

Orienteering

Use things around your house that you can use as markers (cushions, cones, boxes etc) and use them to create a 3 x3 or 4x 4 grid on the floor.

Create a map of your grid/markers and add arrows to create a route.

You could include a start and finish marker.

Give directions to another person to follow your route.

You could use words like forward, backwards, left, right, clockwise, anti-clockwise, north, south, east and west.

Challenge:

Could you change how you travel between markers? E.g jumping, hopping

Could you add a time limit?

