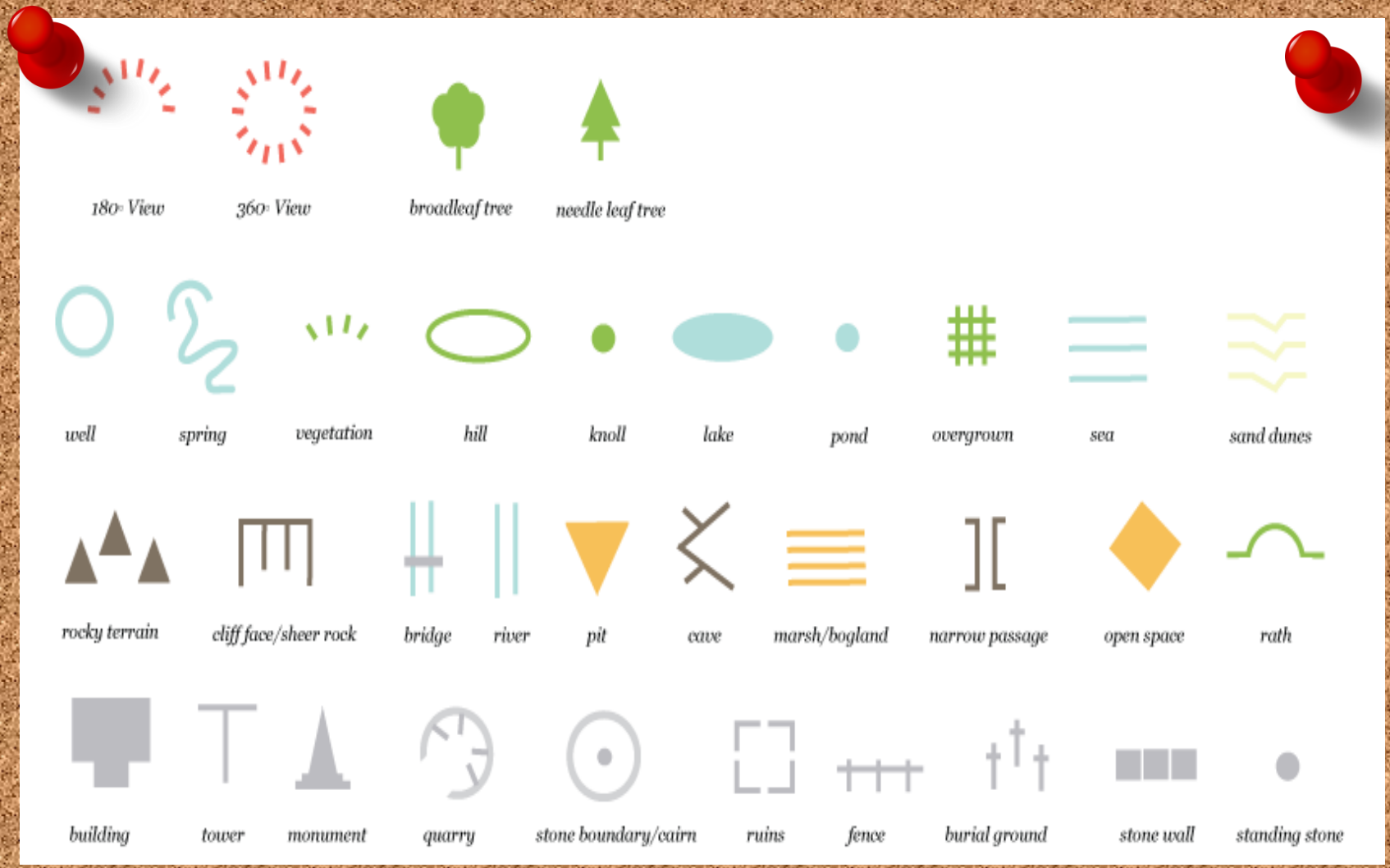
180° View
360° View
broadleaf tree
needle leaf tree
well
spring
vegetation
hill
knoll
lake
pond
overgrown
sea
sand dunes
rocky terrain
cliff face/sheer rock
bridge
river
pit
cave
marsh/bogland
narrow passage
open space
rath
building
tower
monument
quarry
stone boundary/cairn
ruins
fence
burial ground
stone wall
standing stone

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