

Multi-Disciplinary Teaching Using Orienteering Map Adventures

Typical School Full Day Training Program

Description:

Orienteering is an international sport suitable for all ages in which participants use the map as their primary tool to navigate to a series of specific locations and then prove they found them. In a school setting, the proof can be information to gather, problems to solve, skills to practice and anything you want. Map Adventures makes it easy, indoors or out, to infuse a “treasure hunt” sense of play into any objective, from team-building to subject mastery, while exercising both the body and mind.

Content

- **Basic Introduction to Orienteering**
- **Name Tag Game**
- **In Room Map Adventure - Basics of Map Reading and Navigation**
- **PowerPoint Presentation**
- **Map Symbol Relay**
- **Discovering Orienteering Activity**
- **Orienteering Formats and Objectives**
 - **Specialty Events for All Ages-Handicaps-Bike, Ski, Horseback**
 - **Mass Start Activities - Motala and Score Orienteering**
- **Motala-Orienteering (Individual Relay Activity)**
- **Principles of Designing Orienteering Courses and Writing Control Descriptions**
- **Team Score-Orienteering - Team Strategy, Team-Building and Problem-Solving**
- **Map-Making Session including information on OCAD drawing software**
 - **Distance Estimation**
 - **Using Compasses with Maps**
- **Applications to the School Curriculum**
- **Lifelong Sport and Fitness**
- **Resources and Supplies/Equipment**
- **Q&A-Brainstorming - Summary and Evaluation**

Format

This will be both an experiential as well as a brainstorming workshop. First you will participate in a range of activities that model a variety of objectives. Then we will complete the day exploring specific and concrete situations and opportunities that you face in your schools, brainstorming and problem solving how you can integrate what you experience and partnerships within a department.

Instructor

Ed Hicks lives in Somers, New York and is a retired New York State teacher who pioneered the outdoor and computer programs in his school during his teaching career. For over four decades, Ed has been a tireless champion of orienteering regionally and nationally, especially how it can integrate and enrich lifetime learning in all settings with any age. Since founding Orienteering Unlimited in 1979, he has led Map Adventure Programs with countless schools, camps and youth groups, presented staff trainings and corporate program and has taught a 3 credit graduate course on the subject. Ed has also produced over 300 quality maps of schools, state parks, camps, conference and nature centers.



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*map adventures exercising both body and mind – customized for any age group, in any setting
state-of-the-art maps that serve a multitude of purposes – from member programs to facility brochures*