

Orienteering

Activity: Symbol Bingo

















Learning Objective: Getting comfortable with orienteering symbols

Instructions:

- Print off bingo card
- Compare the symbols on the bingo card to the map symbols (below) .
 - You can write in the squares what each symbol represents if it is easier.
- Go around your neighbourhood finding these symbols.
 - Easy: Complete one line of the bingo card
 - Hard: Complete entire card

Equipment:

- Bingo Card
- Pen

SOGO Bingo Card			
			
 Garbage Can			
		 Park Bench	
			

Map Symbols:

<p>Land forms</p> <ul style="list-style-type: none"> Terrace Spur Re-entrant Earth bank Quarry Earth wall Erosion gully Small erosion gully Hill Knoll Saddle Depression Small depression Pit Broken ground Ant hill <p>Rock and boulders</p> <ul style="list-style-type: none"> Cliff, Rock face Rock pillar Cave Boulder Boulder field Boulder cluster Stony ground Bare rock Narrow passage 	<p>Water and marsh</p> <ul style="list-style-type: none"> Lake Pond Waterhole River, Stream, Watercourse Minor water channel, Ditch Narrow marsh Marsh Firm ground in marsh Well Spring Water tank, Water trough <p>Vegetation</p> <ul style="list-style-type: none"> Open land Semi-open land Forest corner Clearing Thicket Linear thicket Vegetation boundary Copse Distinctive tree Tree stump, Root stock <p><small>© Simon Errington 2005. simon@maprunner.org.uk</small></p>	<p>Man-made features</p> <ul style="list-style-type: none"> Road Track/Path Ride Bridge Power line Power line pylon Tunnel Stone wall Fence Crossing point Building Paved area Ruin Pipeline Tower Shooting platform Boundary stone, Cairn Fodder rack Platform Monument or Statue Building pass through Stairway <p>Special features</p> <ul style="list-style-type: none"> Special item Special item
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Strength and Agility

Activity: Lazer Maze

Learning Objective: Helping kids learn where their body is in space and general coordination. Making slow and precise movements

Instructions:

- Create a maze using string and tape in your hallway
- Get through the maze without touching the string
 - Easy: go through the maze without touching the string
 - Hard: go through the maze while balancing a shoe or book in your open palm
 - Impossible: go through the maze while balancing the shoe or small book on your head

Equipment:

- String
- Tape
- Shoe or small book