

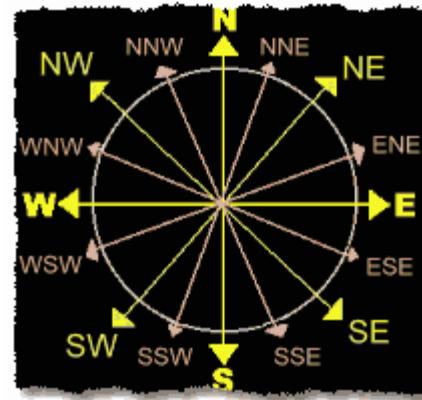
# Grade 7 Life Orientation Worksheet

## Orientation - activity

Orienteering is a fun activity where you use a map and compass to find your way from one point to the next over a mapped-out course.

There are markers along the course which act as checkpoints or stations. Usually you collect something, or write a message (which is hidden at the checkpoint) or punch your control card at each checkpoint as proof that you were there.

The object of the sport is to find each checkpoint and make it to the finish. You should try to select the best and quickest route to each checkpoint.



1. Divide into groups of about 6 learners per group. You are going to draw your own orienteering map! Follow these steps:
  - a. Draw a map of the school ground where the orienteering programme is going to take place.
  - b. Note on your map where there are stairs or hills.
  - c. Mark where the different stations will be.
  - d. Label each station with a different activity, for example, 'Do 10 Star-jumps before moving on'.

Everybody in the group should be involved with giving input.

Your teacher will assess your participation and map using the following checklist.

	Criteria	Yes	No
1	Did the student participate in the activity?		
2	Did the student work well as part of the group?		
3	Is the map understandable?		
4	Did the student note stairs or hills?		
5	Are the stations marked?		
6	Are the activities marked?		
7	Are the activities varied?		
8	Has colour been used on the map?		
9	Is the map clear and easy to read?		
10	Is the map exciting?		

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## Suggested Solutions

Use the checklist in the Appendix of Assessment Tools to assess learners' work.

## Appendix of Assessment Tools

During this activity, learners are required to demonstrate the following skills/knowledge/actions:

- Understand the concept of orienteering.
- Draw a map of the school grounds and mark stations.
- Work effectively in a group.

Use the checklist below to assess each learner. Give one mark per 'yes' answer. 10 marks in total.

	<b>Criteria</b>	<b>Yes</b>	<b>No</b>
1	Did the student participate in the activity?		
2	Did the student work well as part of the group?		
3	Is the map understandable?		
4	Did the student note stairs or hills?		
5	Are the stations marked?		
6	Are the activities marked?		
7	Are the activities varied?		
8	Has colour been used on the map?		
9	Is the map clear and easy to read?		
10	Is the map exciting?		