


# 6





## Maroc Junior 6 Week Challenge – week 6 (22-28 February)

Keep up your Orienteering and fitness during lockdown! All Juniors invited to take part!

Can you complete 12 'O' challenges over the next 6 weeks? See below for the week 6 challenges. The previous challenges are there, too, if you haven't completed them as yet. There is still time! Let us know how you got on to see how you are shaping up.

If you'd like to see your score on the leader board  on the MAROC newsletter, email or whatsapp Sue Barrie at swoobbarrie@gmail.com or 07763 212261 and/or send a photograph after you have done each challenge. There will be a certificate for everyone that has taken part!

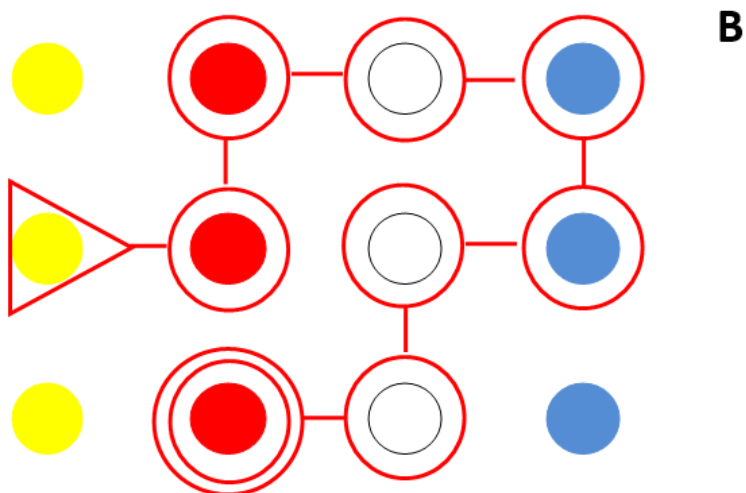
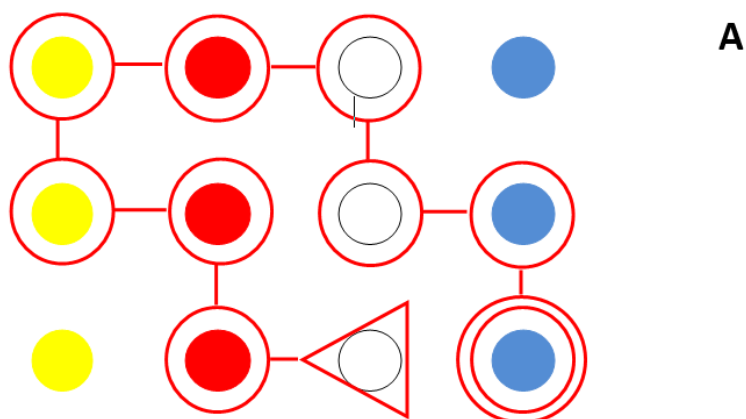
We might be in lockdown, but keep exercising body and brain  

New challenges for week 6		
	Indoor	Outdoor
<b>Week 6</b>	<p><b>Grid Course – see grids below</b></p> <p>Practise orientating the map (while you turn) and using your thumb to track your position. Have a go planning your own course.</p> <p>Let Sue know you have completed it and send a photo if you like.</p>	<p><b>How many steps does it take to go 100m?</b></p> <p><i>Easy... 10 times more than to go 10m!</i></p> <p>OK, OK. How many steps does it take to go 10m?</p> <p><i>I'll measure 10m and mark the start and finish. Then I'll walk between the markers and count every time my left foot hits the ground.</i></p> <p>What if you are running?</p> <p><i>Let's find out.</i></p> <p>Skipping? Hopping? What would happen if there are obstacles?</p> <p>Let us know how you got on.</p>

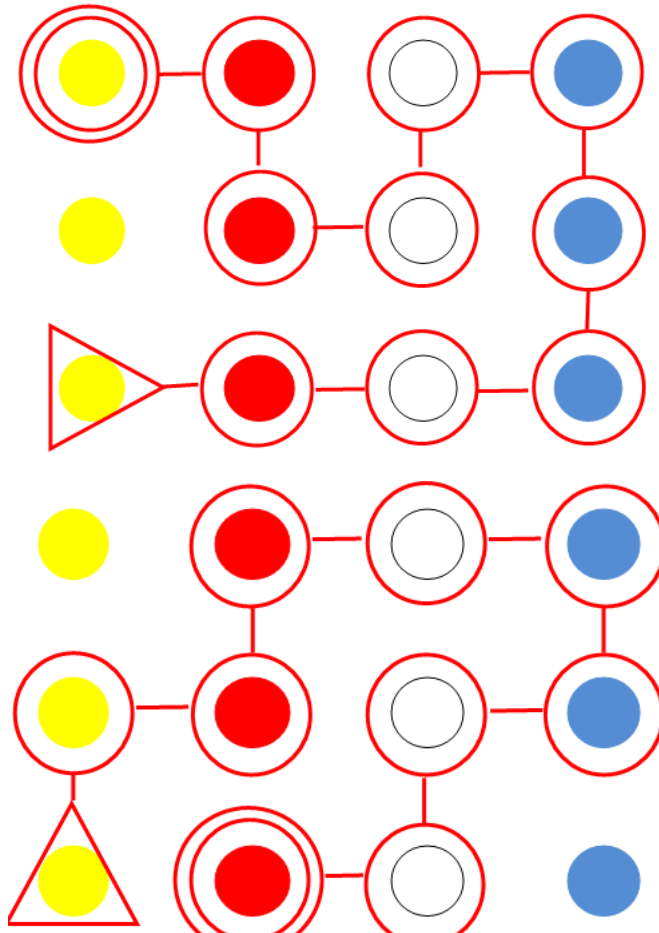


### Grid Course

Set out coloured cones, pieces of paper etc. in a grid, then follow the course. Practise keeping the map aligned to the colours as you turn. Make it as big or small as you like! If you don't have cones, be inventive (Lego, socks, anything!).



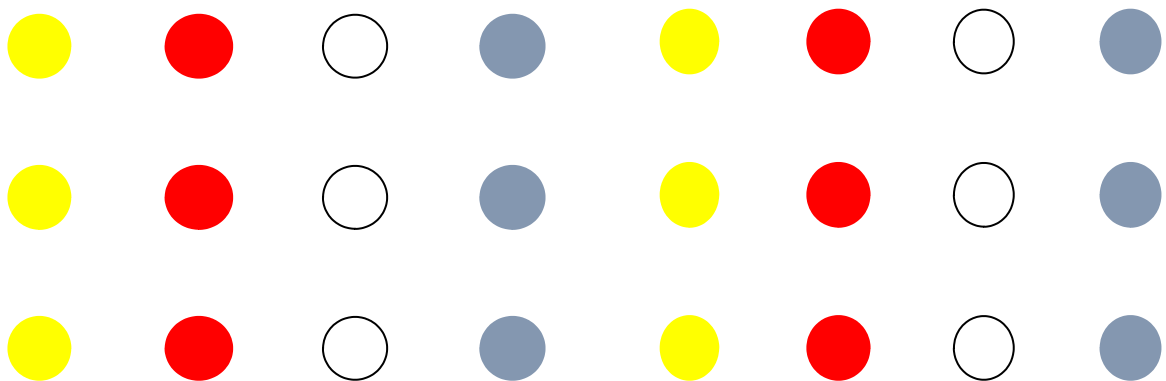
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C



D

Some blanks to make your own course:





### Previous Challenges


	Indoor	Outdoor
<b>Week 1</b>	<p><b>What is the best route from A to B?</b></p> <p>Get an old orienteering map, another old map or print one from Google maps or Bing maps. Choose 2 controls sites (A and B). Draw your route on the map. Tell a parent/brother sister why your way is the best way. You can try this for more than one route.</p> <p>Let Sue know you have done it. Send a photo of your route if you like.</p> 	<p><b>How fast are you?</b></p> <p>Choose an outside space that is away from roads, a playing field, park, your garden. Ask an adult to come with you and bring a stopwatch. This is your timekeeper.</p> <p>Record your times 🕒:</p> <p>100m sprint _____</p> <p>100m skip _____</p> <p>25m backwards, 25m forward _____</p> <p>Too easy? Make it an uphill course and repeat 8 times with a minute rest between each time.</p> <p>Let Sue know you have done it. Send a photo of you doing the challenge if you like.</p> 

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### Week 2 Challenges

	Indoor	Outdoor



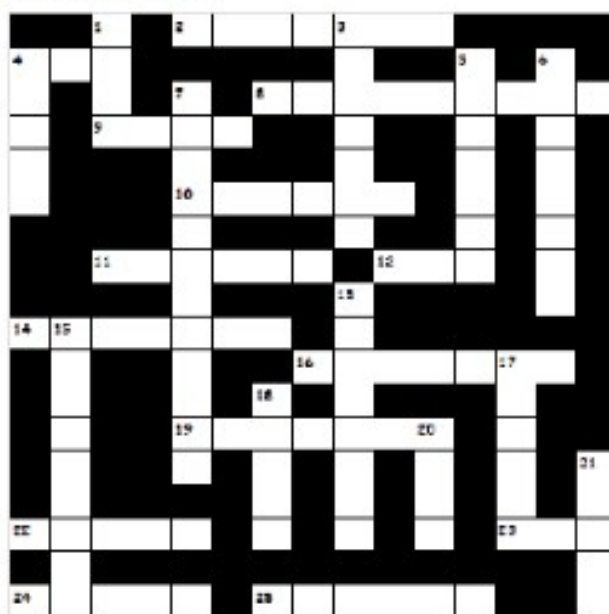
<b>Week 2</b>	<b>Control Description Crossword</b> See attached control description crossword from SOA. Can you print it off and complete it? Look the codes up on <a href="http://www.maprunner.co.uk">www.maprunner.co.uk</a> if you need some clues.  Take a photo and send it to Sue to let her know you have completed it.	<b>Design your own course</b> Design and build a course from sticks and other natural materials that you can find. Include sections that you have to hop, jump or run. Include 'controls' that you have to touch. Time yourself over the course and see if you can get faster.    Send in a picture of your course.
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## SOA Puzzle 5

### Crossword

Complete the crossword where all the clues are given as images from control descriptions. If you need some help with the control descriptions, the Newcomer's Guide on the British Orienteering website may be of use.



#### Across:

2. (7)

4. (3)

8. (7)

9. (4)

10. (6)

11. (6)

12. (3)

14. (7)

16. (7)

19. (7)

22. (5)

23. (3)

24. (5)

25. (6)

#### Down:

1. (4)

3. (3,4)

4. (5)

5. (7)

6. (8)

7. (5,3,4)

13. (4,4)

15. (9)

17. (6)

18. (5)

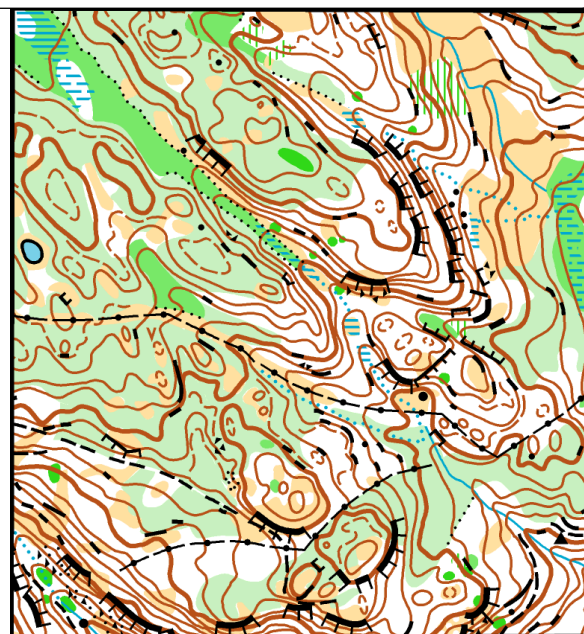
20. (4)

21. (5)

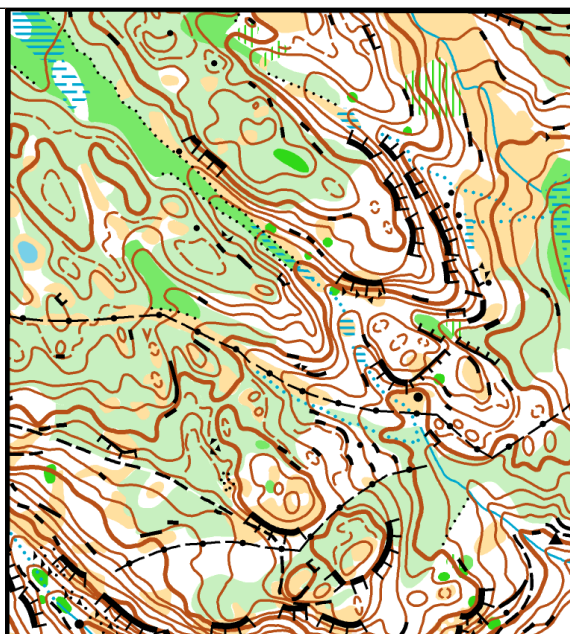


### Week 3

	Indoor	Outdoor
<b>Week 3</b>	<b>Spot the Difference</b> See below for some map extracts. There are 5 differences between pictures 1 and 2, and then a further 5 differences between pictures 3 and 4. Can you find them all?  <b>Let Sue know when you have done it</b>	<b>Long compass bearing</b> Using an ordnance survey map of your area find somewhere nearby where there are no fences or rivers. Mark a straight line between two known points. Go out with your map and compass and follow a bearing from one point to the other. How long was your line and how accurate was your bearing?  <b>Send in a picture of your map or of you following the bearing.</b>



1.



2.

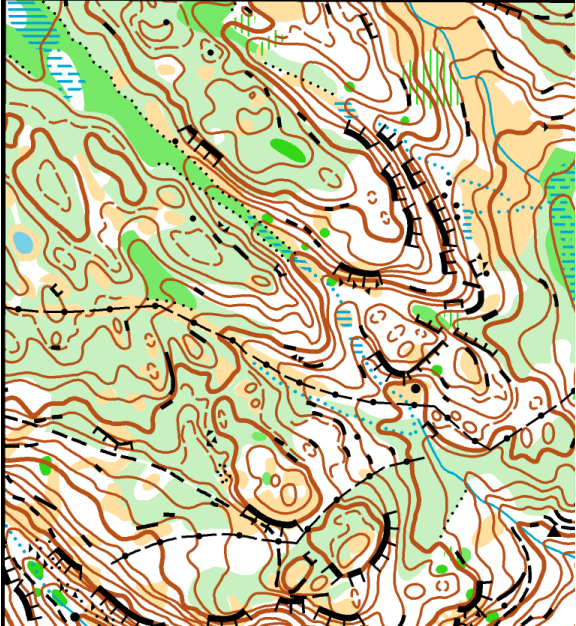
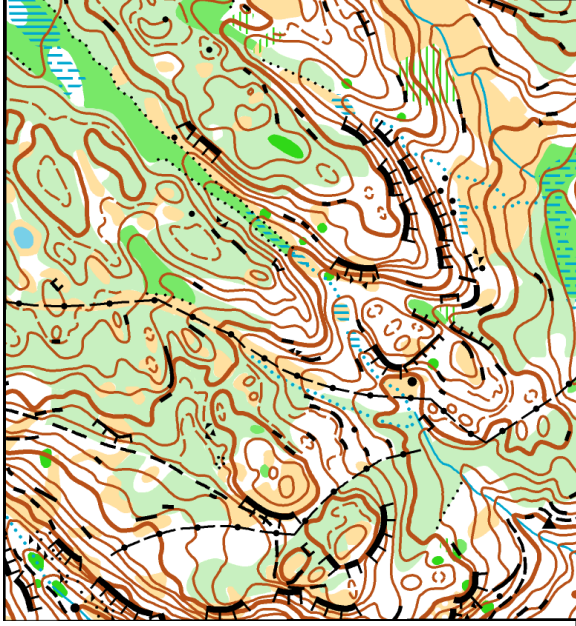



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3.		4.	
	Indoor	Outdoor	
Week 4	<b>Make your own paper Orienteering kite</b>  See below for instructions for your own kite made from paper.  Send Sue a photo of your kite.	<b>Snow Sculpture Challenge</b>  Send Sue a photo of your snowperson, snowanimal, snowbuilding or anything else you created. We would like to show them in next weeks newsletter  	





## SOA Challenge 3

### ORigami ORienteering Kite

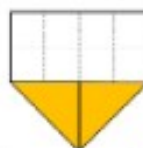
Get a square of paper, light on one side and coloured (preferably orange or red) on the other side. If you don't have suitable paper, simply colour in one side of a sheet of white paper in red or orange.



1. Fold the paper in half and crease the fold, then half again and crease it; open it out, smooth it and do the same in the other direction so your paper now has 16 smaller squares formed by the creases.



2. Fold two neighbouring corners to the centre.



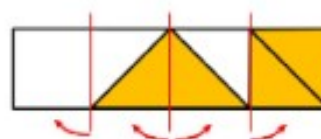
3. Fold the point that you've created up to the other side. Fold one of the other corners to the nearest creased corner of a small square.



4. Turn the whole thing over and fold in half, one fully coloured surface to the other. The two sides are shown here. The side shown on the bottom will become the inner face of the kite.



5. Re-crease the existing folds so that it wraps round on itself




6. Tuck one end into the other to make your 3-sided kite. Check you've got it the right way out, with red & white triangles on each of the outer faces.



# 6



	Indoor	Outdoor
<b>Week 5</b>	<p><b>Urban Jigsaw-O</b> (see below).</p> <p>Let Sue know you have completed it and send a photo if you like.</p>	<p><b>Compass Square</b></p> <p>Practice your bearing by walking a square with your compass.</p> <p>Draw a square on a piece of paper (your map), decide on where you start (a tree, a cone, a chair...), then walk a number of steps in the first direction, change direction by using your compass, and keep going until you get back to where your starting point is supposed to be. The closer you are to your starting point, the more accurate your bearings</p> <p>Let us know how you got on.</p> 



## SOA Puzzle 82

### Urban Jigsaw-O

Which piece fits where?

