

ORIENTEERING




OBJECTIVES

- ★ **IMPROVE AGILITY, BALANCE AND COORDINATION.**
- ★ **UNDERSTAND WHAT IS INVOLVED IN AN ORIENTEERING OBSTACLE COURSE.**

INSTRUCTIONS

 **USE A GARDEN, WOODED AREA OR CLEAR ROOM INDOORS.**

 **SET UP AN OBSTACLE COURSE FOR THE CHILD TO CLIMB OVER, UNDER, AROUND AND THROUGH CERTAIN PLACES OR OBJECTS.**

 **ENSURE THE OBSTACLE COURSE IS SAFE AND YOU CAN SEE THE CHILD AT ALL TIMES.**



CHANGE IT UP



LET THE CHILD CREATE THEIR OWN COURSE.



TIME THE CHILD TO SEE HOW QUICKLY THEY CAN COMPLETE IT.



TAKE OUT CERTAIN PARTS OF THE COURSE IF PROVING DIFFICULT.