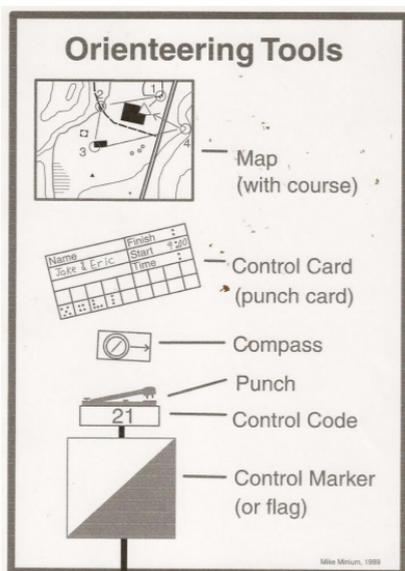




ORIENTEERING



Orienteering is a challenging **outdoor adventure** sport that exercises both the mind and the body.

Orienteering is similar to a cross-country race but **you navigate using a map**.

Competitors navigate their own way, **you can run, jog or walk, you decide your own pace**, looking for control points marked on a special map.

The **control points** are marked on an orienteering map.

The points on the course are marked with **orange and white flags and punches**, so you can prove you've been there.

The challenge is to use the map to decide the best route to complete the course in the quickest time.

1. Find the translation of the following terms into Portuguese:

Orienteering. _____

Map Compass. _____

Arrow. _____

Cardinal Points: North. South. East, West. _____

Symbols or legend Routes. _____

Road. _____

Track. _____

Path. _____

Control marker _____

Control Card _____

Punch Clue _____

Sheet Pace: A double step _____

2. Complete the sentences with the words you are given:

West	map	orienteeing	East	high curves
control points		compass	cardinal points	scale

- 1- A _____ is an instrument that you use for finding directions using a magnetized needle that always points to the magnetic north.
- 2- A _____ is a flat graphic representation of a part of the Earth's surface using a given scale. - North, South, East and West are the _____.
- 3- A type of sport that involves following an itinerary in the least time possible, using just a map and a compass is _____.
- 4- The _____ of a map is the relationship between the size of something in the map and its size in the real world. For example 1:10,000 means that 1 cm. in the map equals 100 m. in reality.
- 5- The _____ link all the points that are at the same height and are used to show the profile of the land.
- 6- The _____ are marked on an orienteeing map and on the course are marked with orange and white flags.
- 7- The sun rises in the _____ and sets in the _____.

sources:

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(all last accessed november, 2021)