

British Orienteering



SESSION PLANNER 2

DATE: 10/11/97

VENUE: North Chalkney Wood

TIME: Start 9.30 a.m.

DURATION: 5 hours

BACKGROUND INFO. / PREP: See planning sheet 1 office,

NEAREST TEL.: mobile, scout public phone 2 miles

NEAREST HOSP.: Darley

EQUIPMENT: Large kites and punches, mini kites, compasses, pens, bags, control cards, watches, record sheets, results string

AIMS / OBJECTIVES / GOALS:

DATE OF BRITISH ORIENTEERING REG:

School session

Recap last week

Improve confidence and compass work

successful completion of orange course

CONTENT	ORGANISATION / PRESENTATION	TIMES	EVALUATION <i>by candidate & coach immediately after session</i>
INTRO./ WARM UP	Safety briefing split into ability groups warm up exercise - placing controls on tick off features. (pairs) Bearings course - star	10 10 15 40 30	
MAIN CONTENT	Cut off course. Identify cut offs - work in pairs if appropriate otherwise as individuals. (Silliness factor)	60	
COOL DOWN/ SUMMARY	Short Orange Course. Careful planning to ensure they cannot go too wrong Group to run competition. Sort out start time, etc. in advance Review of day Identify strengths and weaknesses for individuals	120	
DON'T FORGET: <i>to collect maps my lunch!</i>	INJURIES: (SEE INJURY RECORDS) <i>No significant ones</i>	SUMMARY:	