



## SOGO@Home Level 3 Activities

Week 3 Activity: Map Your House

Technical difficulty ★★☆☆☆ to ★★★★★

### Overview

Making a map of your house (or yard), planning a course on the map, running a course on the map. A core workout is also included. This could be a multi-day activity.

### Skill description

There are several goals of this:

1. Thinking about how maps are made, scale, how mappers simplify what they see to make the map easier to interpret (choose what needs to be included or not included)
2. Thinking about how courses are designed
3. Having a map and therefore being able to do an activity that is closer to orienteering!

### Plan

*Set-up:* Get materials: Paper (ideally graph paper), a ruler, pens/pencil crayons/pencils of multiple colours.

*Making the map:* Make a map of your house and/or yard. Some options to consider:

- Look at some examples of what this could look like [in folder] (they come from Instagram account @homemadeorienteering)
- Include a legend with constant symbology based on colour and pattern. For example, chairs could be red boxes and you could mark sinks with blue asterisks.
- Orienteering maps have magnetic north at the top. If you have a compass, try to draw your map so that magnetic north is at the top, or indicate magnetic north with a ↑N
- Consider including a scale bar on the map. You could do this by measuring an object like your dining table, and drawing a line that is the same size as the table on your map, with a measurement next to it. Think about how the scale of your map compares to an orienteering map.
- If your house has multiple levels, you could map them.
  - Multi-level orienteering is up and coming, for example the attached map from a race at SFU in 2018. As a bonus activity, can you figure out the route choices?
- Orienteering mappers use programs like OCAD or Open Orienteering Mapper to make their maps on the computer. If you'd be interested in trying this, let us know!

*Planning a course:* First, if you have access to a scanner, consider photocopying the map you made. Then, draw a course on your map, in red or purple pen. Some things to consider:

- Have a start, finish, and a bunch of controls in between
- Try to create legs with route choice (i.e. force the orienteer to choose which side of a table to go on)
- Try to vary leg lengths
- All controls should be on features (i.e. the edge of a table, a chair, bottom of the stairs)
- For an added challenge, consider making controls descriptions for the race (you might have to make up some new symbols)

*Warmup:* 1 minute running in place. 5 minutes of [dynamic warmup](#)

*Run the course:* Run a course at your house. This could be the course you made, or preferably, exchange courses with a family member or send the map to us and we'll make a course. If you'd like, ask a family member to cut out and tape up orienteering flags (included in folder) for each control.

- Time yourself - how fast can you (safely) do it?
- Race your family members - maybe have a course record sheet
- Can you beat your own time?
- Once you've done it with a map a couple times, try doing it without a map, having memorised the course. Is it faster that way?

*Core workout:*

1. [SQUATS](#) - 2 x 10 with 30 sec between sets
  2. [LUNGES](#) - 2 x 10 with 30 sec between sets
  3. [PUSHUPS](#) - 2x6 with 30 sec between sets
  4. [SITUPS](#) - 2x10 with 30 sec between sets
  5. [PRESS-UPS](#) - 2x8 with 30 sec between sets hold each press-up for 10 sec
  6. [WEIGHT TRANSFERS](#) - 20 weight transfers (10 per leg)
- An exercise doesn't count if you don't have good form!

*Cooldown:* 5 minutes [cooldown stretching](#)

*Afterwards:* Send us your maps and courses to let us know how it goes!