



National School Competition Framework Sport: Orienteering



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Competition framework descriptor	Recommended competition	Level and location	Scheduling	Next steps in competition
<p>Key Stage 2: 7-9 years</p> <ul style="list-style-type: none"> Multi-skill festivals (termly) Off school site Outdoor and adventurous activity (OAA) 'theme' based or as activities in 'running' or 'athletic' festivals Possible early specialisation in some sports through NGB and club structure 	<ul style="list-style-type: none"> OAA 'theme' festival using TOP Outdoors trails (e.g. Photo trail, Kim's trail), problem solving challenge (e.g. All aboard, Line up) and orienteering activities <p><u>Orienteering activities Year 3:</u></p> <ul style="list-style-type: none"> 'Star' version of Netball numbers Map symbols running game Playground or playing field 'star' exercise <p><u>Orienteering activities Year 4:</u></p> <ul style="list-style-type: none"> Netball numbers courses Map symbols running game Short courses (Line card) of 2 or 3 controls <p>Resources: See detailed instructions provided by the British Orienteering Federation (BOF)</p>	<ul style="list-style-type: none"> At suitable site, large primary or secondary with space for approx five or six activities and orienteering map Groups of children move round the activities Trails and problem solving in any order, orienteering in progression listed. Do Year 3 activities if this is only experience in the two-year band 	<ul style="list-style-type: none"> One OAA festival per year with different activities for Year 3 and 4 groups, so that there is progression Suggest during summer term 	<ul style="list-style-type: none"> These orienteering activities form the basis for the skills needed in Years 5 and 6: school sprint series
<p>Key Stage 2: 9-11 years</p> <ul style="list-style-type: none"> Multi-sport competition (six- week block rotation) Central venue leagues Coaching and competition based on primary, secondary or club sites 	<ul style="list-style-type: none"> Primary school sprint series: Inter-primary competitions leading to 'family cluster' final and SSP final Paired sprint round short loop of five or six controls Teams of six boys and six girls (detailed instructions provided by BOF) <p>Suggested programme:</p> <ul style="list-style-type: none"> Week 1-2: Practice and team selection on own school site 	<ul style="list-style-type: none"> School competition sites need orienteering maps For other equipment and planning see BOF resource 	<ul style="list-style-type: none"> Spring term – second half 	<ul style="list-style-type: none"> 'Family cluster' teams may progress to county Youth Games (if applicable) or to Young Orienteers Festival (May) national competition School teams may progress to county or area orienteering championships and to British Schools Championships in October and November each year

	<ul style="list-style-type: none"> Weeks 3-4: Inter-school competitions with nearby schools Week 5: Family cluster final for all primaries at secondary site Week 6: SSP final between teams from each 'family' <p>NB. Could have more weeks if inter-school competitions extended (H and A matches, more schools involved, etc)</p>			<p>(there are Year 5 and 6 classes at these competitions) depending on location (if nearby)</p> <ul style="list-style-type: none"> Individuals or teams join in with local club for inter-club competitions in the autumn term
<p>Key Stage 3: 11-12 years</p> <ul style="list-style-type: none"> Multi-sport competition (monthly, three sports) E.g. central venue leagues in a range of sports coaching and competition at secondary, hub or club sites 	<ul style="list-style-type: none"> Secondary school sprint series: Same format as for Years 5 and 6 Teams of six boys and six girls 	<ul style="list-style-type: none"> Competition between secondary schools in SSP on home and away basis – sites need orienteering maps SSP final at a neutral venue, e.g. a local orienteering – mapped park or small wood 	<ul style="list-style-type: none"> Spring term – second half 	<ul style="list-style-type: none"> As above for Years 5 and 6 School teams or individuals join in at local club summer informal events
<p>Key Stage 3 and 4: 12-16 years</p> <ul style="list-style-type: none"> Inter-school leagues and cup competitions within SSP (year group teams) NGBs would have to have an integrated competitive structure including Schools Associations accepted as core 	<p>Years 8 and 9: Years 10 and 11: For variation choose a relay format from two provided or continue with sprints as above:</p> <ul style="list-style-type: none"> Inter-school sprint series with year group teams of six boys and six girls (as for Year 7, longer courses) A: Simple relay format: two loops, three people per team, all run both loops (detailed instructions provided) B: Clock relay format in teams of two (detailed instructions provided) 	<ul style="list-style-type: none"> Matches against other schools in SSP on home and away basis on orienteering-mapped sites SSP final for all schools at a neutral venue, e.g. local mapped park or small wood 	<ul style="list-style-type: none"> Years 8 and 9: Summer term – first half Years 10 and 11: Autumn term – first half, then trained as young leaders to help with primary and KS3 competitions 	<p>Progression into:</p> <ul style="list-style-type: none"> local club competitions and coaching school teams take part in county schools championships school teams or SSP teams represent town/district at national Young Orienteers festival (May) school teams take part in national schools championships (October and November each year)

<p>Key Stage 5: 16-19 years</p> <ul style="list-style-type: none"> • <u>Not</u> for talented already identified as part of NGB talent programmes • 'Junior Varsity' to give this group an identity • Intramural competition within the learning community, e.g. schools, PE, sixth forms • Organised sport in core sports that match the secondary programmes • E.g. single venue festivals for a number of institutions during ring fenced time (Wednesday pm) 	<ul style="list-style-type: none"> • Single venue competitions – schools take turns to plan and organise • Different formats available (instructions provided), e.g. timed score competition or permanent orienteering course (POC) challenge at local POC 	<ul style="list-style-type: none"> • At secondary sites (taking turns) or other local venue, e.g. park, small wood or POC 	<ul style="list-style-type: none"> • Autumn or spring terms to avoid exams • Young leaders help with younger competitions and festivals and take turns to plan and organise 	<ul style="list-style-type: none"> • As above for Years 8 – 11
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