



Kiwi Orienteering Coaching Manual

For a minimum preparation, minimum equipment, minimum cost orienteering programme in primary and intermediate schools.



New Zealand Orienteering Federation

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Foreword

Orienteering is a competitive sport that appeals to all ages. It involves running across unfamiliar country, using a map to find your way around a set course.

Orienteering requires physical fitness, skill in map reading, compass work, mental alertness and decisiveness. Orienteering teaches the participant to assess, understand and "read" the countryside, as well as to appreciate the beauty and variety of the terrain she or he travels over.

"Children adore maps. Their lore abounds with charts showing buried treasure, plans of secret hideaways and maps of magical islands. Maps decorate their books from Winnie the Pooh to the Hobbit." Stephen Young, New Scientist, September 1989

A brief review of research "concluded that neither projection, symbolisation, nor scale are crucial problems. Instead, map understanding is based on an understanding of spatial relationships between real world features. It is argued (a) that the "view from above" metaphor is inadequate, (b) that viewing the map as a miniature provides a better basis for instruction, and (c) that the knowledge that children already possess of the world around them should be the starting point for map teaching." Torgny Ottosson, Scientific Journal of Orienteering, April 1988

Credits

Laurie Baxter of North West Orienteering Club created the original edition of this manual as part of the *KIWI SPORT* programme in 1990.

It was created with the assistance of the Hillary Commission.

Mark Roberts of Auckland Orienteering Club updated the manual, in particular the sections on mapping, in June 2002.

Revision of the contents of the manual for the NZOF was completed in March 2004 by Robyn Davidson, NZOF Development Officer.

Illustrations are by Geoffrey Cox, Mark Roberts and Robyn Davidson.

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Who should use this manual?

This manual is intended for use by anyone teaching orienteering at schools, school camps or in youth groups, for children aged between 8 and 12 (years 4-8). Some exercises and events are also suitable for children aged 5 - 7.

It is intended for use in New Zealand but much of what is recommended is applicable anywhere in the world.