

Orienteering I

OVERVIEW: Students learn basic compass skills and use them to guide the group on a hike through the woods.

PRINCIPLES:

- Learn the parts of the compass.
- Learn to lead a group as well as follow.
- Learn to solve problems as a small group

VOCABULARY: degrees, magnetic north, bearing, pace

GOALS: To have students:

1. Understand the necessary concepts of distance and direction.
2. Understand the needs and possible uses of a compass.
3. Understand that degrees are more accurate than the labels: north, south, east, west
4. Understand the concept of pace.
5. Be able to use a compass.

Introduction:

1. Introduce yourself and review rules for the class.
2. Have students introduce themselves.
3. Today we will learn one secret of the mountains -to travel safely by knowing how to follow a set course through the woods while using a compass. But suppose, you are traveling in the woods by yourself and happen to get lost. You do not have a compass. How would you find your way or figure out which direction to travel? North Star; sun rising in the east and setting in the west; moss growing on the north side of a tree (be careful because this is not always true; the use of landmarks, marking your trail as you travel; walking downstream on a creek to find civilization; etc.
4. What are some ways that you can measure distances? yard stick, parts of your body (hands. feet. legs). pacing (a normal step).
5. While using a compass you must know two things: direction and distance. You must know which way to go and how far to go in that direction.

Class Session:

1. With students sitting in a circle hand out a compass to each and have them put it around their neck. They should leave it there until the end of class. Remind them not to swing the compass, because they can damage the compass or hurt someone. Have them handle the compass for a minute, then discuss the parts.
2. Parts of the Compass:

BASE PLATE -should be held flat in their hand and they will plug it into their chest. Demonstrate how to hold the compass.

BEZEL RING -should rotate. has the letters N, E, S, W (90 degrees between each). It has numbers counting by 20's and markings for numbers from 1 -360 degrees.

TRAVEL DIRECTIONAL ARROW -located on the base plate. Also known as the "poison arrow". This will help students to realize that the arrow should be pointed away from them.

NEEDLE -"Red Fred" (points north to a point in Northern Canada because of the magnetic nature of the earth), -"White Dwight" (points south).

ORIENTING ARROW -The arrow located inside of the bezel ring Also known as the "shed"

INDEX LINE -The white line found under the bezel ring even with the Travel Directional Arrow
Read bearings here or the degrees/directions are read here.

3. How to use the Compass

- a. Suggest a certain degree (direction) in which to go.
- b. Turn the bezel ring until the number is lined up with the Index Line and the Travel Directional Arrow.
- c. Turn body, not the compass or dial until "Red Fred" is in the his "shed".
- d. Repeat until each student understands the parts and the correct way to use the compass

4. Guided Practice

- a. They now have a chance to use their new skills. They will take turns finding each clue on a set course. You must help guide them to the first marker. Each marker will have a direction and a distance. They must work as a team or they could get lost in the woods.
- b. Have the students take turns leading the group. The other students should be checking to see if they are correct but make sure they are not giving the leader the answers. Continue until every student has had the opportunity to be the leader.
- c. The instructor will be working with the leader at the front of the line, so have chaperones need to help out towards the back of the line.
- d. Hopefully at this point the group has successfully made it through the course. Have the students circle up and tell you something that they learned, how well did they work together, or how did they like being the leader.
- e. Collect the compasses and the class is finished