



**SUBJECT:** Physical Education & Health 4

**TOPIC:** ORIENTEERING (Equipment's)

**PREPARED BY:** Jevril E. Malbasias

**GRADE LEVEL:** 12

**SEMESTER:** 2nd

**WEEK:** 16

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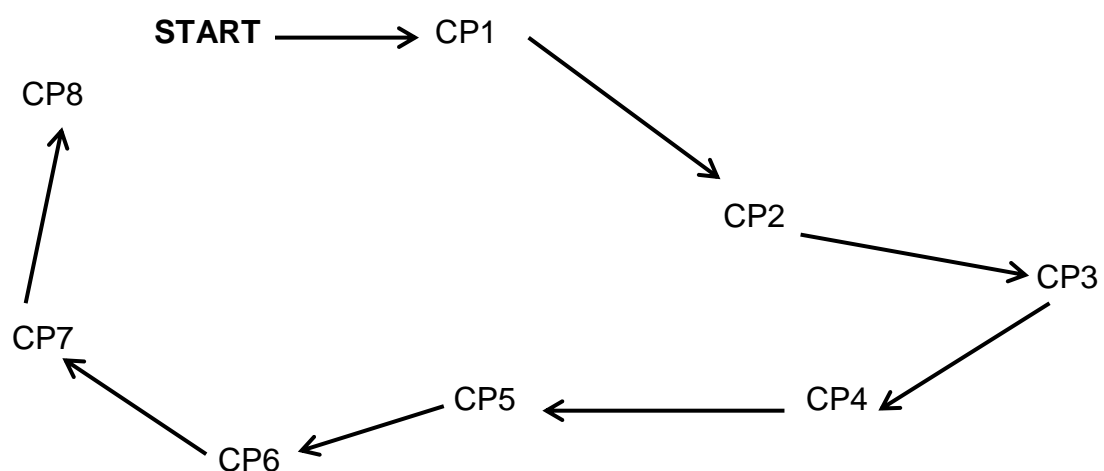
**LEARNING COMPETENCY:**

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

This is the science and art of conducting yourself or your team to specific destination, a required skill for all legitimate mountaineers and wilderness travellers. In the least a compass and the appropriate map should be included in the essential item list for any team on a wilderness trip.

**A.) Course Orienteering**

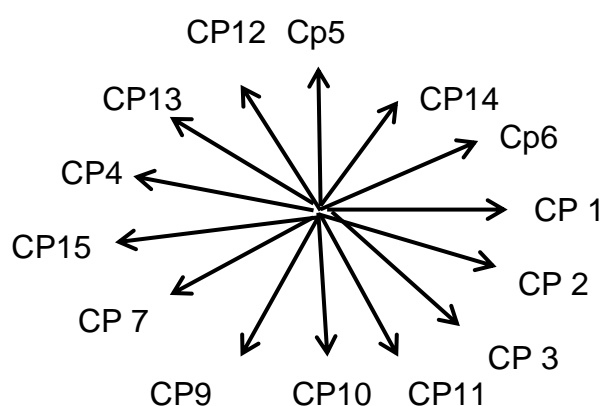
This is a footrace where the participants should pass several situations called control of points (CP) in a predetermined sequence. At the starting point, the participants are given a compass and sometimes a map on which he/she may plot the course to be followed. The participants is then given the bearing the distance to CP #1- the first station. Upon reaching CP #1, the participant is given a code to write down as to verify his/her reaching the station and the bearing the distance to the next CP. This is repeated until the final CP, which is also the starting point, is. The person who completes the entire course with the least error and in the shortest time wins.



Sometimes, a description of the CP is given with the bearing and direction. CP's are marked by a red and white orienteering flag.

**B.) Point Orienteering**

The bearing and distance to all control points are given at the starting point and the participant then plots these on the given map. The participants then make his own route, passing by as many CP's as possible. CP's far away from the starting point are worth more points than the nearby CP's.



USING THE MAP AND COMPASS

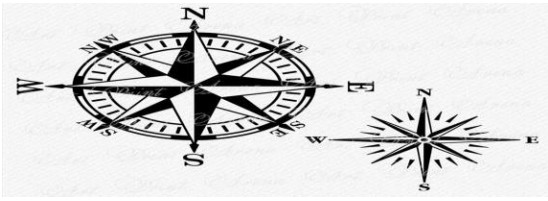
Equipment’s being used in orienteering

❖ **Compass**

- A compass is a magnetometer used for navigation and orientation that shows direction relative to the geographic cardinal directions. Usually, a diagram called a compass rose shows the directions north, south, east, and west on the compass face as abbreviated initials.

❖ **Map**

- It is a picture or representation of the earth’s surface. It includes a compass rose that shows directions.



The fundamental skill in orienteering the map or setting the map. In moving the map, you have to:

- Find your approximate location on the map.
  - Recognize the pattern of features on the ground as being the same as the pattern on the map.
  - Always hold the map so that you are looking along the route with the map matching the ground.
  - The map is said to be oriented if the features on the map are in proper relation to the actual features in the field.
- Map use a key or legend to explain the meaning of each of the symbols used in the map. The key usually shows a small picture of each of the symbols used on the map, along with a written description of the meaning of each symbol.

Here’s the golden rule of orienteering:

Only go as fast as you can read the map

- Know where you are (map-reading skills)
- Know where you are going (route-choice skills)

➤ **COMPASS ROSE**

- A compass rose, sometimes called a wind rose or rose of the winds, is a figure on a compass, map, nautical chart, or monument used to display the orientation of the cardinal directions and their intermediate points. It is also the term for the graduated markings found on the traditional magnetic compass.

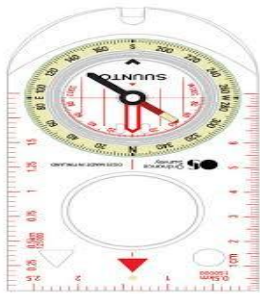
➤ **COMPASS- Cardinal Directions**

-are the four base parts on a compass.

What is orienteering compass?

Orienteering Compass

A compass is an invaluable tool that every backpacker should know how to use it is a magnetized needle floating in a liquid and responding to the Earth’s magnetic field consequently revealing directions. Generally, a compasses used to measure bearings and to pinpoint locations.

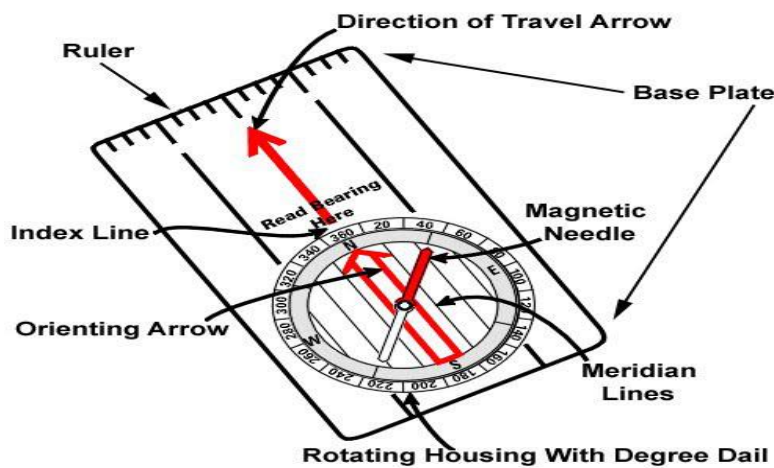


What are the parts of orienteering compass?

1. **Magnetic needle** – the magnetic needles north end is painted red and its south end is white.
2. **Revolving compass housing** – the housing is marked with the four cardinal points of north, east, south and west and further divided into 2 degree graduations indicating the full 360

degrees of a circle. The bottom of the rotating housing is marked with an orienting arrow and meridian lines

- 3. **Transparent based plate** – the base plate is mark with a ruler, an index line as well as the direction of travel arrow.
- 4. **Bearing**
  - Bearing refers to the direction from one spot to another measured in degrees from the reference line of north.



How do you take the bearing?

- Hold the compass in front of you with the direction of travel arrow pointing at object of interest.
- Hold the compass level steady and rotate the housing dial until the orienting arrow lines up with red end (north end) of the magnetic needle, while keeping the direction of travel arrow pointed at the object.
- Read the number indicated at the index line – that is your bearing.

Mission

Activity 16.1

Let's do this!!!

Look at the sample picture below.

In a long bond paper draw a map (direction) from yourhouse, church, school up to the market and locate a landmark.



House

Landmark:  
Nina Store

Landmark:  
Police station

**Note:** Don't forget to level each landmark.

## Summary/Synthesis

**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. Originally a training exercise in land navigation for military officers, orienteering has developed many variations. Among these, the oldest and the most popular is foot orienteering. For the purposes of this article, foot orienteering serves as a point of departure for discussion of all other variations, but almost any sport that involves racing against a clock and requires navigation with a map is a type of orienteering.

## REFERENCES

- <https://en.wikipedia.org/wiki/Orienteering>
- [https://en.wikipedia.org/wiki/Compass\\_rose](https://en.wikipedia.org/wiki/Compass_rose)
- <https://www.britannica.com/sports/orienteering>



**PHYSICAL EDUCATION AND HEALTH 4**

**S.Y 2023-2024**

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

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

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

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

**ASSESSMENT- WEEK 16**

**TEST I.**

**Insruction:** Illustrate the orienteering compass and level it after. (5points)

**Test II.**

**Instruction:** Write your learning insights about the Recreational Activities.