



**SUBJECT:** Physical Education & Health 4

**TOPIC:** ORIENTEERING AND BENIFITS

**PREPARED BY:** Jevril E. Malbasias

**GRADE LEVEL:** 12

**SEMESTER:** 2nd

**WEEK:** 15

**LEARNING COMPETENCY:**

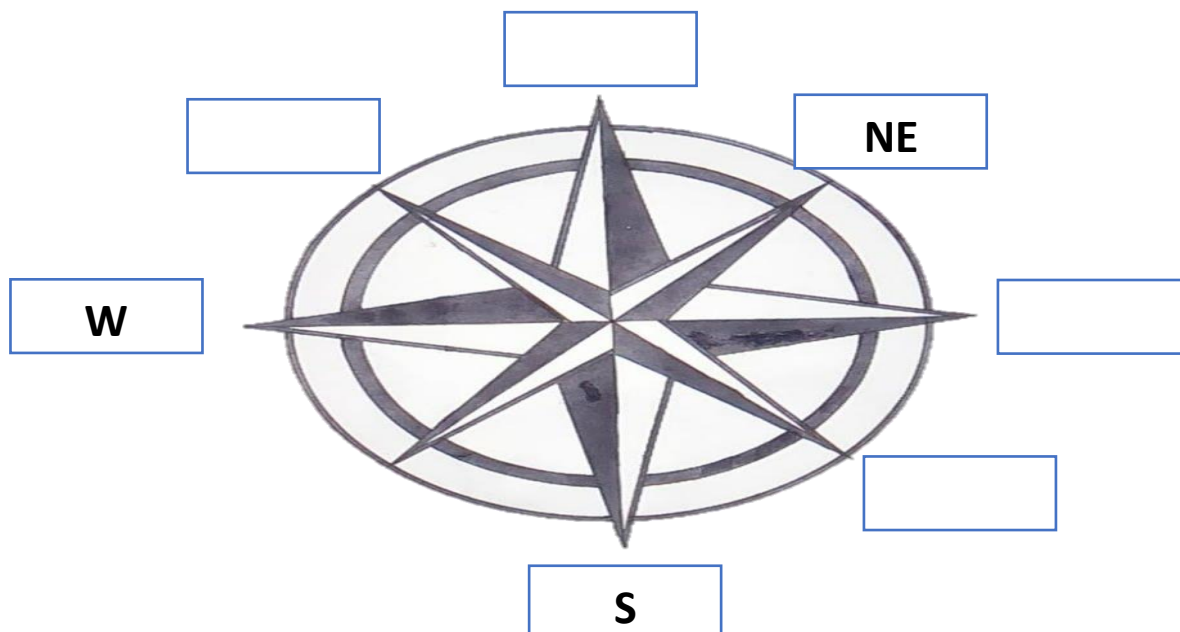
*Demonstrate proper etiquette and safety in the use of facilities and equipment (PEH12FH-IIaa-t-12).*

**Mission#1**

**Activity 15.1**

Are you familiar with this picture?

Write the missing direction that given on the picture below.



**What is orienteering?**

It is an outdoor navigational recreational activity using specially drawn and detailed maps. It requires navigational skills to navigate from point to point normally moving at a speed. An orienteering course consists of a series of control points which have to be located in order in the shortest possible time.



It is a group of sports that require navigational skills using a map and compass to navigate from point to point in diverse and usually unfamiliar terrain whilst moving at speed. Participants are given a topographical map, usually a specially prepared **orienteering** map, which they use to find control points.

## What is orienteering and how can it be useful to learn?

**Orienteering** is the sport of navigation, using a highly detailed map. Whether you're **an** experienced hiker, competitive runner, or just a family or group out for **an** activity in a park, this sport helps you improve your navigation each time.

## What is orienteering in mountaineering?

**Orienteering** is a sport in which **orienteers** use an accurate, detailed map and a compass to find points in the landscape. ... On the ground, a control flag marks the location that the **orienteer** must visit.

### Basic Orienteering Skills

- ✓ Folding the map.
- ✓ Thumbing the map.
- ✓ Orientating the map to north (with ground or compass)
- ✓ Reading features on the map.
- ✓ Taking a compass bearing.
- ✓ Following a compass bearing.
- ✓ Pacing.
- ✓ Judging Distance.

## What type of sport is orienteering?

Outdoor competitive sport

Orienteering, outdoor competitive sport that is similar to cross-country running, but with emphasis on map-reading and direction-finding skills. Through woods and over hills or rough plains, contestants plot courses between isolated control points that must usually be visited in sequence.

## Here are also different aspects in orienteering:

- ❖ **Conceptual Aspect**
  - decision making skills about map interpretations and using compass
- ❖ **Physical Aspect**
  - It develops your cardiovascular endurance and general fitness
- ❖ **Personal aspects**
  - You develop your self-confidence and reliance.
- ❖ **Social aspects**
  - You will learn to work cohesively with one another.
- ❖ **Environmental aspect**
  - It creates an avenue for you to appreciate your environment.

## What are benefits of orienteering?

- ❖ **Creates a balance between mind and body-** The ultimate quest for the orienteer is to find that balance between mental and physical exertion, to know how fast they can go and still be able to interpret the terrain around them and execute their route successfully.
- ❖ **Teaches self-reliance:** Orienteers learn to be self-reliant since most orienteering is individual, and even in the team versions, teammates usually practice individually to improve and be better teammates.
- ❖ **Increases fitness levels:** Most orienteering terrain is quite hilly and rugged, providing the perfect environment for athletes and non-athletes alike to develop strong hearts, legs, and lungs.
- ❖ **Sharpens decision making skills:** It offers the obvious development of individual skills in navigating while problem solving to locate each control. Decision making is paramount: Should I go left or right? Should I climb that hill or go the long way around it? These decisions that

constantly arise require thinking more than quick reactions or instinct; again, that is why orienteering is called the thinking sport.

- ❖ **Increases cardiovascular capacity:** Orienteering requires walking, jogging and hiking, whose health benefits we wrote about. All three of these activities increase aerobic capacity and cardiovascular strength.
- ❖ **Become part of a community:** The orienteering community is a great way to socialize while competing. Although it is a solitary sport, there is a sense of camaraderie among competitors both before and after a meet.
- ❖ **Enjoying time with nature:** There is nothing more calming and centring than being in nature. We wrote about the health benefits of relaxing in nature– but exercising outdoors is good for vitamin D levels in the body and getting fresh air!
- ❖ **Increases self-esteem:** It takes courage, endurance, and mental fortitude to forge ahead by oneself through unknown areas, particularly in unfamiliar terrain and forests. Every time one gets lost and find their way again, self-worth and self-esteem grows.

Orienteering involves walking, jogging and running, often in rough terrain. All three of these activities increase aerobic capacity and cardiovascular strength

**Mission#2**  
**Activity 15.2**  
**Let’s do this!!!**

Which among the three below is highly needed when we do camping? Justify your answer. Write your answer in a whole sheet of paper. (10points)

COMPASS	GPS	MAP
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**SUMMARY**

**Orienteering** is a group of sports that require navigational skills using a map and compass to navigate from point to point in diverse and usually unfamiliar terrain whilst moving at speed. Participants are given a topographical map, usually a specially prepared **orienteering** map, which they use to find control points.

**REFERENCES**

- <https://en.wikipedia.org/wiki/Orienteering#:~:text=Orienteering%20is%20a%20group%20of,use%20to%20find%20control%20points>.
- <https://www.seeker.com/what-is-orienteering-a-brief-overview-1765477426.html>
- <https://www.healthfitnessrevolution.com/top-10-health-benefits-orienteering/>
- <https://en.wikipedia.org/wiki/Orienteering#:~:text=Orienteering%20is%20a%20group%20of,use%20to%20find%20control%20points>.



**PHYSICAL EDUCATION AND HEALTH 4**  
**S.Y 2023-2024**

**Name:** \_\_\_\_\_

**Quarter:** \_\_\_\_\_

**Yr. & Sec:** \_\_\_\_\_

**Teacher:** \_\_\_\_\_

**ASSESSMENT- WEEK 15**

**Test 1. ENUMERATION**

**Direction:** Give what is asked in each item.

1. Give at least 3 basic skills in orienteering.
2. What are the different aspects of orienteering?
3. Give at least 2 benefits of orienteering.

**Test II. Essay!**

1. What is the difference between camping and orienteering? (5points)