

Orienteering

(Candidates may not offer Orienteering and Trekking)

The Teacher-Examiner should choose appropriate skills/manoeuvres for each candidate from the following lists, subject to the capabilities of the candidates and the weather conditions:

Candidates should be encouraged to provide written evidence of the route taken when completing an orienteering activity.

Safety

Follow Country Code.

Whistle to be carried only for emergencies – 6 long blasts repeated after a pause; 3 short blasts will be made to reply when someone comes to search.

Carry compass in unknown terrain and know how to follow safety bearing.

Wear a watch.

Body and full leg cover must be worn, sleeveless shirts are allowed.

Windproof jacket for wet and windy conditions.

Select a course you can complete relative to level of physical fitness.

Know location of nearest phone and first aid.

Environmental issues

Impact of orienteering on the environment.

Skills/manoeuvres

Map reading: scale; legend; contours.

Orienteering map to terrain.

Use line features as handrails.

Route choice.

Measure distances.

Thumb map.

Rough orienteering long legs with good catching features.

Fine orienteering short legs with detailed map reading.

Attack points.

Aiming off.

Compass and thumb compass.

Sense of scale to estimate distance.

Develop feel for contours.

Navigate through different types of terrain.

Compass and pacing.

Competitive techniques.

Knowledge and equipment

Types of compass – eg Silva

Types of map.

Colour coded courses.

Appropriate footwear.

Mark Band	Adventurous Activities – Orienteering (Candidates may not offer Trekking and Orienteering)
9 – 10	Candidates should be very confident in orienteering. Use quick decision making to navigate through different types of terrain, and know when to use the compass and pacing. They should be able to find difficult controls in competition events.
7 – 8	Candidates should have greater confidence, and perform the skills at greater speed; use the compass to take bearings and use thumb compass for direction and reference. They should be able to use contours and estimate distances with accuracy.
5 – 6	Candidates should have confidence taking short cuts off paths; rough orienteer against catching features; fine orienteer over short distances using detailed map reading; use attack points and develop aiming off.
3 – 4	Candidates should be able to use the features on the map to move from path to paths by selecting the correct route. They should be able to measure the distance and thumb the map when moving slowly.
1 – 2	Candidates should show simple understanding of maps. Orientate the map well, recognise symbols and navigate along a single/track path.

Skills/Manoeuvres assessed in situations of increasing difficulty to appropriately challenge the individual's level of performance in a problem solving environment			
1	Map reading; scale, legend, contour lines	9	Attack points
2	Orientate map to terrain	10	Aiming off
3	Use line features as handrails	11	Compass and thumb compass
4	Route choice	12	Sense of scale estimating distance
5	Measure distances	13	Develop feel for contours
6	Thumb map	14	Navigate through different types of terrain
7	Rough orienteering long legs with good catching features	15	Compass and pacing
8	Fine orienteering short legs with detailed map reading	16	Competitive techniques

The assessment must enable the candidate to demonstrate his/her level of technical ability in order to overcome increasingly demanding and challenging situations and problems.

For higher level marks, these will necessarily require a range of experiences in the natural environment.

Assessment of outdoor and adventurous activities

Guidelines for the Assessment of Outdoor and Adventurous Activities

The assessment criteria for Outdoor and Adventurous activities have been developed upon a cumulative principle. Candidates will be required to perform skills/manoeuvres of increasing difficulty. This will therefore provide a clear framework for the assessment of performance as candidates must not be encouraged to undertake more advanced techniques without complete mastery of the more elementary skills. Candidates obtaining a 9-10 grade must have significant experience of the outdoor environment where appropriate.

The assessment of Outdoor and Adventurous activities will necessitate centres maintaining a high level of organisation and administration. Centres must be fully aware of all the requirements they will be responsible for; both with individual candidates being assessed outside of the mainstream programme and/or with groups being assessed 'off-site'. Full details are given in Appendix C.

The Final Practical Assessment will be an 'on the day' assessment of performance. Centres will need to make specific arrangements to provide appropriate facilities to accommodate this assessment. This may involve the use of artificial facilities, ie indoor climbing walls, dry-slope skiing. **Video evidence will be required for all activities not available for the Visiting Moderator to observe in the Final Practical Assessment timetable (apart from activities such as Trekking or Orienteering).** Full details are given in Appendix D.

Centres arranging specific trips during the February half term may incorporate a Final Practical Assessment in accordance with the moderation requirements although this is outside of the final moderation period. Centres will need to provide video evidence and to inform their Visiting Moderator and the Assessment Leader.

Where video evidence is required, centres will need to provide evidence of a sample of candidates across the range of candidate abilities. The video evidence will only need to establish the level at which the candidate has been assessed highlighting the candidate performing the specific skills/manoeuvres for that level outlined in the criteria.

Where video evidence is difficult to obtain, eg orienteering, alternative sources of evidence may be acceptable. Objective scoring of an event may provide a rank order of candidate's ability. Video evidence of a plenary question/answer session with candidates to discuss techniques etc, would support this.

Where centres have larger orienteering groups working on or close to the school, a course may be set out and run the day before the visit of the Moderator. On the Moderation day the Teacher-Examiner may then undertake a question/answer session based upon a map and compass exercise relating to the event. Aspects relating to:

- moving from A-B
- handrails and attack points
- thumbing map and orientation
- compass use, direction of travel, recognising symbols
- general time around the course and competitive points

will be used to assess candidates' knowledge and understanding along with their performance.

The Final Practical Assessment may be adversely affected by environmental conditions, ie no wind, no snow, extreme weather conditions. In these circumstances centres will be able to apply for special consideration. To support this it will be necessary for centres to compile video evidence of individual performance whenever possible and this will therefore be submitted to substantiate a final mark.