

Orienteering First Steps

Top Tip:
Imagine that
you are a bird, and
you are drawing the
shapes from a birds
eye view.



thornbridge outdoors

Aim:

Today you're
going to learn
how to draw
a map

1

Find a partner,
they can be a
teacher or a
classmate.

2

Create an
open space,
either inside your
school hall or out in the
playground that is safe and
free of general hazards
(e.g. sharp edges, objects to
fall on, or breakable items).

3

Use general school
items that your teacher
gathered together to make
some large simple shapes on the
floor. For example, you could use
hula hoops, cones, or ropes for
circles, while metre sticks, hockey
sticks or marker posts on the
floor could create a triangle,
or you could use PE mats
as a rectangle.

4

Look at the shapes you have created on the
floor. Draw them from above on a piece of paper.

Look closely at their...

- ★ sizes
- ★ positions
- ★ the distance between shapes

... in order to draw them as closely as you can.

This will help you to keep the shapes in
scale. For instance, if the triangle is
much bigger than the circle,
then make sure to draw
it bigger. You have
just created a
shape map!

5

Now, hold your map and stand in front of your open space.
'Set' your map by turning it in your hands, so that the
position of the shapes on your map matches the position
of the shapes on the ground, as you see them now.
For instance, if the triangle is on the left on the ground make
sure you've turned your map around so it's on the left too.

Good
luck!



Please turn over for steps 6-9



7

Stand on a part of a shape that is on the ground (e.g. in the middle of the circle, or at a point of the triangle). 'Set' your map, and point (with your little finger) to exactly where you are stood on the map. Be very precise & ask an adult to help if you need.

6

Walk to the opposite side of the shapes and 'set' your map again.

8

Take a walking route through the shapes on the ground, using a finger to follow your route on the shape map. When you stop at your final position, point with your thumb to where you are on the map.

Want to up the challenge?

Draw a map of your classroom, remembering to add doors and walls. Can you draw it to scale?

You could make 1 big step measure 1cm on your map, so if it takes you 4 steps to cross your classroom lengthways and 2 widthways, then you would draw it 4cm long and 2cm wide.

9

Once you and your

partner have both finished navigating through the shapes, each of you can now create some new, more complex shapes on the floor. Swap with your partner and draw a map of the shapes they have made, then navigate around them (using your finger to follow your route).

Remember, keep 2 metres apart from your classmates at all times and wash your hands after playing.

Cut out and colour in your badge:



Well done, you have just been orienteering!