

AUTUMN TERM • SEPT 2023

KENT SCHOOLS ORIENTEERING NEWSLETTER



New Virtual Courses in Kent

In addition to a number of Summer events taking place across the county, virtual orienteering courses have been launched at Capstone Country Park in Gillingham, Brockhill Country Park in Hythe and High Meadow in Dover.

Maps can be downloaded from the Saxons website www.saxons-oc.org from the Anytime O page, and the courses downloaded for free on the MapRun app onto your mobile phone. No physical checkpoints needed as app sounds ping notification when you are at the correct location. Can be completed at any time.

Courses funded by Find Your Way project, a Sport England funded initiative.

Permanent & Virtual Courses across Kent

- Tonbridge Castle & Haysden Country Park (Tonbridge) - Virtual
- Capstone Country Park (Gillingham) - P / Virtual
- Kent University Campus (Canterbury) - P
- Betteshanger Country Park (near Deal) - P / Virtual
- High Meadow & Whinless Down (Dover) - P / Virtual
- Mote Park (Maidstone) - P / (Virtual Autumn 2023)
- Brockhill Country Park (Near Hythe) - P / Virtual
- Milton Creek Country Park (Sittingbourne) - P / (Virtual coming soon)
- Trosley Country Park (near Vigo) - P / Virtual
- Shorne Country Park (near Gravesham) - P / Virtual
- Bedgebury Pinetum - P

P - Permanent Course. Virtual - Virtual courses using MapRun

"how to" guides
for Virtual courses
and how to get
involved



**FIND YOUR
WAY** PROJECT



Upcoming Orienteering Events in Kent this Autumn

For further information on upcoming events, please visit www.saxons-oc.org.

Sat 23 Sept	Milton Creek	Sittingbourne - ME10 2DE
Sat 7 Oct	Milton Creek	Sittingbourne - ME10 2DE
Sat 21 Oct	Foots Cray	Bexley - DA14 5EQ
Sun 19 Nov	Kings Wood	Challock - TN25 4AR
Sat 25 Nov	Scotney Castle	Lamberhurst - TN3 8JN
Sat 9 Dec	Beacon Wood	Bean - DA2 8AR
Mon 1 Jan	New Years Day Event (Venue TBD)	
Sun 14 Jan	Westerham Chart	Westerham - TN16 1PP

All of our events have courses for beginners. Guidance will be available to newcomers and novices before the start. Go around individually or as a group, pair or family.

British Schools Orienteering Championships

On 17 Nov 2024, the School Orienteering Championships are being held at Shorne Country Park. Just off the A2 between Gravesend and Rochester.

The championships are for individuals* by year/gender, and cover years 5-13 with courses increasing in distance and difficulty accordingly. *Yrs 5-8 can compete as a pair.

Any school can enter a team - each entrant need only to have competed in at least three orienteering events at the appropriate standard for their age. This includes School Games Organiser Events, any local Saxons or Dartford Orienteering club events or even a virtual orienteering course - see page above.

If you are interested in putting a team forward, please contact development@saxons-oc.org to discuss additional training and coaching opportunities.



Austin Howe (16)



Medway School Games Orienteering Competition: May 11 2023

Thanks to an initiative of Claire Moore the Medway School Games Organiser, Saxons agreed to organise an inaugural School Games Event at Capstone Farm Country Park earlier this Summer. Over 100 yr 8 students participated in the days activities in teams of 4. Whilst some had received some orienteering skills training within school, a lot of the students were completely new to the sport so the day started with a skills and equipment briefing.

The teams were then set off on the first of 2 courses. Some of the teams took to the sport like ducks to water and we had our first finishers from Leigh Academy in just over 20 minutes. Before embarking on the second course, everyone got to have a go at the Maze O competition, navigating round a small maze course with some of the students trying multiple times to set the fastest times!

The teams were then set off on their second course, with most a lot more comfortable with the skills required, and some very fast times were set. The winning boys team across the two courses was the Hundred of Hoo B-team, and the winning girls team was from Rainham School for Girls B-team, (with Rainham actually being 24 seconds faster than the winning boys!)

Thanks to all the schools who participated - don't forget to Save the Date for next year when the Medway School Games Orienteering Event will be held on **16 May 2024**.



Participating Schools: Rainham Mark Grammer, St John Fisher, Hundred of Hoo, Leigh Academy, Rainham School for Girls, Rochester Independent College, Holcombe Grammer Boys

The Outdoor Classroom Update



The Outdoor Classroom uses technology to take learning outdoors, get children active, track their progress and provide teachers with access to a huge learning library.

New for this September, the Outdoor Classroom will become available in a web version, so can be run on any mobile, tablet or laptop. All the device needs is a camera.

TOC will map your school and provide orienteering plaques, as well as access to the extensive learning library. Cost per annum is £600+VAT, (£1,299+VAT in first year if mapping and plaques required), and the School Sports Premium can be used to cover the cost. There is also currently a 30 day free trial on offer.

As it's a digital system, it tracks the distance covered, number of pupil's active plus the number of hours spent outside. It is an ideal way of getting schools active. It also enables Schools to participate in **The Big League**.

The Big League is a national competition where schools compete based on several different metrics

- % participation, (ie how many pupils in the school have completed an activity)
- total overall distance covered by the pupils
- total number of activities completed
- total amount of time

The competition usually runs in the final half term of the Summer Term, with the overall winner in 2022/23 school year being Springwell School in Hounslow.

For 23/24 academic year, it is expected there will also be a Kent Big League in the 2nd half of the Easter Term

For more information, you can check out the website www.theoutdoorclassroom.co





Orienteering Activity: Turning the Map

Skills: Introduction of map orientation, start and finish symbols and thumbing the map.

Resources:

- 3 red cones, 3 yellow cones, 3 green cones and 3 white cones. For a large group, it may be preferable to have 2 or more sets of grids in the area so as to avoid congestion.
- Cones maps downloaded from [British Orienteering website](http://www.british-oc.org). For a group of 30 you will need a copy of map 1 for each pair, and 4 copies of maps 2-6.

Preparation:

- Set out the 12 cones in a grid as given on the map. Leave a space of 2 metres between each cone.
- Put students into pairs.

The Session:

Practice map

- Give each pair a copy of map 1.
- Discuss map orientation and ask each pair to set the map to the cones on the ground, (symbolises North).
- Ask each pair to go to the start cone (purple triangle on map).
- Discuss - is everyone in the correct place?
- Select one pair to lead the class to the next cone
- The class should be directed to keep the map orientated so that the cones match the cones on the ground, turning the map as required.
- continue until the class reach the finish cone at the double purple circle

Pair work

- Give each pair one map numbered between 2 and 6.
- Each pair starts at the cone marked on their map, they navigate to each control until the finish.
- You check they have finished on the correct cone.
- Swap maps and repeat.

Progression

- introduce the idea of thumbing the map to keep track of where you are on the course reduces errors and can speed up course completion.
- Repeat the courses with the addition of thumbing the map

