

STAG and EDC Orienteering Project

Map		Map		Quantity	Start	Finish	Controls	Information (Mental)	Physical
1A	1AA	1B	1BB	9 of each	The Start is indicated by a TRIANGLE and if the FINISH is at the same point a CIRCLE has been drawn around the TRIANGLE .		4	10 CROSS-COUNTRY Orienteering Courses i.e. the Controls should be visited in the order indicated on the map. A = Clockwise full information. AA = Clockwise no codes /control descriptions. B = Reverse order from A full information. BB = Reverse order no codes /control descriptions. Few Controls > a Few Decisions To make. Resources allow head to head racing and differentiated tasks for more capable students. Answers to be memorised	Distance between the Controls (LEGS) shall vary. More demanding on Cardio Respiratory Fitness as fewer pauses once basic skills embedded
2A	2AA	2A	2BB	9 of each			4		
3A	3AA	3B	3BB	9 of each			4		
4A	4AA	4B	4BB	9 of each			4		
5A	5AA	5B	5BB	9 of each			4		
6A	6AA	6B	6BB	9 of each			3		
7A	7AA	7B	7BB	9 of each			3		
8A	8AA	8B	8BB	9 of each			3		
9A	9AA	9B	9BB	9 of each			3		
10A	10AA	10B	10BB	9 of each			3		
11	Odds	31 > 65		35			18	More controls. More decisions. More information to process. Different physical demands on participants compared to Maps 1 > 10. Visit controls in any order known as SCORE ORIENTEERING . Control Cards required.	Shorter legs > more changes of direction, speed & agility required. Similar to FARTLEK TRAINING
12	Evens	32 > 64		35			17		
13	30s	31 > 39		9 of each			9	Can be set as either CROSS-COUNTRY or SCORE format. Control Cards required.	Create OVERLOAD by continuous use of several courses in succession
14	40s	41 > 49		9 of each			9		
15	50s	51 > 59		9 of each			9		
16	60s	61 > 65		9 of each			5		
17	Codes Y & Z not used			1 of each			24	2 sets of 24 individual maps each of which show the location of 1 control and its corresponding Control Description. The number in the SE corner indicates to Staff the correct Code Letter i.e. 1 = A, 2 = B etc. The number in the SW Corner - Code Digits Multiplied. The number in the NW Corner - Code Digits Added. The number in the NE Corner - Difference between Code Digits.	
18				35			12		Mobile Courses as Staff need to set out Clippers/Markers x 12.
19				35			26	Cross-Curricular Resource** Map showing all locations but only 26/35 sites are relevant. Specific materials currently available for Levels 1 & 2 Mathematics & a WORD SCRAMBLER programme for creating 'Thematic Topics'.	
20				35			NA		35 copies to be laminated for Introductory Walk.

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1 hour CPD Delivered by Mr.T.O'Brien BEM at a convenient time once resources are available for each PE Department and any other interested Staff at each school.

**Delivered by Mr.B.Lafferty who teaches Mathematics at St.Ninian's High, Kirkintilloch. Location shall be St.Ninian's HS as arranged by Mr.Alan Smith.