

SUMMER TERM • APR 2023

SCHOOLS SAXALERT

Saxons Orienteering Newsletter for Schools



Latest news: Orienteering near and far

The Easter holidays brought orienteering opportunities locally and across the country.

Virtual Orienteering courses which you can do at any time have been launched across the county with the latest area to come online being **Tonbridge Castle**. A launch event was staged on 4 April with nearly 100 people participating mostly as family groups. See following page for further details.

Another local event was held near Crowborough visiting parts of Ashdown Forest. A great excuse to get up on a Sunday morning!



Holly (11) at the JK Relays

Further afield, the British Orienteering Championships were held near Newbury on 25/26 March. Both Long Distance and Relays were staged over the 2 days with competitors aged from under 10 to over 80.

Anyone can enter, and it is a great way to explore different areas of the UK.

Over the Easter weekend the 'JK' International Orienteering Festival was held in the Lake District. Named after Jan Kjellstrom a Swedish Orienteer who played an important role in bringing the sport to the UK, it was started in 1967 and is traditionally held over the 4 day Easter weekend, with Sprint, Middle Distance, Long Distance and Relay events.

Did you know the Female World Orienteering Sprint Champion is from the UK? Megan Carter Davis took the title in Denmark in 2022.



Medway School Games Orienteering Competition: May 11 2023

Preparations are at the final stages for the Medway School Games Orienteering Competition which will be held at Capstone Country Park on 11 May between 9.30 am and 2 pm. Targeted at year 8, teams of four will aim to complete two courses around the park with the winning teams clocking up the fastest overall combined time.

Capstone Country Park has been newly mapped for the occasion and the terrain is ideally suited for a beginner with plenty of open terrain and a good path network. There will also be orienteering games to have a go at in between courses including a Maze.



Upcoming Orienteering Events in Kent this Summer

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

Sat 22 April	Foots Cray Meadow (Dartford Orienteering)	Sidcup - DA14 5EB
Sat 29 April	Joydens Wood (Dartford Orienteering)	Swanley - DA5 2EG
Sun 7 May	Ightham	Sevenoaks - TN15 0HB
Sat 27 May	Betteshanger Country Park	Deal - CT14 0BF
Sat 3 Jun	Lullingstone Country Park (Dartford Orienteering)	Eynesford - DA4 0JF
Sat 10 Jun	Junior Orienteering Festival: Leybourne Lakes	Maidstone - ME5 5LB
Sat 24 June	Mote Park	Maidstone - ME15 7SU
Sat 15 July	Capstone Country Park	Chatham - ME7 3JG

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.



Virtual Orienteering at Tonbridge Castle

Virtual Orienteering courses have launched in Tonbridge as part of the national Sport England funded Find Your Way project.



It was a glorious sunny day and families took the opportunity to download the MapRun app and try the virtual orienteering courses which take participants from Tonbridge Castle through the Racecourse sports ground and into Haysden Country Park.

Courses are being launched across Kent and can be completed at any time. Information on how to download the app and the virtual courses can be found on www.saxons-oc.org.

Permanent & Virtual Courses across Kent

- Capstone Country Park (Gillingham) - P / (FYW Summer 2023)
- Kent University Campus (Canterbury) - P / (FYW Summer 2023)
- Betteshanger Country Park (near Deal) - P / FYW
- Whinless Down (Dover) - P / (FYW coming soon)
- Mote Park (Maidstone) - P / (FYW Summer 2023)
- Brockhill Country Park (Near Hythe) - P / FYW
- Milton Creek Country Park (Sittingbourne) - P / (FYW Summer 2023)
- Trosley Country Park (near Vigo) - P / FYW
- Manor Park (West Malling) - (FYW Summer 2023)
- Bedgebury Pinetum - P

P - Permanent Course. FYW - Find Your Way / Virtual Courses



"how to" guides
and how to get
involved

**FIND YOUR
WAY** PROJECT

The Outdoor Classroom



Add outdoor activity into your curriculum delivery with The Outdoor Classroom.

Developed by Josh Jenner, children navigate courses with bespoke learning opportunities at each checkpoint. At the end of the course, all the answers are stored on the website for review by the teacher. 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. Access to Ipad or equivalent required.

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

British Schools Orienteering Championships

The British Schools Orienteering Association organises two competitions each year, a Score Competition and the British Schools Orienteering Championships. In 2023 the Score Competition is scheduled to take place in October in Leicestershire with a venue still TBD for the School Championships.

In 2024, the School Orienteering Championships are set to come to Kent and will be held at Shorne Country Park. Plenty of time to develop those budding orienteers!

The championships are for individuals by year/gender, and cover years 5 through to year 13 with courses increasing in distance and difficulty accordingly.

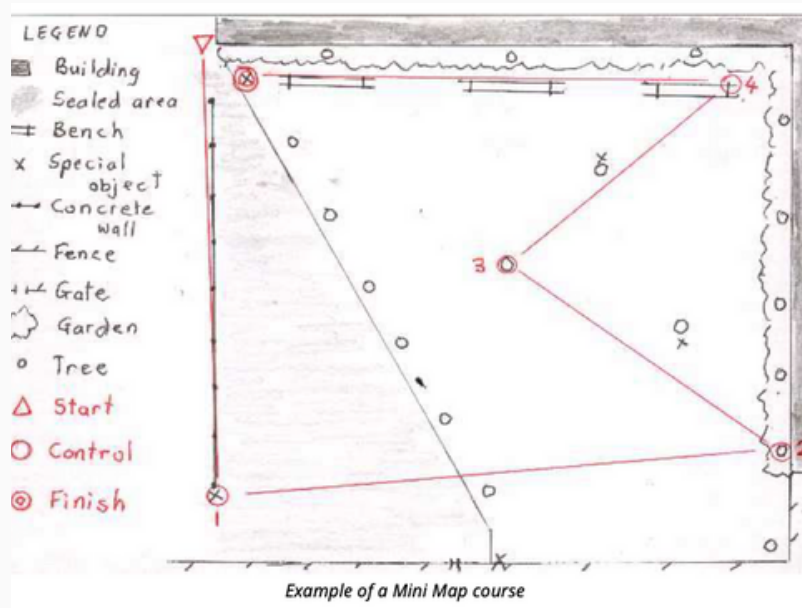
Any school is welcome to enter a team to compete at either event, subject to the children being able to read an orienteering map competently and be confident in using basic navigational techniques and to have competed in at least three orienteering events at the appropriate standard for their age.





Summer Orienteering Activity: Mini Map Exercise

Skills: Introduction of map reading and drawing, practice relating maps to the areas they represent, orientating the map, thumbing the map.



Choose two small adjacent outside areas bounded by clearly defined features, such as a wall, a fence, concrete curb, hedge or path.

The areas should have at least 10 suitable places to use as control sites, such as single trees, posts, rubbish tin, path junction, path corner, building corner, permanent seat or table.

Take the students step-by-step through drawing:

- The boundary features
- Features easy to relate by distance and direction to those already mapped
- Add the key (legend) to the map.

The best map can be photocopied for those students having difficulty with map drawing.

Talk about suitable places to put controls: the end of something, the corner of something, or something small, e.g., not the centre of a long thing, not hidden, not high up like in a tree.

Organise students in pairs. One partner of each pair draws a map of one area, and the other draws the second area. Each student takes 4 – 6 mini controls (coloured ribbon or tape would work just as well) and chooses places to put them.

Each should mark circles on their map to show the location of each control. Circles should be numbered in the order to be visited. (The number should be beside each circle, not in the circle as that could hide the feature to be found). Start and finish places should be chosen and marked on the map.

Each student gets their partner who does the course, starting as the Start, going around the course, collecting the controls as they go. The “course setter” should follow the “orienteer” to offer help if there are any problems.

The students then reverse roles.

Students who finish the activity early could set out another course for another partner.