

Storyline

Providing a storyline or fantasy theme can add a fun atmosphere, turning the orienteering course into more of a quest rather than a task. Refining the initiative scenarios to match the storyline creates an exciting way for students to learn. Using a school mascot or movie theme that students are interested in might encourage more group involvement. When students can use their imagination, it allows them to feel like they are actually on an adventure (see figures 3-8 for examples of tasks set to a theme/storyline).

Supervision

Supervising an entire orienteering course can be a challenge. When designing an adventure course there are some things that the educator should ask himself or herself.

1. How many groups are going to be participating at the same time?
2. How many other teachers/aides will be assisting?
3. Do the teachers travel with the same group or stay at one particular station acting as a station supervisor?
4. If someone gets hurt, how easy will it be to get help?

Considering these questions will give physical education teachers confidence in running an adventure orienteering course because they will feel prepared.

Scoring System

There are many variations that can take place on an orienteering course. To create more of an "adventure race," consider using a scoring system where the students receive different points based on difficulty level of initiative, time it takes to get between stations, and final time. The group has a certain time limit to complete the initiative. If they fail to complete the task, they sacrifice the points and must continue on to the next station. The group with the most points at the end wins.

Station Initiatives

Figure 8 Pass

Materials needed: 1 play rope 15-30 feet long

Number of Players: 6-12

Approximate activity time: 10-20 minutes

Description: Tie a knot such as a figure 8 or overhand in the middle of the rope and lay it on the ground. Have the students equally dispersed on both sides of the knot, placing both of their hands on the rope. They must work together to untie the knot without letting go of the rope with

either hand.

Safety considerations: Make sure the area is clear of any hazards such as sticks or depressions in the ground.

Spider Web (see figure 9)

Materials needed: 1 portable web from Project Adventure or 50 feet of parachute cord interweaved to create a web-like design between two fixed objects.

Number of Players: 6-10

Approximate activity time: 15-25 minutes

Description: The object is to get all of the participants through the web without touching it with any clothes or body parts. There are many different variations of rules, but most facilitators will use the general rule, "once a space has been crossed through, it closes and cannot be used again." If someone touches the web while going through, that individual must go back to where he or she started. To speed up the process, an easier web can be made with larger spaces by using ropes tied between two trees.

Safety considerations: Students should have an in-depth understanding of spotting skills before trying this initiative. One spotter should be responsible for protecting the head, neck, and back while the other spotters help move the participant through the web.

Blind Forms (see figures 10 and 11)

Materials needed: A 10-foot loop of webbing or rope, blindfolds for everyone

Number of Players: 6-12

Approximate activity time: 10-20 minutes

Description: Students pick up the loop of webbing or rope facing each other in a circle. Blindfolds are placed over the participants' eyes so that nobody can see. Players cannot let go of the rope with either hand. The teacher calls out a shape like a "square" and the players must make the shape with the rope or webbing by communicating with one another. One person is delegated to announce when the group thinks they have the correct shape. Different shapes can hold different point values depending on the difficulty.

Safety considerations: Make sure that the participants are comfortable being blindfolded. An alternative is to have them close their eyes.

Electric Fence (see figure 12)

Materials needed: 1 play rope (15-30 feet long)

Number of Players: 8-12