

# SOGO ADVENTURE RUNNING

# SOGO@School

Move 🌲 Learn 🌲 Navigate

## Example of activities

These are examples only and can be adapted for different ages, needs, etc. Let us know what you are looking for!



adventure  
running

🌲 **ONE DAY RESIDENCY** - with multiple classes each doing 30-60 minute sessions

- Basic map reading skills
- Obstacle course / endurance loop
- Map symbol matching
- Short orienteering course

🌲 **TWO DAY RESIDENCY** - with multiple classes each doing 30-60 minute sessions

- All of the above plus:
- Map comparison exercise
- Medium length orienteering course
- Outdoor Games

🌲 **THREE DAY RESIDENCY** - with multiple classes each doing 30-60 minute sessions

- All of the above plus:
- 2-3 orienteering course with varying challenges
- More emphasis on cardinal directions
- introduction to SportIdent timing system (it's fun!)

🌲 **FOUR DAY RESIDENCY**- with multiple classes each doing 30-60 minute sessions

- All of the above plus:
- 4 orienteering course with varying challenges
- Create your own orienteering course

🌲 **FIVE DAY RESIDENCY**- with multiple classes each doing 30-60 minute sessions

- All of the above plus:
- 5 orienteering course with varying challenges
- Mini orienteering festival including additional games and adventure (such as grid or maze orienteering)

SOGO Adventure Running provides all the equipment.

**LEARN MORE**

[www.sogoadventurerunning.com/at-school](http://www.sogoadventurerunning.com/at-school)  
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