

# SPORT THEME

# ORIENTEERING

# PRIMARY

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

#stayinworkout  
#stayhomestayactive

## MONDAY MOVERS

! Physical literacy/skills

### Activity overview

#### Dizzy Directions

A simple running challenge involving Compass Points and directions!

### Equipment needed

- ✓ 9 Markers (be creative – use socks, food tins, cushions etc. etc.)
- ✓ Pen & Paper

### School Games value



## TUESDAY CHALLENGE

! Personal challenge

### Activity overview

#### Design your own map!

A challenge to design and draw a useable orienteering map

### Equipment needed

Pen, paper and imagination

### School Games value



## WEDNESDAY WORKOUT

! Links to numeracy/literacy

### Activity overview

#### Knolls & Depressions

A 2 player activity – potential to be very competitive!

### Equipment needed

- ✓ Pen & Paper
- ✓ Set of markers

### School Games value



## THURSDAY THINKING

! Personal challenge

### Activity overview

#### Scavenger Hunt

Single player game to find random household items

### Equipment needed

Random household items  
Pen & paper

### School Games value



## FRIDAY FUN

! Virtual competition

### Activity overview

School Competition – two options to chose from!

### Equipment needed

Dizzy Directions and  
Design your own Map!

RESOURCE PRODUCED  
IN PARTNERSHIP BETWEEN

