




| Word   | Definition  |
|--|---|
| Navigate<br>            | Find way to end point using directions and instructions with a map. |
| Orienteering course<br> | A start point, some control points and an end point.                |
| Map<br>                 | Shows an area of land showing key landmarks.                        |
| Controls<br>   | A marked point on a map. May contain information.                   |

### Key Knowledge and Concepts

Move your body around the map. Keep the map facing the same way.

Effective communication is clear and simple. Give simple instructions.

### Health and safety

Look where you are going when following a map.

Hold clipboard and pencils carefully to avoid injury when travelling.

