

# Maps & Orienteering

Orienteering is like a cross country race where competitors use a map and compass to find their way through unfamiliar territory.

Hampstead Heath is a great place to learn map-skills. The Education Centre staff run a maps course for Key Stage 1 where we teach the basics of map reading. We also offer mini orienteering, which includes the basics of map reading, how to use landmarks and a short orienteering challenge at the end. For our Key Stage 2 students we introduce the compass, scale and route taking.



As the students get older and more expert the courses cover more territory and go further off the beaten track. There is even a permanent course set up by the London Orienteering Klubb for orienteering enthusiasts. Information and a map of this course can be found on their website ([www.londonorienteering.co.uk](http://www.londonorienteering.co.uk)).

We have introduced safe systems of work to ensure that all groups that go out on the Heath return to us safe and sound. Each visiting group must bring extra adult helpers (like school support staff) and they in turn have their mobile phones and are given a contactable emergency number to use if the group get into difficulty.

Orienteering fits neatly into the Geography and Mathematics Curriculum, but can easily link to other subjects like Design and Technology. We can even make the session cross-curricular by linking the habitats and wildlife of the Heath to their map reading skills.