



sport & recreation
Department:
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA



12 November 2014

Sports, Geography, LO and Interested Teachers,

ORIENTEERING BASICS - Teacher Workshop (Mon, 1 December 2014)

We're creating a new orienteering schools league in the Kensington / Bedfordview / Edenvale area for February into March of 2015. With this in mind, we'd like to show you what orienteering is and to let you try some basic games that we use for teaching fundamental skills.

Date: Monday, 1 December 2014

Time: 14h00-16h30

Venue: **Jeppe Boys High School** - Cnr Roberts Avenue and Good Hope Street, Kensington.

Cost: FREE

What to wear: Comfortable clothing, takkies, cap, shades, water bottle (no running, just walking)

RSVP: Lisa de Speville, o4schools@orienteering.co.za

Presented by the South African Orienteering Federation. A Certificate of Attendance will be issued.

Orienteering is a sport of map and compass navigation:

- No facilities required!
- Little needed in terms of equipment - very adaptable
- You do not need to be an experienced orienteer to teach and use orienteering games and activities (we've created them for you - and they're free)
- Suitable for all ages; ideal for >10s
- Suitable for assessments
- A sport that is both social and competitive
- Orienteering is CUNNING RUNNING
- For more information on the sport - www.orienteering.co.za/what-is-o/

Workshop content

- O fundamentals - map orientation, seeing detail in colours and symbols, map representation
- About maps
- Activity planning
- Orienteering Schools League, club events and progression to youth/junior squads and Junior World Orienteering Champs

Lisa de Speville

Project Manager: School Orienteering (SAOF) | British Orienteering Federation Level 2 Coach

Join the Orienteering Schools League page on **Facebook** – facebook.com/OSchoolsLeague
www.orienteering.co.za