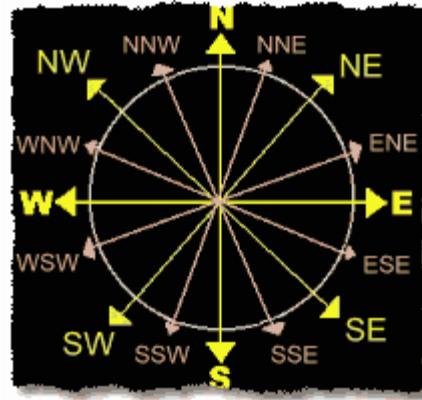


Grade 7 Life Orientation Worksheet

Orientation - developing a map

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.

1. Divide into groups of about 6 learners per group. You are going to draw an orienteering map! Follow these steps:
 - a. Draw a map of the school ground or park where the orienteering programme is going to take place.
 - b. Note on your map where there are stairs or hills or sports stands.
 - 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'.
2. Map out the course. Use old tins and paint them a bright colour to mark where each station will be. Inside the tin you will have instructions for the activity for that station.
3. Each group will have a turn to map out their course and man their activity stations, while the other groups participate in the orienteering programme.



Note: It would be more fun to use a compass, but don't worry if you don't have one. This activity can be developed to suit what is available.

Everybody in the group should be involved with giving input.

Your teacher will assess your participation and map using this checklist.

Checklist for assessing learners' participation and maps

	Criteria	Yes	No
1	Did the group use a map to set out the course?		
2	Did they use painted cans as instructed?		
3	Were the instructions inside the cans?		
4	Did the group man the stations when it was their turn?		
5	Did they assist the participants when necessary?		
6	Did the course work well?		
7	Which activities did not work?		
8	How could these be improved?		
9	How would you rate this course out of 10?		

Grade 7 Life Orientation Worksheet

Suggested Solutions

Use the checklist in the Appendix of Assessment Tools to assess the participation of each group.

Appendix of Assessment Tools

Checklist for assessing learners' participation and maps

	Criteria	Yes	No
1	Did the group use a map to set out the course?		
2	Did they use painted cans as instructed?		
3	Were the instructions inside the cans?		
4	Did the group man the stations when it was their turn?		
5	Did they assist the participants when necessary?		
6	Did the course work well?		
7	Which activities did not work?		
8	How could these be improved?		
9	How would you rate this course out of 10?		