



## SOGO@Home Level 3 Activities

### Activity F: Map Memory

Technical difficulty ★★☆☆☆

#### Overview

This activity involves memorizing small map sections while running and then figuring out which of a selection of map sections matches the memorized one.

Ideally, this would be done in a park in your neighborhood. Always follow recommendations about distancing and make sure the park is open. If a park is not available, try to set up in your yard or house (i.e. going up and down a set of stairs).

#### Skill description

There are several skills involved:

- A) Be able to 'simplify' a map- consider only the most important features
- B) Memorizing important features on a map
- C) Mentally rotating a map

These skills help improve orienteering efficiency.

#### Plan

*Set-up:* Print the pages. Cut out the pages with letters on them into individual pieces of map & put them into ziploc bag(s). Get a pen, writing surface like a clipboard, and one extra bag.

*Warmup:* 5-10 min warmup jog to the park, 5 minutes of [dynamic warmup](#)

#### *Main activity :*

Set out a loop to run with a few parts along it:

- A) the bag(s) with the cut up map squares
- B) the extra bag (for discarding the map squares) and
- C) the clip board, pen, and uncut numbered maps  
(and then back to A.) Weigh the maps down with rocks if it's windy.

The longest distance, which you should be able to run in around 15s, should be between A and B. You will pick up a map square from A, run to B while memorizing it, discard it in the bag at B, jog to C and write down the letter of the square you just memorized next to the matching number.

There are two sets of maps to do: One Duck Lake, which has 9 squares, and Rumsey, which has 20. If you want more, there are 10 other sets made by British Orienteering [here](#), though they are much easier than the ones provided (you could consider doing one of them as a warmup).

*Cooldown:* 5 minutes [cooldown stretching](#)

*Afterwards:* Let us know how the exercise went! Check your answers:

[One duck lake](#) □ 1D, 2F, 3C, 4I, 5E, 6H, 7B, 8G, 9A

[Rumsey](#) □ 1A, 2P, 3G, 4O, 5K, 6Q, 7I, 8T, 9D, 10J, 11H, 12R, 13B, 14N, 15C, 16E, 17L, 18M, 19S, 20F

For a bonus challenge afterwards, try to find where the squares are on the main maps, as linked above. Note that all map squares on the numbered maps are oriented top to north, but on the letter pages they have been rotated.

Hint: some symbols, such as marshes, undergrowth, cup depressions, pits, and boulder clusters, are always oriented a certain way on the map. For example, the lines of the marsh symbol go east-west, pits and cup depression symbols are open to the north, and undergrowth is symbolized by north-south green lines. This can help you orient a map.