



SOGO@Home Level 3 Activities

Activity A: Map Memory

Technical difficulty ★★☆☆☆ to ★★★★★

Overview

This activity intersperses bodyweight exercises* with a map activity: drawing (from memory) the most important features along a leg. There are four levels of difficulty of maps [Novice, Intermediate 1, Intermediate 2, and Advanced]. Choose Novice if you've only been orienteering for one or two years, and Intermediate 2 if you've been orienteering for a while. Do the next difficulty course if you felt good on the first one. Note that the Advanced course is very challenging and requires a strong understanding of contours.

Skill description

The goal of this is to look at the leg between two controls, and figure out what features you would use to navigate. It's important to be able to figure out the route choice and select which features are relevant, but not have too much detail. Try to make it as simple as possible, but still have enough detail to get to the next control. Practicing map memory is important so that you don't have to stop or slow down to look at your map as frequently.

Plan

Set-up: print out the map with course, course with blank background, and the second page of this document. Get a pencil and blue, green and orange or brown pencil crayons. Find a staircase or a space with a few metres to jog back and forth, one end should have an area of floor (or carpet or yoga mat) that you can do bodyweight exercises on.

Warmup: 30 jumping jacks, 5 minutes of [dynamic warmup](#)

Main activity (~20-30 mins per course):

1. Set up the full map at one end of the hallway/ stairs and the blank course with workout instructions and pencil crayons at the other end.
2. Start where you put the full map. Look at $\Delta - 1$, figure out what you would consider to be the most important features that you would use to navigate to 1. This could include handrails like trails you would run along, features you would check off along the way, catching features that would let you know you went too far, or features that show you when to leave the handrail. Memorize these features (maybe 3-5 per control) including what the features are, and their approximate shapes and locations on the legs. See the

end of this document for an example. Try to memorize them as fast as you can, but still get enough information that you could complete that leg of the course.

3. Jog to the blank map and do the body weight exercises for Δ -1 [see below for links]]
4. Draw the features you memorized on the map between Δ -1. Try to use symbols and colours to show what feature they are, such as a dashed line for a path or blue for a lake. If you don't remember, jog back to A and take another look.
5. Repeat steps 2-4 for all the other legs of the course

Cooldown: 5 minutes [cooldown stretching](#)

Afterwards: Send us your simplified map drawings and let us know how the exercise went!

*An alternative to body-weight exercises is finding the longest route possible in your house to run between the map and the blank course, and avoiding the body weight exercises. I've made a plan below of exercises, but if you're not sure about the correct technique, either watch a video or swap it out with another exercise that you're comfortable with.

Leg	Exercise
Δ -1	10 lunges
1-2	5 pushups
2-3	30 seconds high knees
3-4	10 crunches
4-5	10 squats
5-6	20 jumping jacks
6-7	5 tricep dips
7-8	10 bicycle crunches
8-9	10 calf raises
9-10	30 second wall sit
10-11	10 situps
11-12	5 burpees
12- 13	30 second plank
13- \odot	15 mountain climbers

