

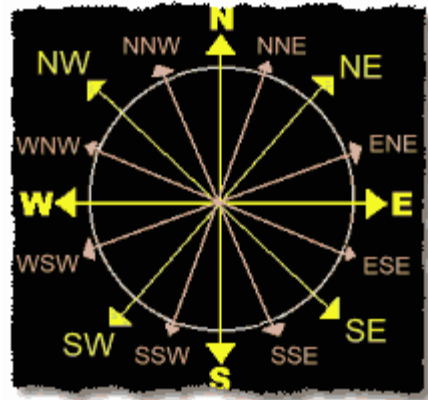
Grade 7 Life Orientation Worksheet

Orientation: outdoor 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.



Questions:

1. A compass always points to the _____. [1]
2. The sun rises in the _____ and sets in the _____. [2]
3. What is orienteering? [2]
4. What tools do you use when orienteering? [2]
5. Where is the message found? [1]
6. What is the objective of this sport? [2]

Total marks: 10

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Suggested Solutions

1. A compass always points to the North. [1]
2. The sun rises in the East and sets in the West. [2]
3. 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. [2]
4. A map and a compass. [2]
5. At the checkpoint. [1]
6. 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. (2)

Total marks: 10