

Usually played outdoors, Orienteering is a mix of navigation (map reading skills) and physical endurance. The aim is to navigate through a course, finding specific 'control points' marked on the map within a specified time frame. The top Orienteer's have excellent fitness, problem solving skills and map reading skills.



Peter Oberg

Club: OK Hallen

National Team: Sweden

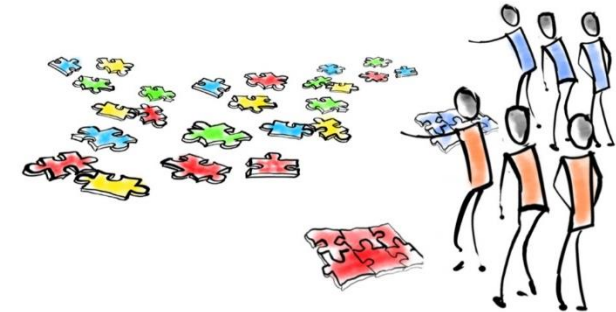
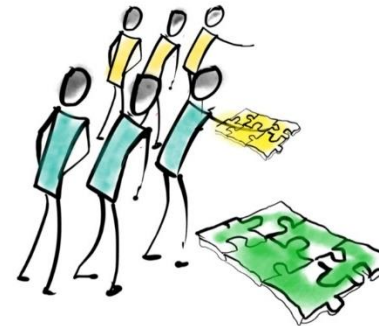
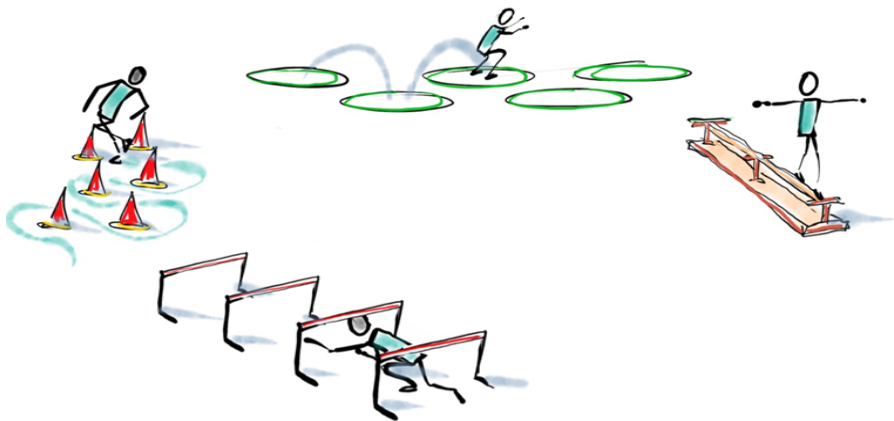
Fact: Oberg received a gold medal at the European Orienteering Championship in 2006.



teamwork map skills

communication problem solving

picture orienteering



STEPS TO SUCCESS

These are the skills I need to achieve success in UKS2 Orienteering:

To build confidence during team activities.

To work within my team, communicating, trusting and valuing each other.

To plan strategies to complete tasks.

To develop map reading skills and confidence.

To develop map building skills.

To complete an orienteering event.

