

AASC (NSW) Orienteering Coaching

Week 1 Games

Week 1 - Spatial awareness/introduction to compass points

1. Treasure Hunt
2. NSEW Mnemonic
3. NSEW Game A
4. NSEW Game B
5. Compass Jumping
6. Walking Directions
7. Run the Map
8. Simon Says
9. Find your Twin
10. Slow Motion Tag
11. Hacky Sack Toss
12. Move to a Feature A
13. Move to a Feature B
14. Compass parachute games

Activities	Game Outline/Instructions	Time	Equipment	Comments
<p>Activity 1</p> <p>Treasure Hunt</p>	<p>There are 20 treasures out in this section of the playground.</p> <p>Do not go past 'x' and 'y' (see Comments).</p> <p>You must return to me after you find each treasure, bringing it with you. Collect only one at a time.</p> <p>You need to explain where you found each treasure.</p> <p>Then you can go and look for more treasure.</p>	<p>5 min</p>	<p>20 'treasures' - "gold coins", pegs, game chips, miniature playing cards or similar</p>	<p>Select a distinct section of playground - an area with a few shrubs, some playground equipment, etc. - places to "hide" the treasure.</p> <p>Clearly set boundaries and rules e.g. no climbing, lifting of rocks, digging</p>

<p>Activity 2</p> <p>NSEW Mnemonic</p>	<p>Model location of North.</p> <p>Construct lines showing cardinal points.</p> <p>* I remember mine by saying ‘Never eat sour watermelon’ or ‘Naughty elephants sing wickedly’.</p> <p>*Make up your own and write the word next to the correct direction.</p> <p>*As I walk around, tell me your mnemonic.</p>	<p>10 min</p>	<p>Compass</p> <p>Chalk 10 pieces</p>	
<p>Activity 3</p> <p>N,S,E,W Game A</p>	<p>The children are given about 5 seconds to run around and choose a triangle while you turn around and don’t watch. Then call out ‘Freeze’ and name a direction – N,S,W or E before you turn around. All the people standing in the region you called out have to say their name (a good way to learn names) and they have one point. Continue to play for 5-10 minutes as a warm up game and see who scored the highest score at the end. All children stay involved in the game.</p>	<p>5-10 min</p>	<p>Compass</p> <p>Chalk</p>	<p>To prepare for the game, draw a square with chalk on concrete large enough for 20-30 children to stand on and divide the square into equal triangles NSEW- making sure the North triangle does actually point North.</p>

<p>Activity 4 N,S,E,W Game B</p>	<p>This game is similar to N,S,E,W Game A however keeps all children involved until the end of the game is a freeze game. The objective is to freeze all of the students. When you call out a region- eg East , the children are then frozen in that region. Other children can rescue them by choosing East next time and placing a hand on a shoulder of a child they want to rescue. If the coach calls out East again then they are all frozen but if the coach calls out a different region eg. West, then the children in West are frozen and all the rescued children in other regions are free again. Continue the game until all the children are frozen or long enough so that the children have won the game because you can't freeze them all.</p>	<p>5-10 min</p>	<p>Compass Chalk</p>	<p>To prepare for the game, draw a square with chalk on concrete large enough for 20-30 children to stand on and divide the square into equal triangles NSEW- making sure the North triangle does actually point North.</p> <p>Sometimes children choose to stand on a line then hop into the safer zone- warn children beforehand that standing on a line automatically puts you in the danger zone.</p>
<p>Activity 5 Compass Jumping</p>	<p>For the start of the game each child stands on the middle of the cross and waits for directions. You call out directions randomly , not too quickly to start – eg.S,S,W,E,N,N,E,N,S,E,E,E, etc. and the child jumps into the right region each time. If they stumble then they freeze for 10 seconds. The objective is not to be frozen at all during the game. Have a practice first so children are familiar with their N,S,E,W concepts.</p>	<p>5 mins</p>	<p>Chalk</p>	<p>To prepare draw a cross (approximately 1m wide) with chalk on pavement for each child.</p>

<p>Activity 6</p> <p>Walking Directions</p>	<p>The children stand on their marker and listen to the instructions eg 3 steps E, 1 step S, 1 step E, 3 steps S, 4 steps W, 4 steps N. On completion they should end up back on their marker (if they walked in the right directions with even paced steps).</p>	<p>10 mins</p>		<p>This activity can be performed on concrete surfaces or on the oval with a marker for each child .</p> <p>On concrete the children write their name with chalk on a spot. If markers are used, they should be different for each child.</p> <p>Before starting, explain to the children not to stand too close to each other.</p> <p>Plan your directions in advance to ensure that they work.</p>
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<p>Activity 7</p> <p>Run the Map</p>	<p>Introduce actions -</p> <p><i>Climb the rock.</i></p> <p><i>Jump the watercourse -2 footed jump.</i></p> <p><i>Fight the green.</i></p> <p><i>Duck the branch</i></p> <p><i>Under the fence – drop to the ground and roll over</i></p> <p><i>Look at your map</i></p> <p><i>Tie your shoelace</i></p> <p><i>Point to North</i></p> <p>*When I blow the whistle you must stand still.</p> <p>*You must never touch another runner.</p> <p>*When I call out North, you run North. When I blow the whistle you stop. Lets try that.</p> <p>*Now I will add an activity. Stop when you hear the whistle . Do the activity until you hear the whistle.</p>	<p>5 min</p>	<p>Whistle</p>	<p>Distance run can be limited e.g. to 5 paces.</p> <p>A useful warm-up exercise.</p>
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<p>Activity 8</p> <p>Simon Says</p>	<p>Play the traditional Simon Says but include running to the compass points.</p> <p>NE, SE, SW and NW can be introduced as an extension.</p> <p>A further extension activity can be to instruct the children to run to the opposite compass point to the one announced IF the coach has their hands on their head.</p>	<p>5 mins</p>	<p>Markers for each direction.</p>	
<p>Activity 9</p> <p>Find Your Twin</p>	<p>To start, pair off the children (if there is an odd number – pair off a child with a staff member) and have each pair stand back to back. Number the children- Twin number 1 or twin number 2.</p> <p>Then call out instructions such as <i>twin number 1 walk six paces north, twin number 2 walk 4 paces west, twin 1 walk 3 paces east, twin 2 walk 4 paces south, etc.....</i> until the children dispersed. Next, randomly call out “<i>FIND YOUR TWIN</i>”. The children must hurry to find their twin, stand back to back again and then raise their hands. The first twins receive one point. Continue playing and the twins with the highest score are the winners.</p>	<p>10 min</p>		<p>The children tend to take mini steps after awhile to avoid being separated too far. Demonstrating normal steps before the game usually avoids this.</p> <p>To challenge the children when they have perfected directions you can call out different directions such as SW, NE, SE or NW.</p>

<p>Activity 10</p> <p>Slow Motion Tag</p>	<p>The objective of this game is for the chaser to freeze all other children.</p> <p>At the start of the game the chaser stands in a corner and all other children can choose any location in the playing area.</p> <p>The coach then calls out instructions for everyone other than the chaser eg. 5 steps north, 6 steps south etc. The chaser is then given a set amount of steps that they can take in any direction to tag children. When the chaser has made enough ground on a child and is within reach they can tag that child. The child is then frozen and only children who are not yet tagged can unfreeze them by tapping them on the shoulder if they are passing by.</p>	<p>10 mins</p>		<p>Play in a defined area such as a netball or tennis court.</p>
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<p>Activity 11</p> <p>Hacky Sack Toss</p>	<p>The children must toss the hacky sacks from the main island into the smaller island that matches the direction written on the hacky sack.</p> <p>The children must not leave the main island and should only take one hacky sack at a time.</p> <p>Hacky sacks that successfully land on their island can be counted.</p> <p>Team competitions can be played or the children can try to beat past scores.</p>	<p>10 mins</p>	<p>Chalk</p> <p>4 hoola hoops (or use chalk to draw islands).</p> <p>50-100 hacky sacks which each have N, S, E or W written on them.</p>	<p>To prepare draw an island large enough for 10 children to stand in and place the hacky sacks in the centre. Around this main island, place one hoola hoop (small island) out for each of N, S, E and W. The hoops should be at least 5 metres from the main island.</p>
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<p>Activity 12</p> <p>Move to a Feature A</p>	<p>Show the children a map of their school and explain how it is a bird's eye view with only fixed features shown. Discuss features and symbols.</p> <p>Ask the children to place their finger on the spot where they are currently standing.</p> <p>Move to another feature on the map and when there have the children place their finger on the new position.</p> <p>Repeat</p>	<p>20 min</p>	<p>A school map for each child.</p>	<p>Integrate as a map walk.</p>
<p>Activity 13</p> <p>Move to a Feature B</p>	<p>Show the children a map of their school and explain how it is a bird's eye view with only fixed features shown. Discuss features and symbols.</p> <p>Ask the children to place their finger on the spot where they are currently standing.</p> <p>Move to a feature on the map in the Easterly/northerly/westerly/southerly direction.</p> <p>Stop when there and have the children place their finger on the new position.</p> <p>Call another direction. Children walk in that direction and find a feature on the way. Repeat.</p>	<p>20 min</p>	<p>A school map for each child.</p>	<p>Integrate as a map walk and talk about compass directions whilst on the walk.</p>

<p>Activity 14</p> <p>Compass parachute games</p>	<p>Bounce some hacky sacks and create 'popcorn' as a warm up.</p> <p>Give the children a number and as the parachute is raised two children run under and swap sides as their number is called.</p> <p>Instruct the children to run in one direction and rotate the compass then call north and allow the children to organise themselves so the compass N points north.</p> <p>As the children hold the parachute, call out a direction N, S, E or W and a number of steps and the children walk in the direction counting the steps and making sure the parachute stays as a round compass.</p> <p>Challenge the children to get all of the hacky sacks to a certain compass point.</p>	<p>10 min</p>	<p>Parachute (can be made from tent fabric from Lincraft or similar).</p> <p>Hacky sacks</p>	
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