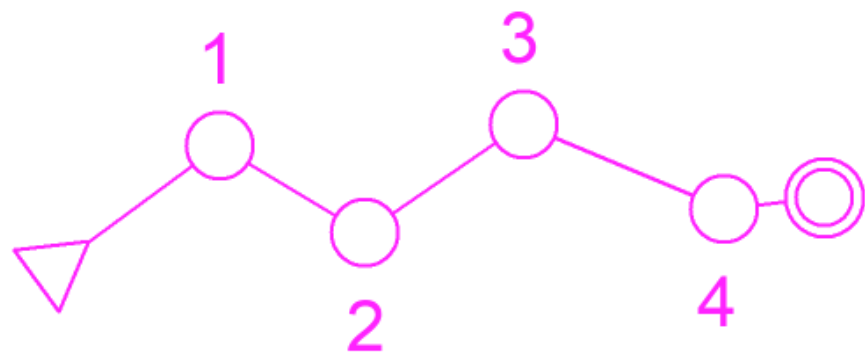
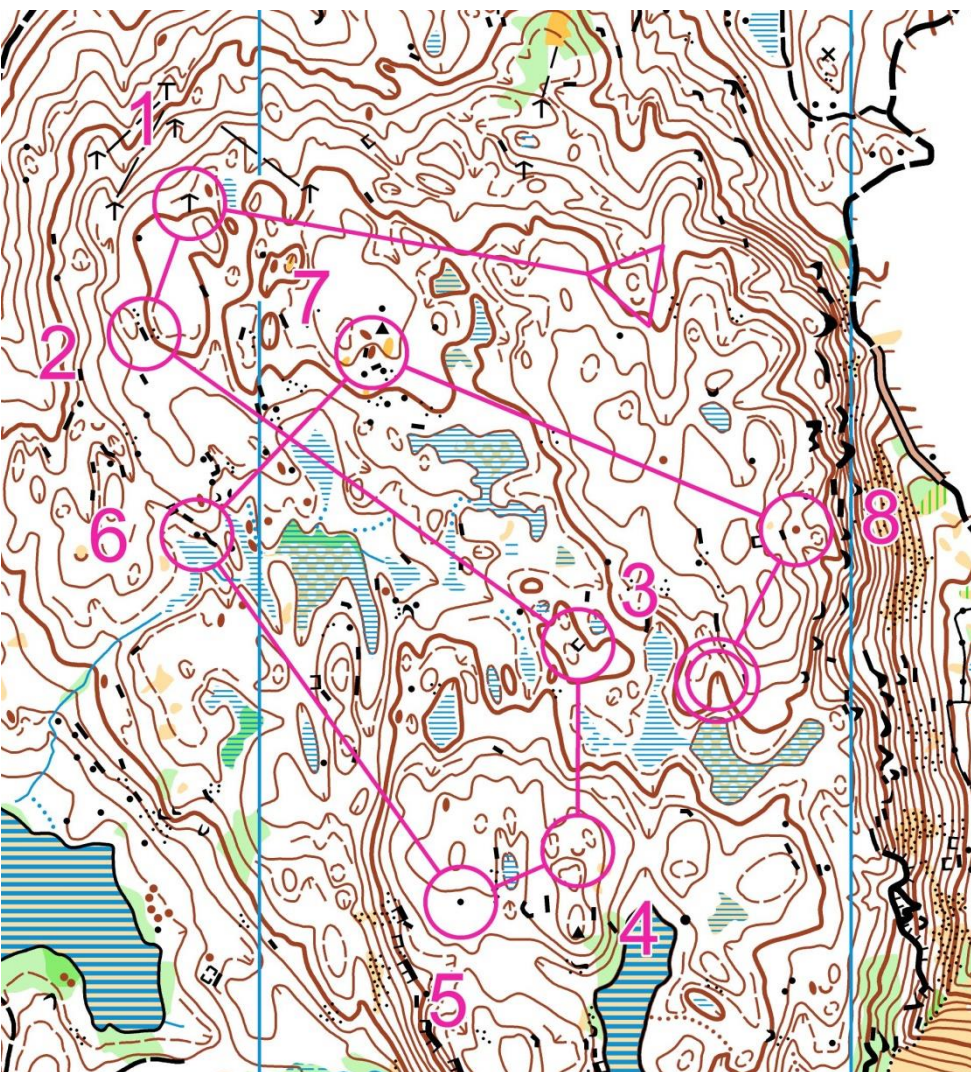


Lunedì 6 Settembre 2021

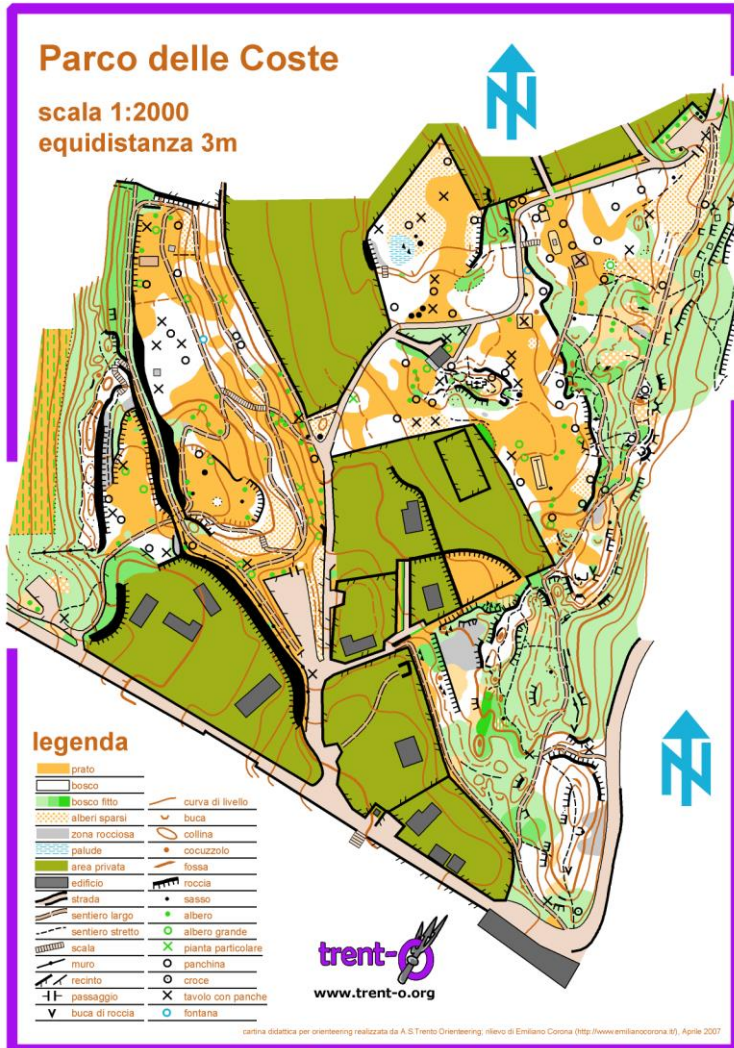
CORSO DI AGGIORNAMENTO PER DOCENTI

ORIENTEERING A SCUOLA

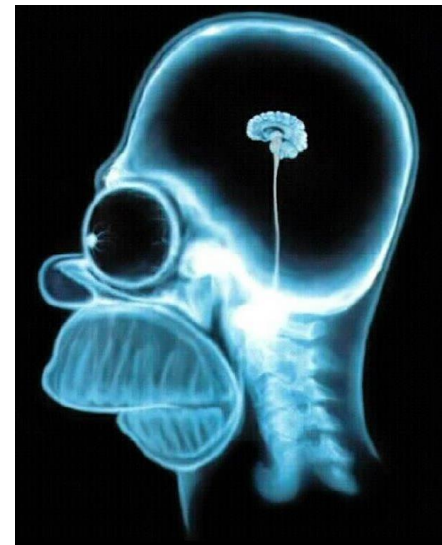
L'ORIENTEERING



COSA SERVE PER FARE ORIENTEERING?



1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
F.I.S.O.	Numero	Cognome e Nome	Tempo di Arrivo						
	Categoria	Club	Tempo di Partenza						
				Tempo Effettivo					

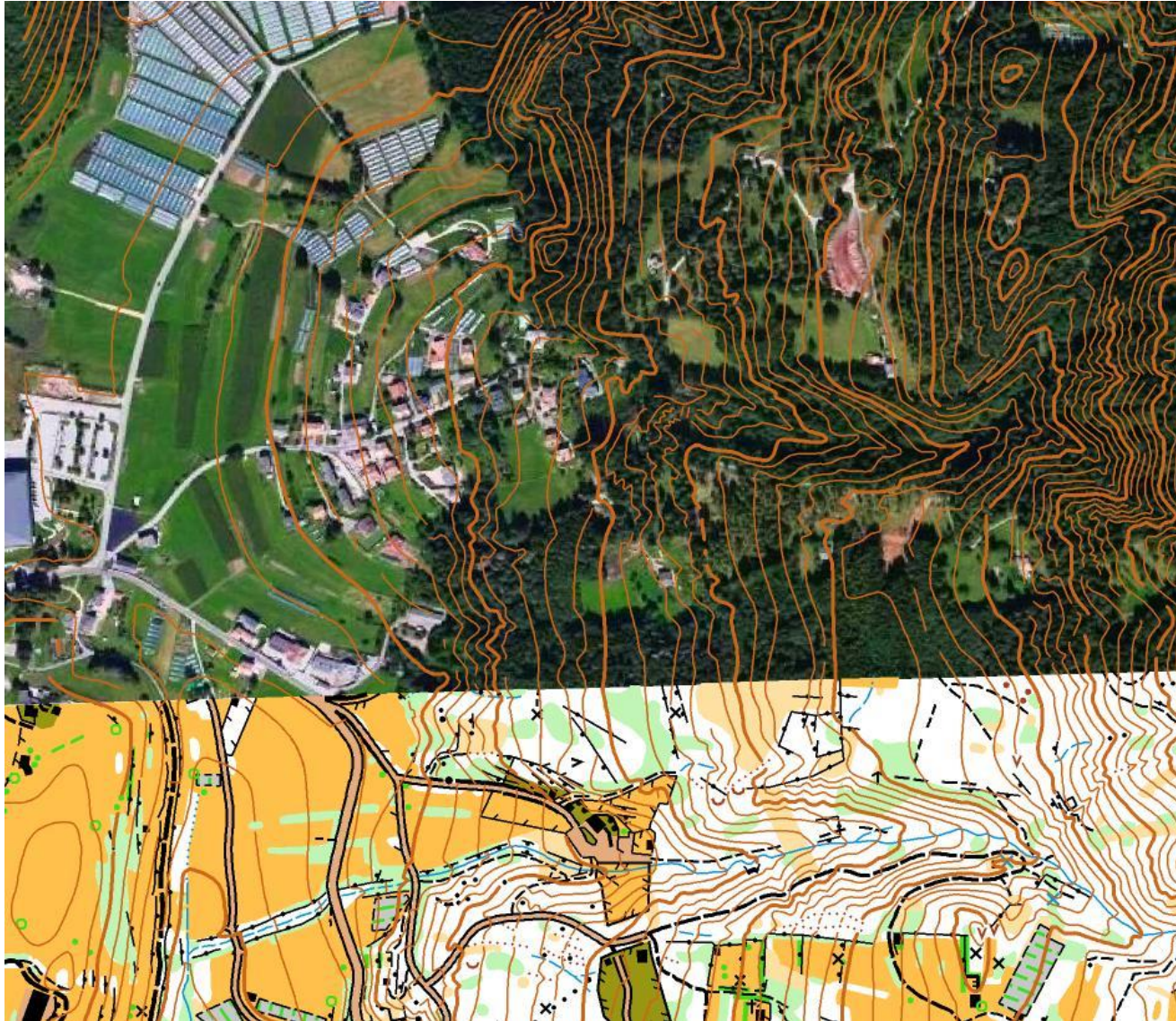


LE QUATTRO DISCIPLINE



Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait

LA MAPPA



Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait

SI LEGGE LA MAPPA



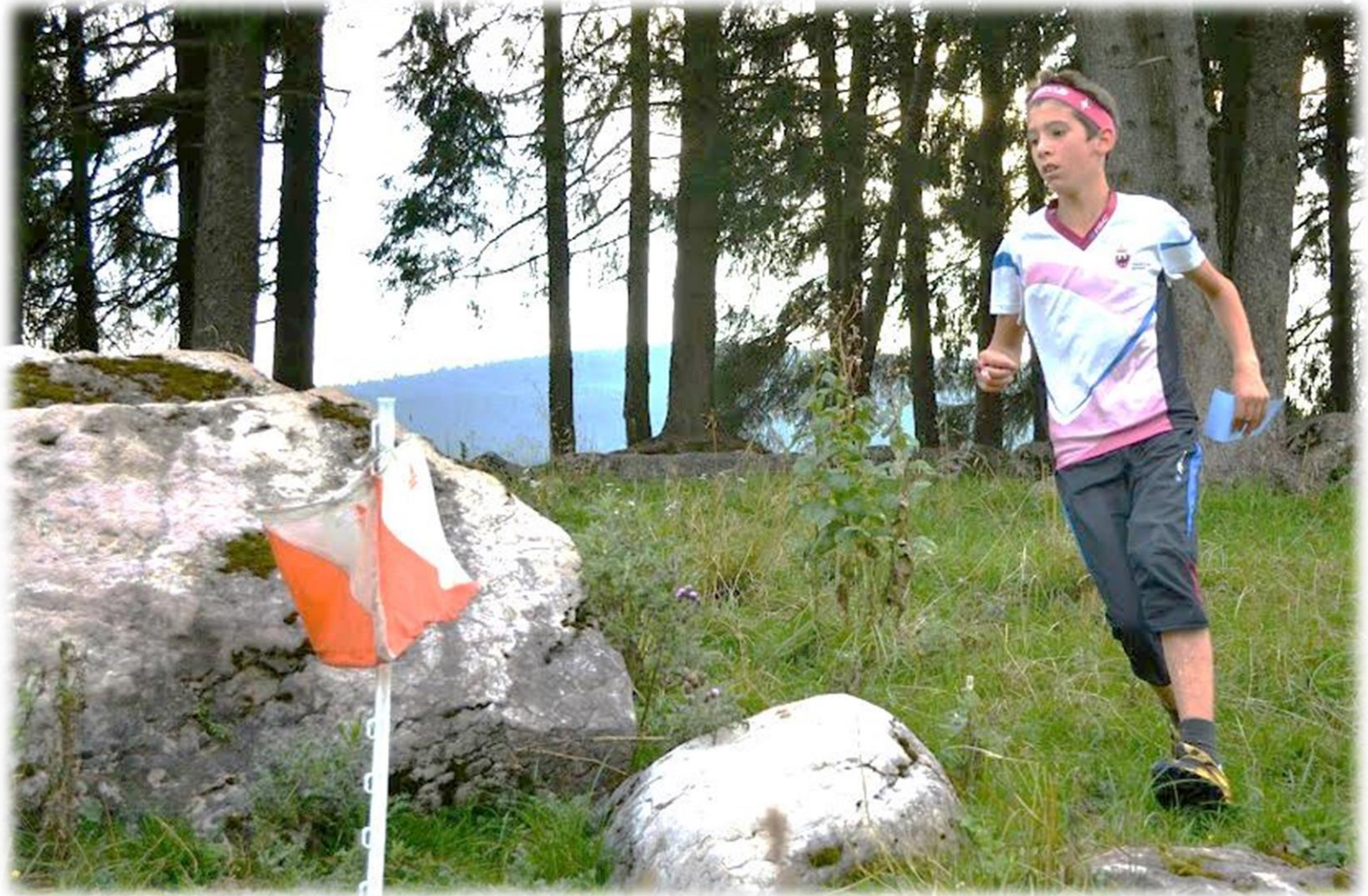
Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait

SI CORRE



Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait

SI TROVANO LE LANTERNE!



Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait



Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait

WE READ A MAP



Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait

WIR LAUFEN



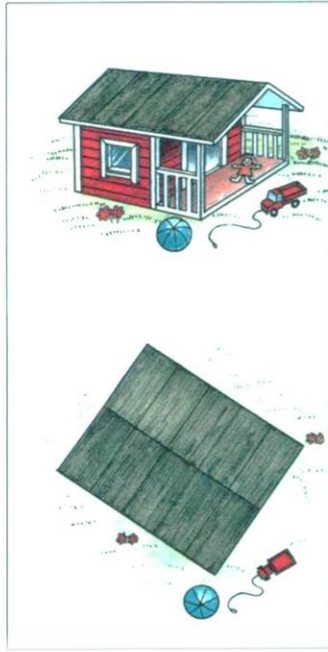
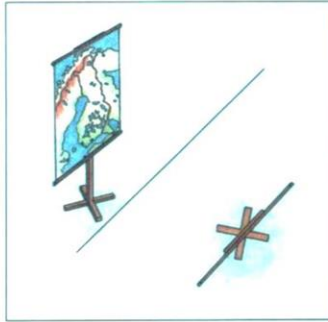
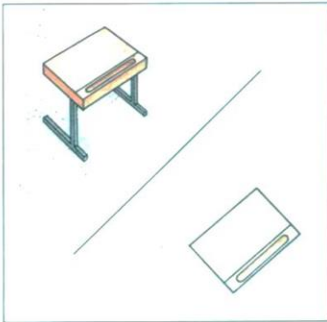
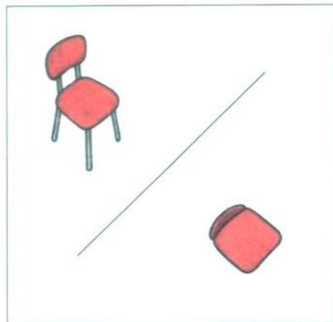
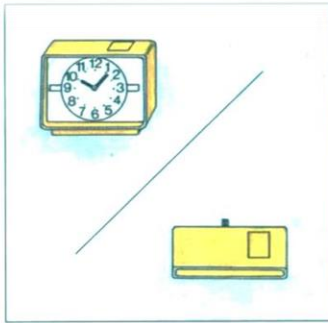
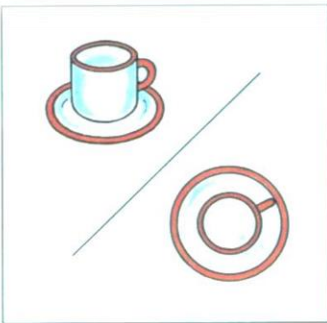
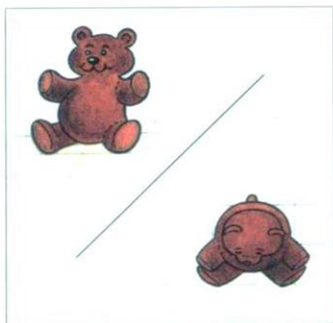
Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait

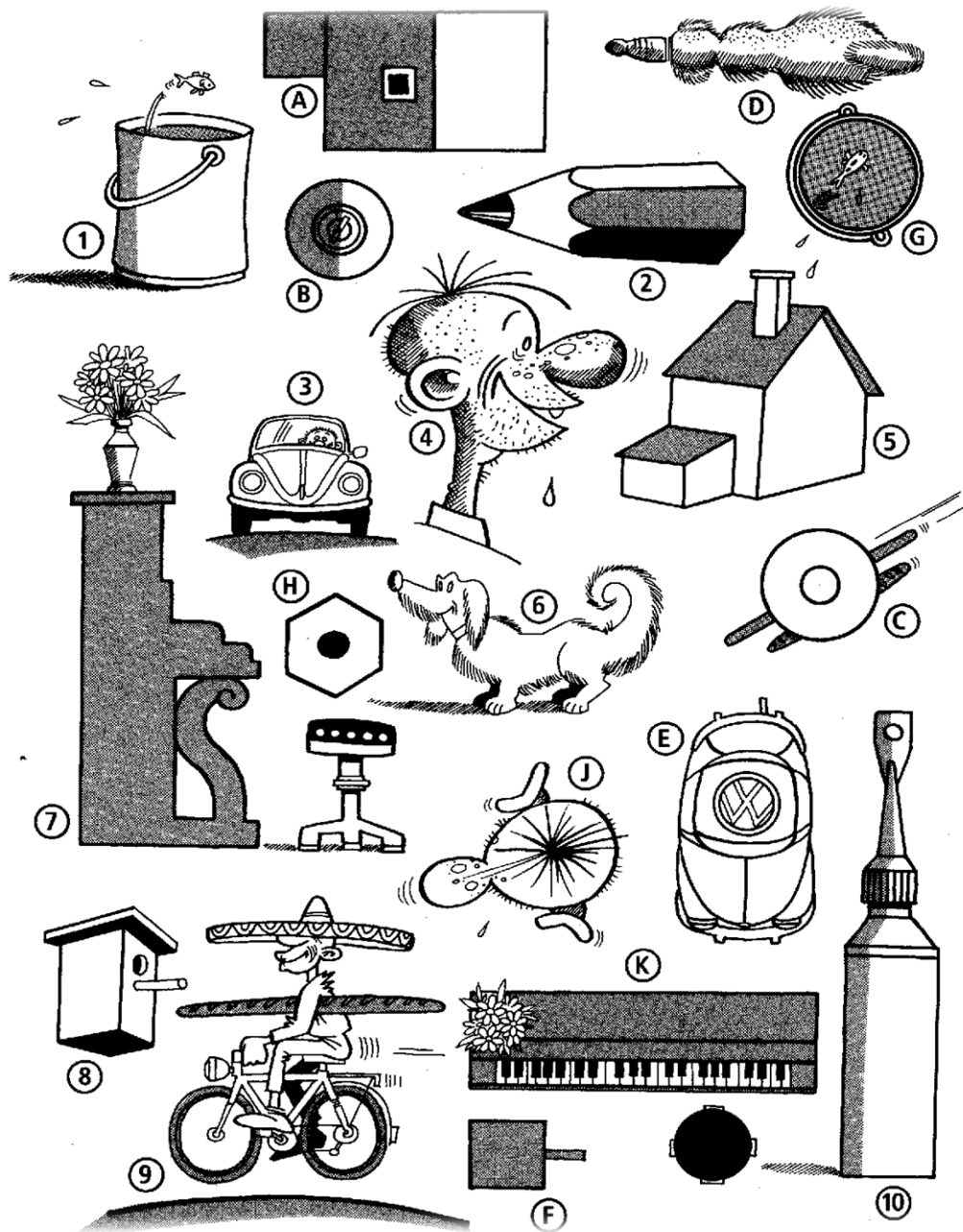
Che cosa è una mappa?



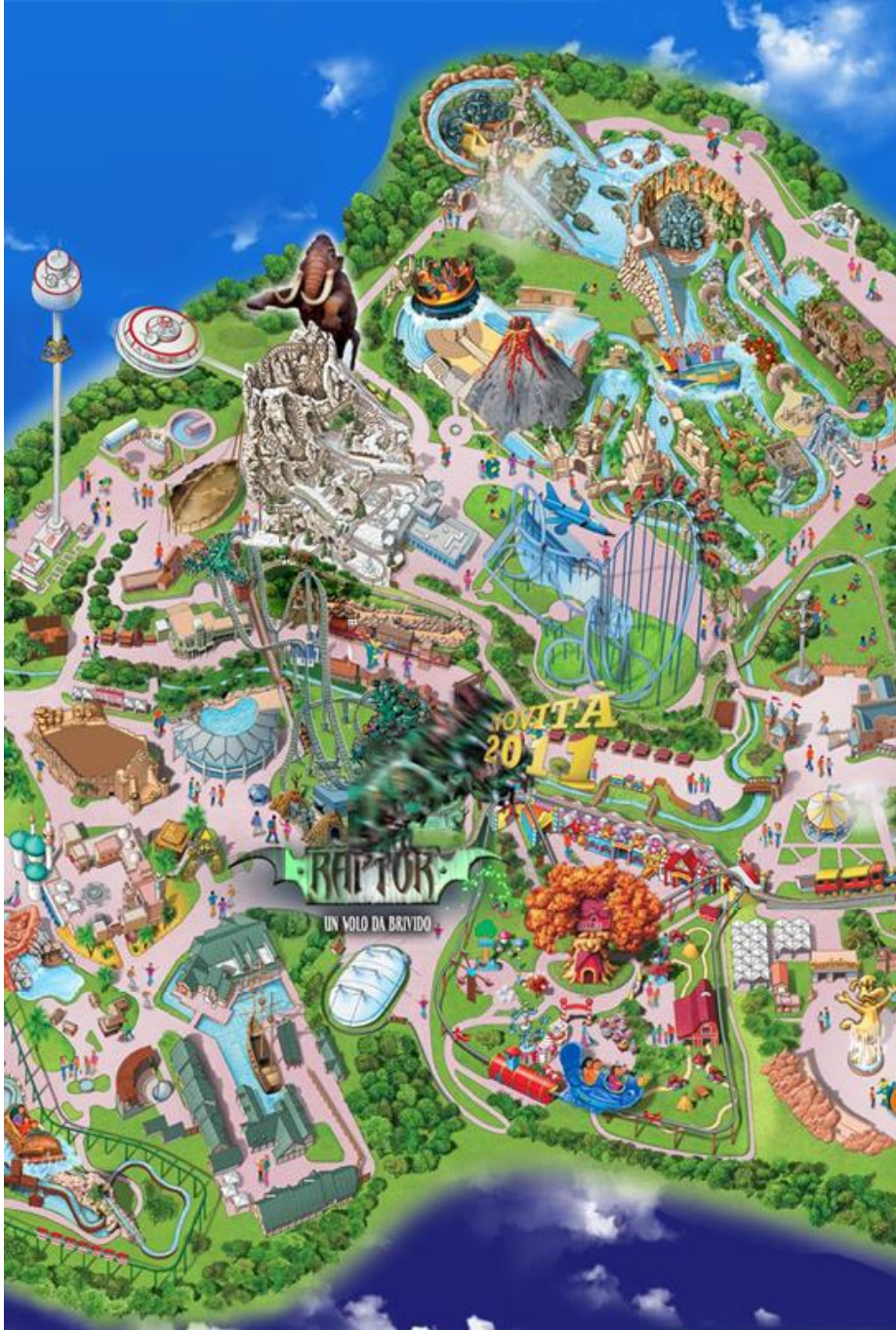
Immaginate di vedere le cose dall'alto





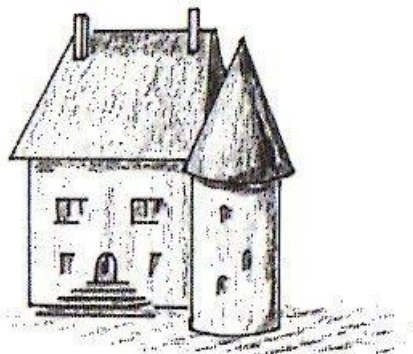


Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait



Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait

4 Veduta aerea e carta
Luftbild und Karte
Vue aérienne et carte

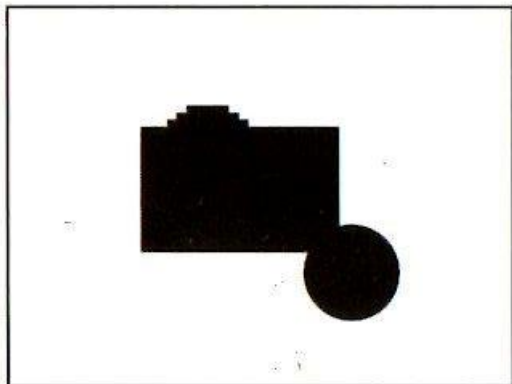


Quale pianta corrisponde a questa casa?

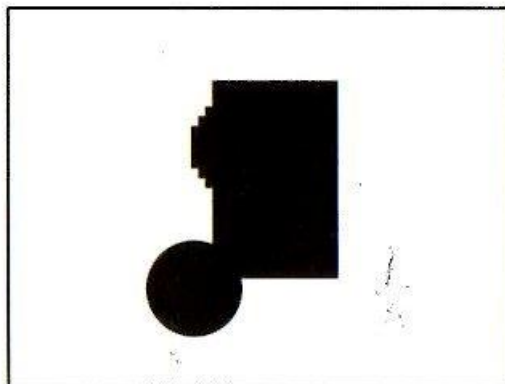
Welcher Grundriss gehört zu diesem Haus?

Quel plan correspond à cette maison?

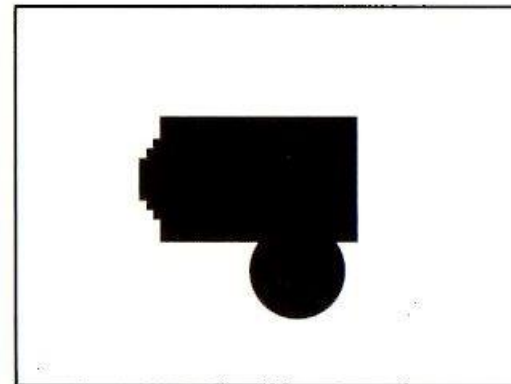
a



b



c



6 Veduta aerea e carta
Luftbild und Karte
Vue aérienne et carte

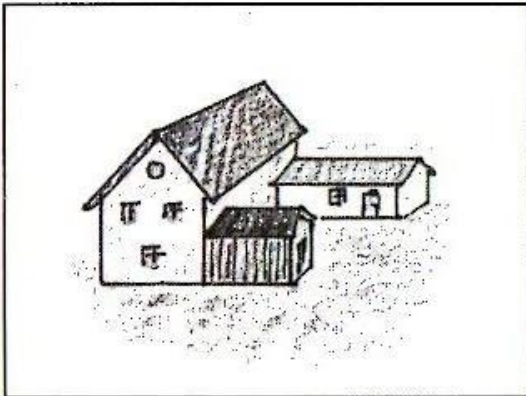


Quale casa corrisponde a questa pianta?

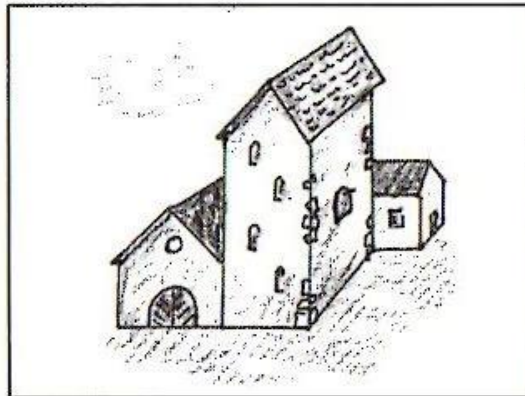
Welches Haus gehört zu diesem Grundriss?

Quelle maison correspond à ce plan?

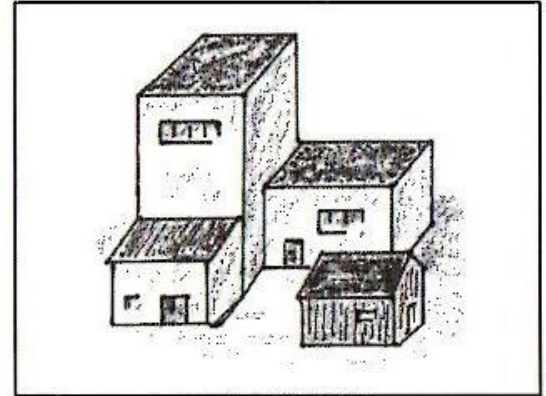
a



b



c



La riduzione in scala

Villa Sant'Ignazio Laste - Trento (TN)

Scala 1:1500
(1cm = 15m)
Equidistanza 2,5 metri
Realizzazione 2012



legenda:

- prato
- bosco
- bosco fitto
- alberi sparsi
- frutteto
- vigneto
- area privata
- edificio
- strada
- sentiero largo
- sentiero stretto
- muro
- recinto
- bordo attrav.
- scale
- curva di livello
- collina, depressione
- cocuzzolo
- pianta part.
- oggetto part.



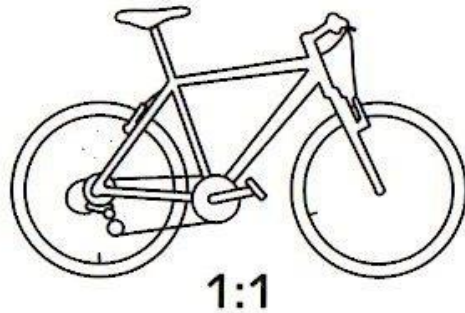
Villa Sant'Ignazio Laste - Trento (TN)

Scala 1:1500
(1cm = 15m)
Equidistanza 2,5 metri
Realizzazione 2012



4

Scala e distanze
Distanzen und Masstab
Distance et échelle



Quale rampichino è disegnato in scala 1:2 ?

Welches Mountain Bike ist im Masstab 1:2 gezeichnet?

Quel VTT est dessiné à l'échelle 1:2?

a



b



c



San Martino Nord

Primiero - Dolomiti Trentino
Scale 1:10.000
Contour interval 5 m
Cartografo: Roberto Poldi

OF
FISO
Primiero
five

Middle qualification
Course setter: Daniele Paglan
Gabriella Stangas

WOMEN 4

San Martino di Castrozza

Primiero - Trentino

Scala 1:4000
Equidistanza 2,5m
Rilievi e disegno 2020

Titolarià dell'impianto
U.S. Primiero A.S.D.
L'impianto è stato gentilmente
concesso in uso per
l'organizzazione dell'evento.

IMR - PRIMIERO
DOLOMITI - TRENTINO

Unione Sportiva
Primiero

La riduzione in scala

Campionati Italiani CO Sprint WRE

Sabato 12 settembre 2020

Tracciatore: Aaron Gaio
Controllore: Walter Bettega

	M40+ W Elite	3,1 km	65 m
		60 m	
1	166	↗	↖
2	163	←	↻
3	164	↖	↗
4	165	↙	↘
5	122	■	↖
6	156	↘	↙
7	168	↗	↖
8	138	←	↖
9	134	■	↗
10	133	↘	↖
11	150	△	↖
12	136	↙	↗
13	158	◇	↗
14	101	◇	↖
15	131	■	↖
16	129	▲	↖
17	142	⊗	↖
18	102	mm	↖
19	106	←	↖
20	118	△	↖
21	125	×	↖

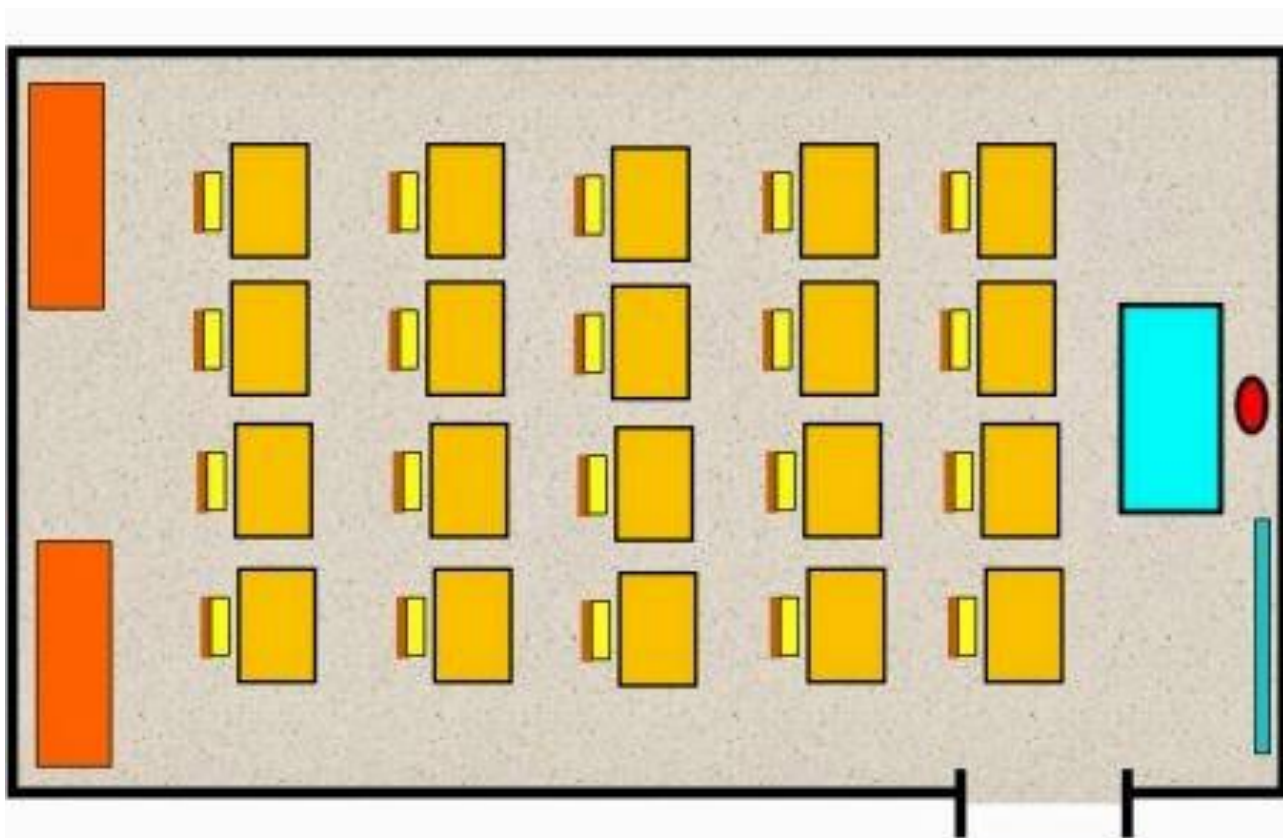
90 m

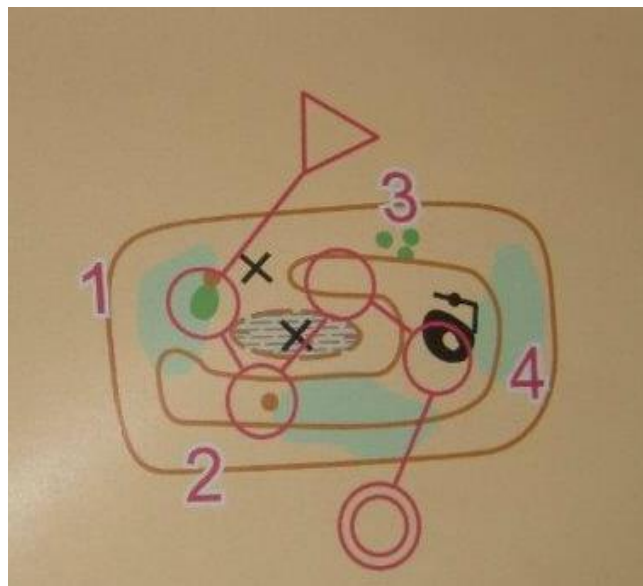
L'orientamento della mappa



Disponi degli oggetti sul tuo
banco e poi prova a disegnarlo

Prova a disegnare la mappa della classe





Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait

Curve di livello ed equidistanza

5 Terreno e curve di livello Gelände und Höhenkurven *Relief et courbes de niveau*

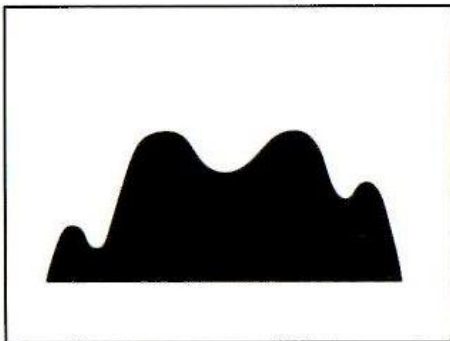


Quale profilo corrisponde a queste curve di livello?

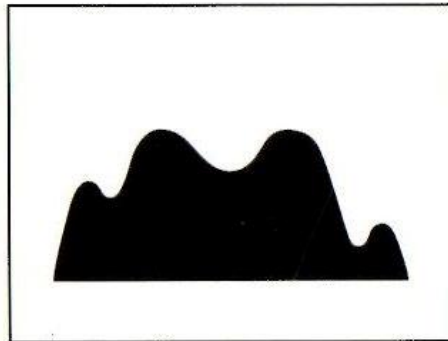
Welche Silhouette passt zu diesem Höhenkurvenbild?

Quel profil correspond à ces courbes de niveau?

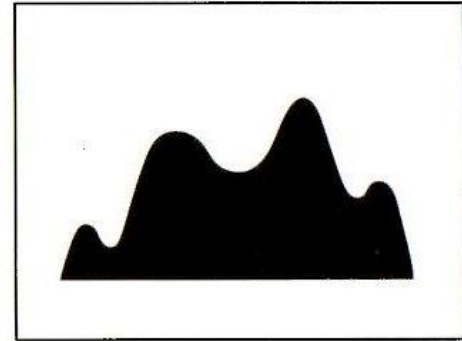
a



b



c



Curve di livello ed equidistanza

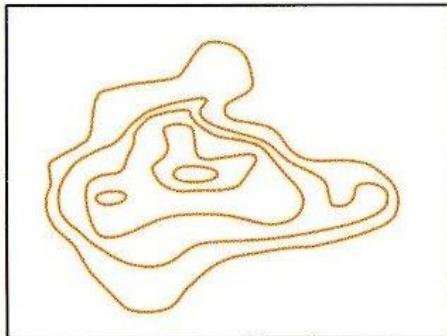
9 Terreno e curve di livello
Gelände und Höhenkurven
Relief et courbes de niveau

Quale collina è la più alta, se tutte le carte hanno la stessa equidistanza?

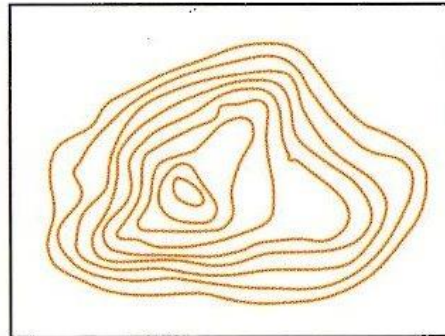
Welches ist der höchste Hügel, wenn alle Karten die gleiche Äquidistanz haben?

Quelle est la colline la plus haute, sachant que toutes les cartes ont la même équidistance?

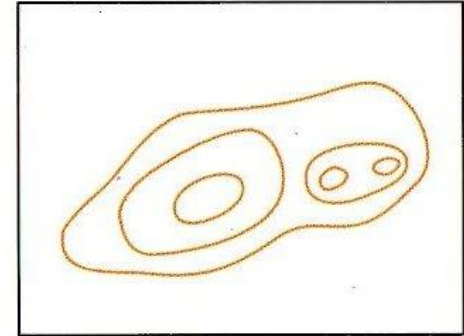
a



b

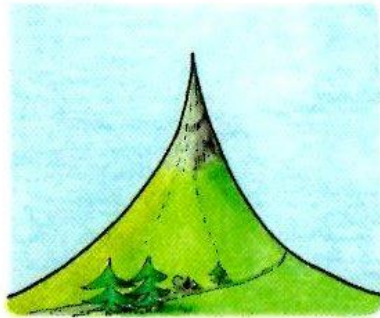


c



Curve di livello ed equidistanza

3 Terreno e curve di livello Gelände und Höhenkurven *Relief et courbes de niveau*

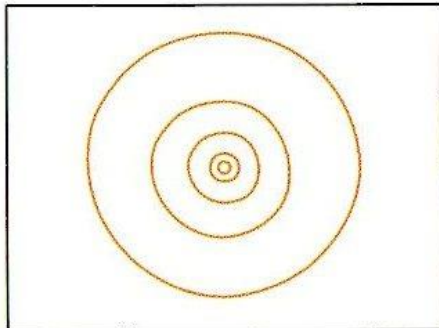


Quali curve di livello corrispondono a questa veduta?

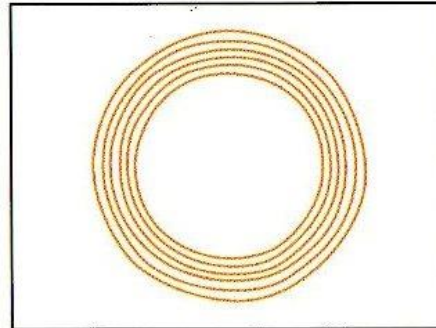
Welches Höhenkurvenbild gehört zu dieser Ansicht?

Quelles courbes de niveau correspondent à cette vue?

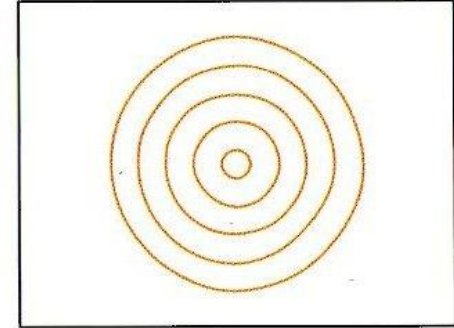
a



b



c



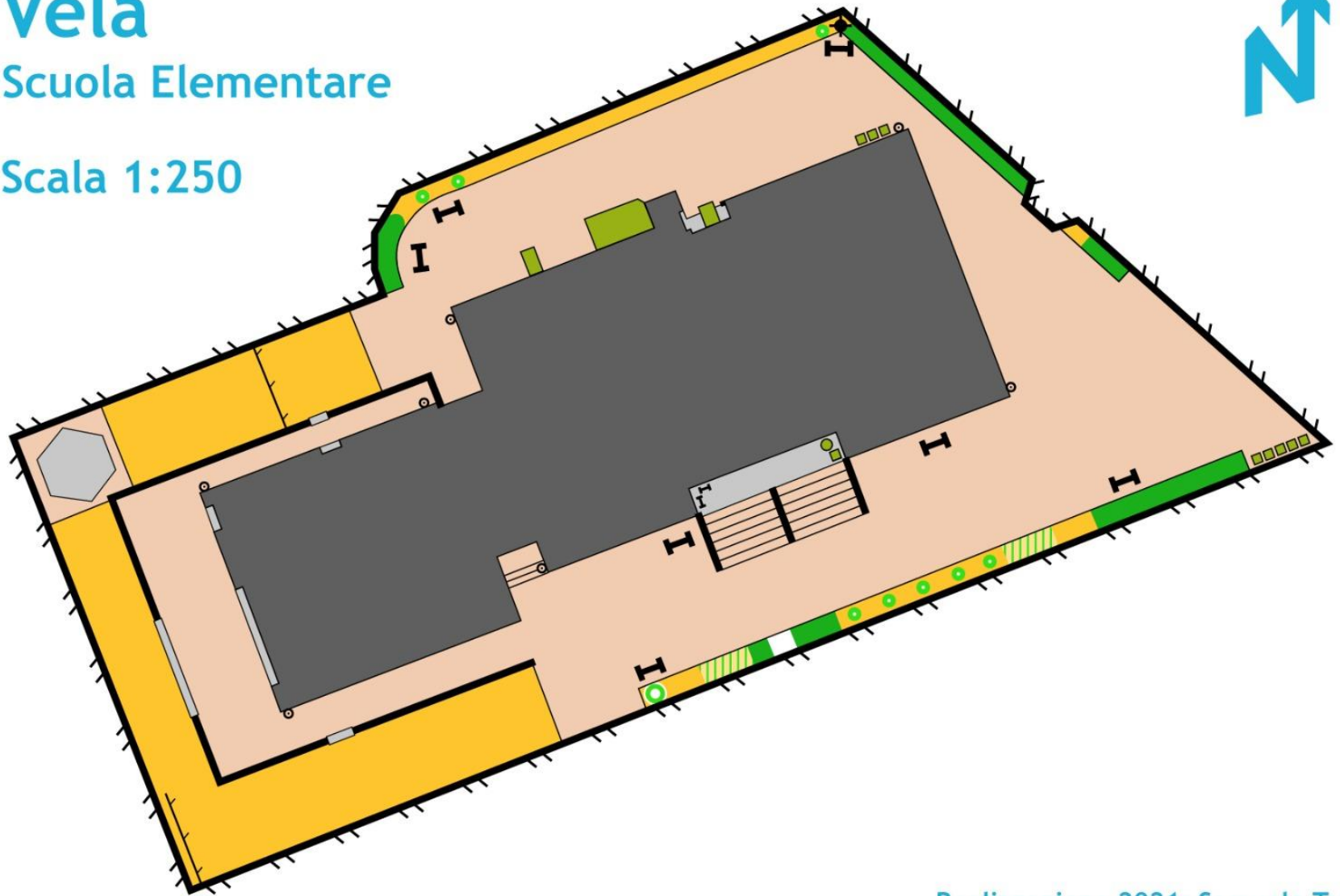


Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait

Vela

Scuola Elementare

Scala 1:250



Realizzazione 2021: Samuele Tait

BIANCO

BOSCO



VERDE

BOSCO FITTO



Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait

ALBERO ISOLATO



GIALLO

AREE APERTE (PRATI, RADURE)



NERO

MURO



RECINTO



OGGETTI PARTICOLARI



EDIFICI

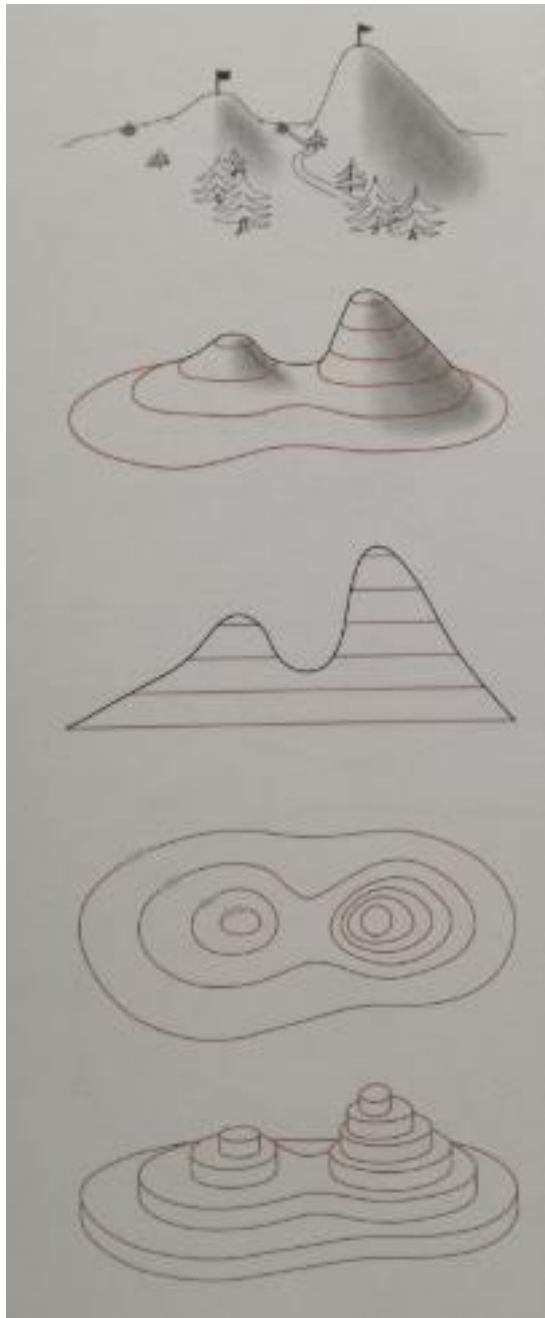


ROSA

AREE PAVIMENTATE, STRADE



MARRONE

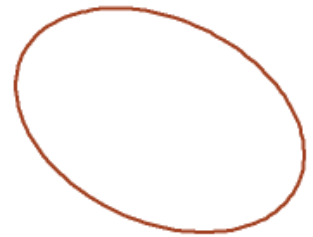


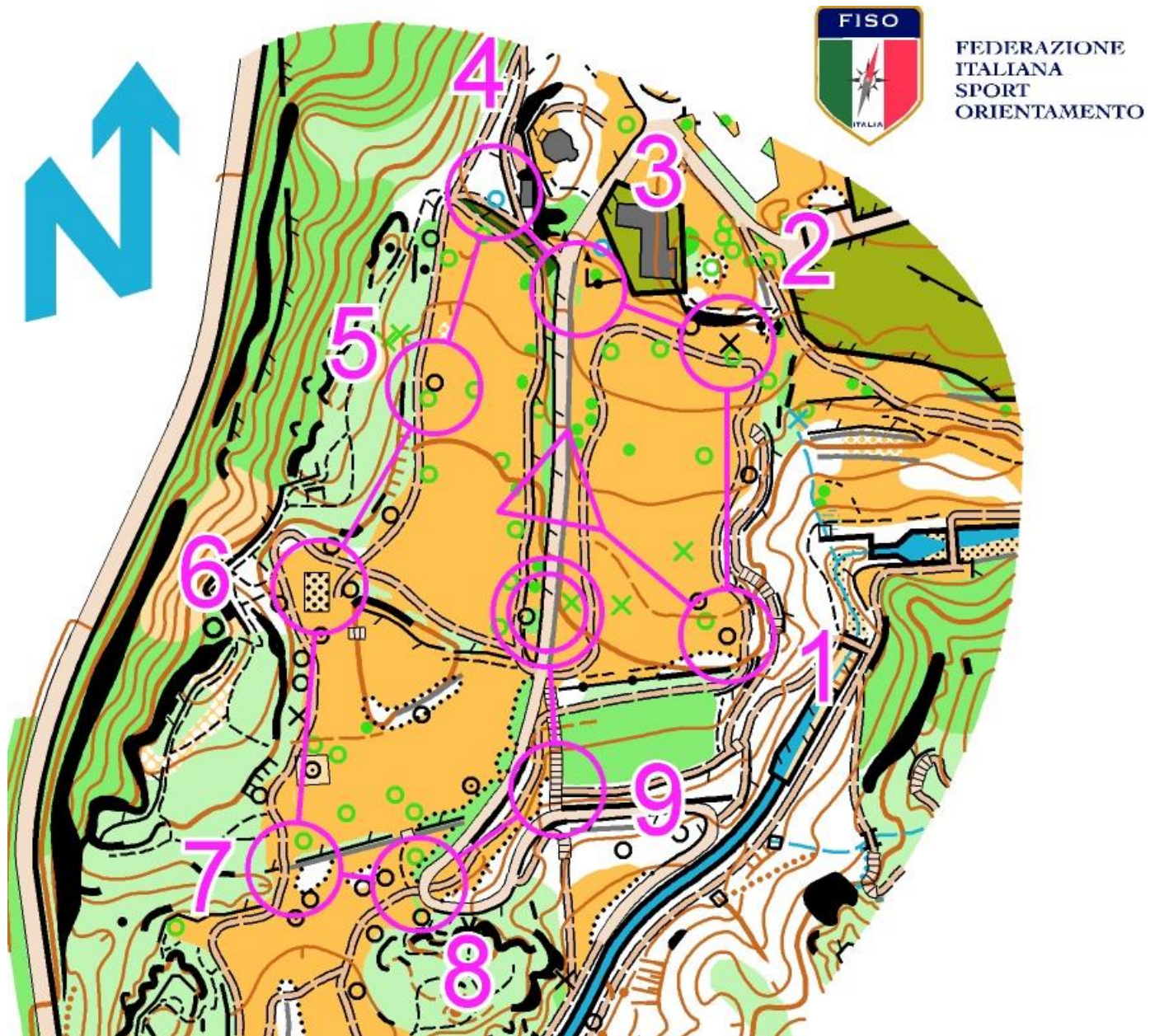
Curve di livello

Forme del terreno



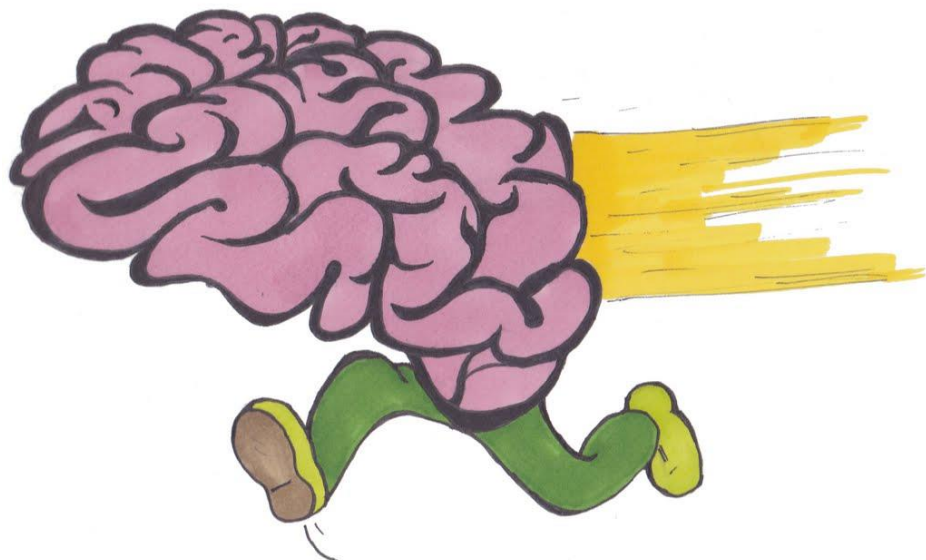
Colline





Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait

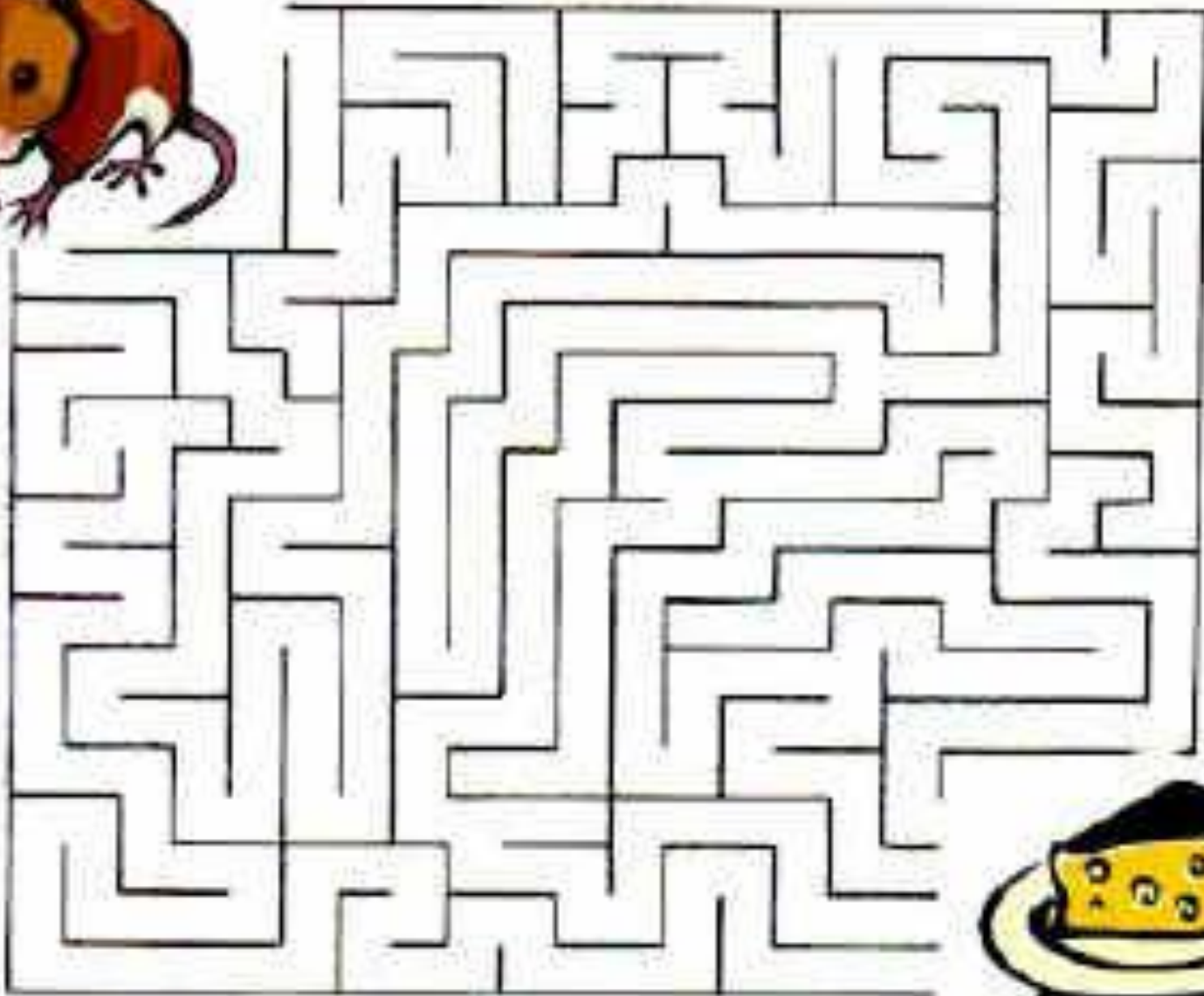
**Corri veloce,
ma...**



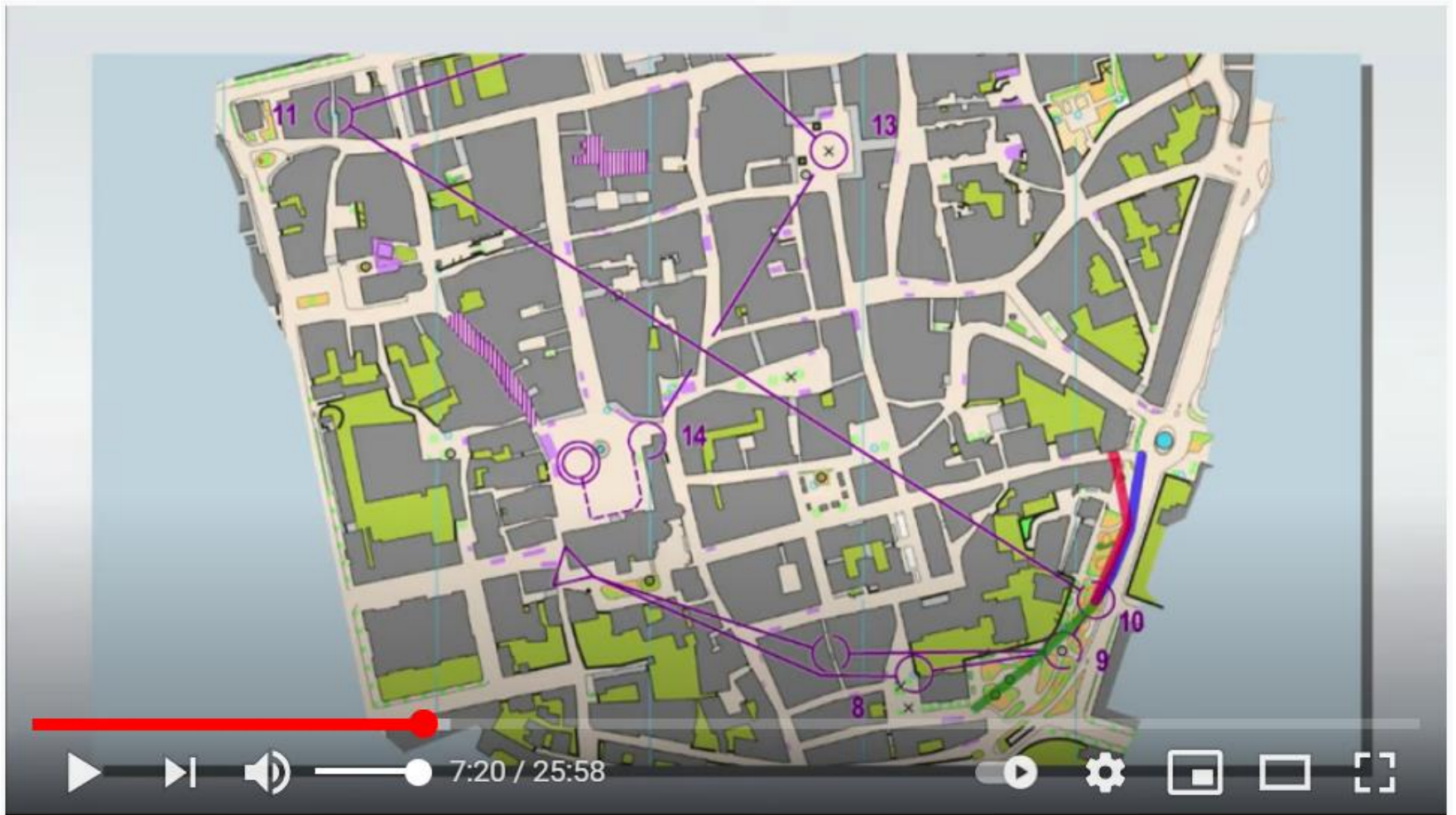
Pensa più veloce!!



22 73 79 76 63 30 86 17 27 25
51 06 20 36 52 08 98 66 97 75
21 37 15 29 82 57 99 53 64 95
14 81 35 68 85 26 01 48 16 87
77 80 44 54 55 40 62 93 12 31
04 28 00 46 89 13 90 74 69 67
34 71 41 11 18 09 33 19 83 50
88 03 38 23 65 05 02 45 61 10
42 56 72 24 78 70 59 92 84 47
43 96 58 49 39 94 07 91 60 32



Le scelte di percorso



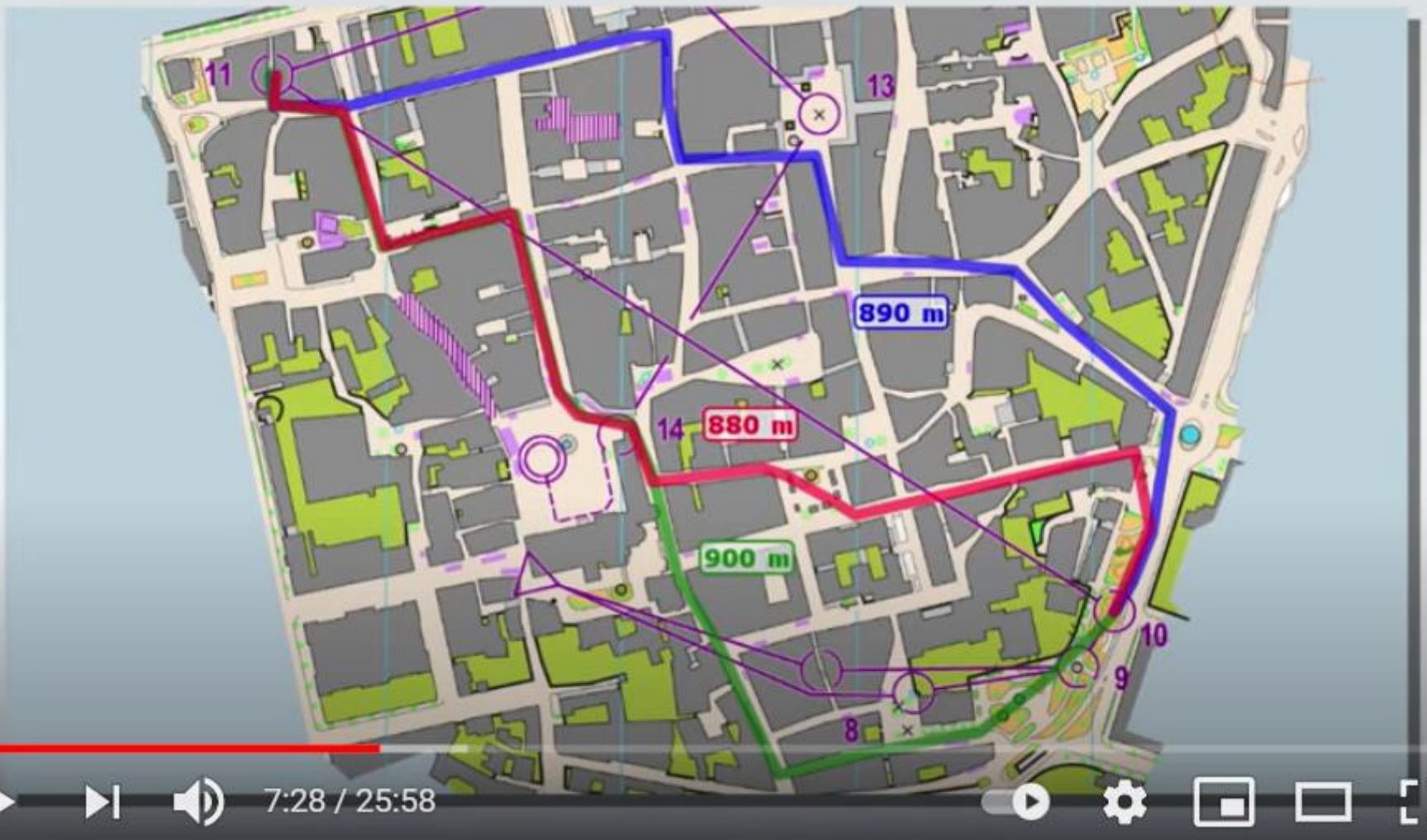
World Orienteering Championships 2014 Sprint Relay

5.938 visualizzazioni • 3 set 2014

👍 27 💬 0 ➦ CONDIVIDI ≡+ SALVA ...

Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait

Le scelte di percorso

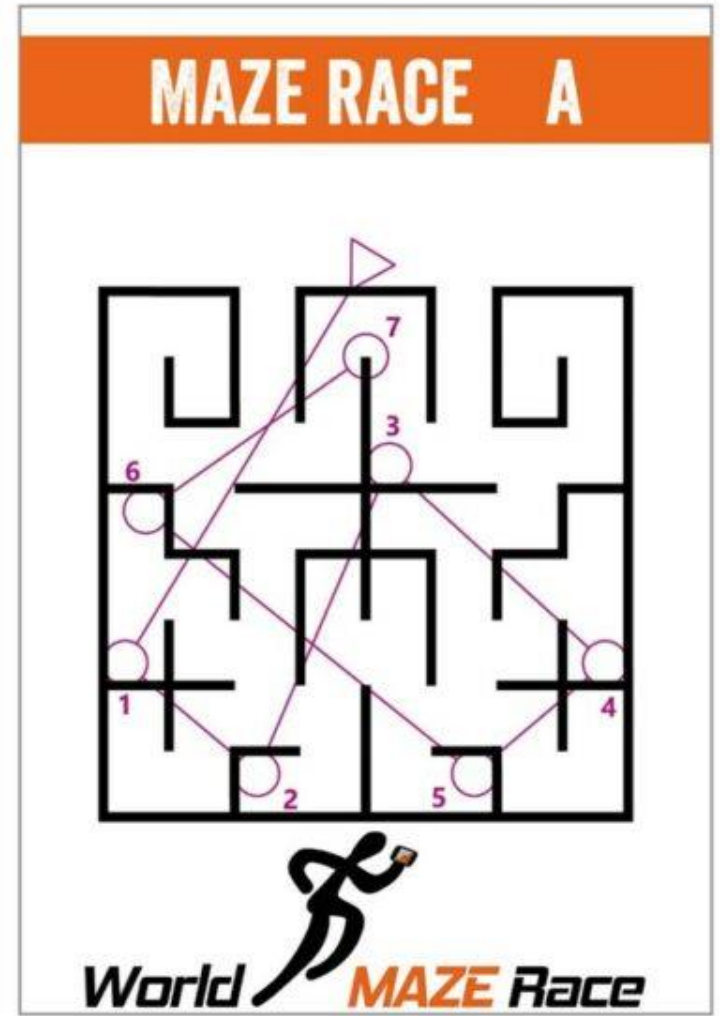


https://www.youtube.com/watch?v=bAw7nUs9VUI&ab_channel=IOFOrienteingYoutube

Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait

Giochi di mini-orienteering

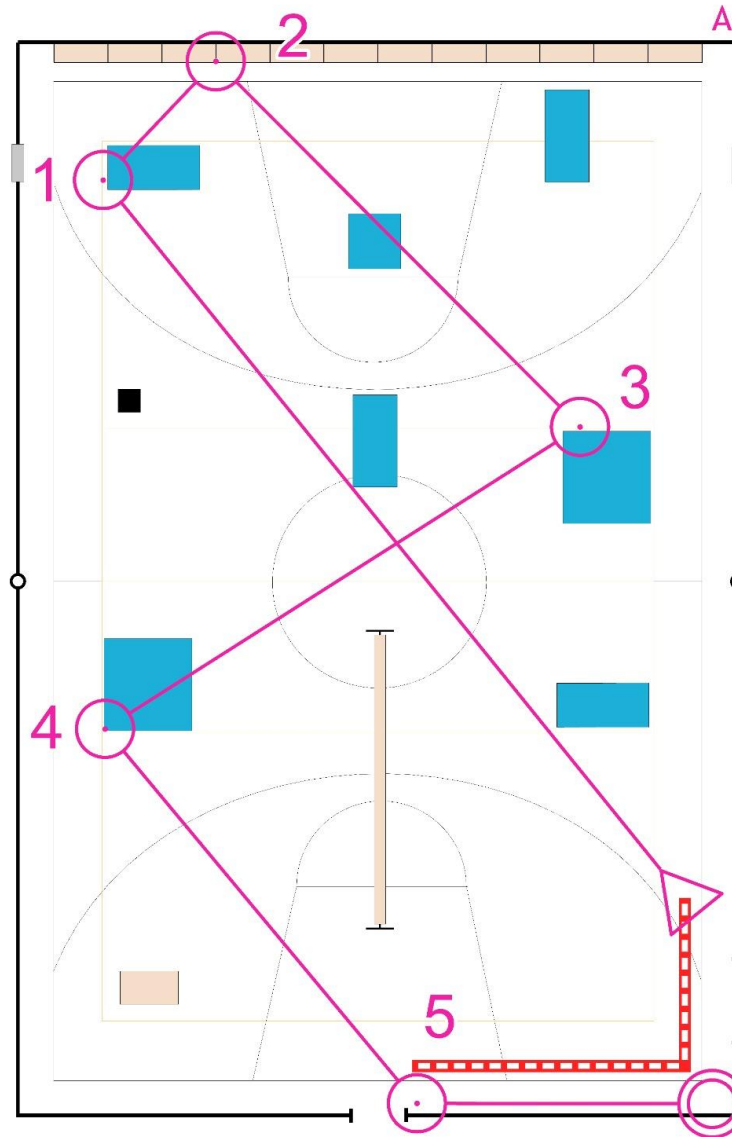
Il Labirinto



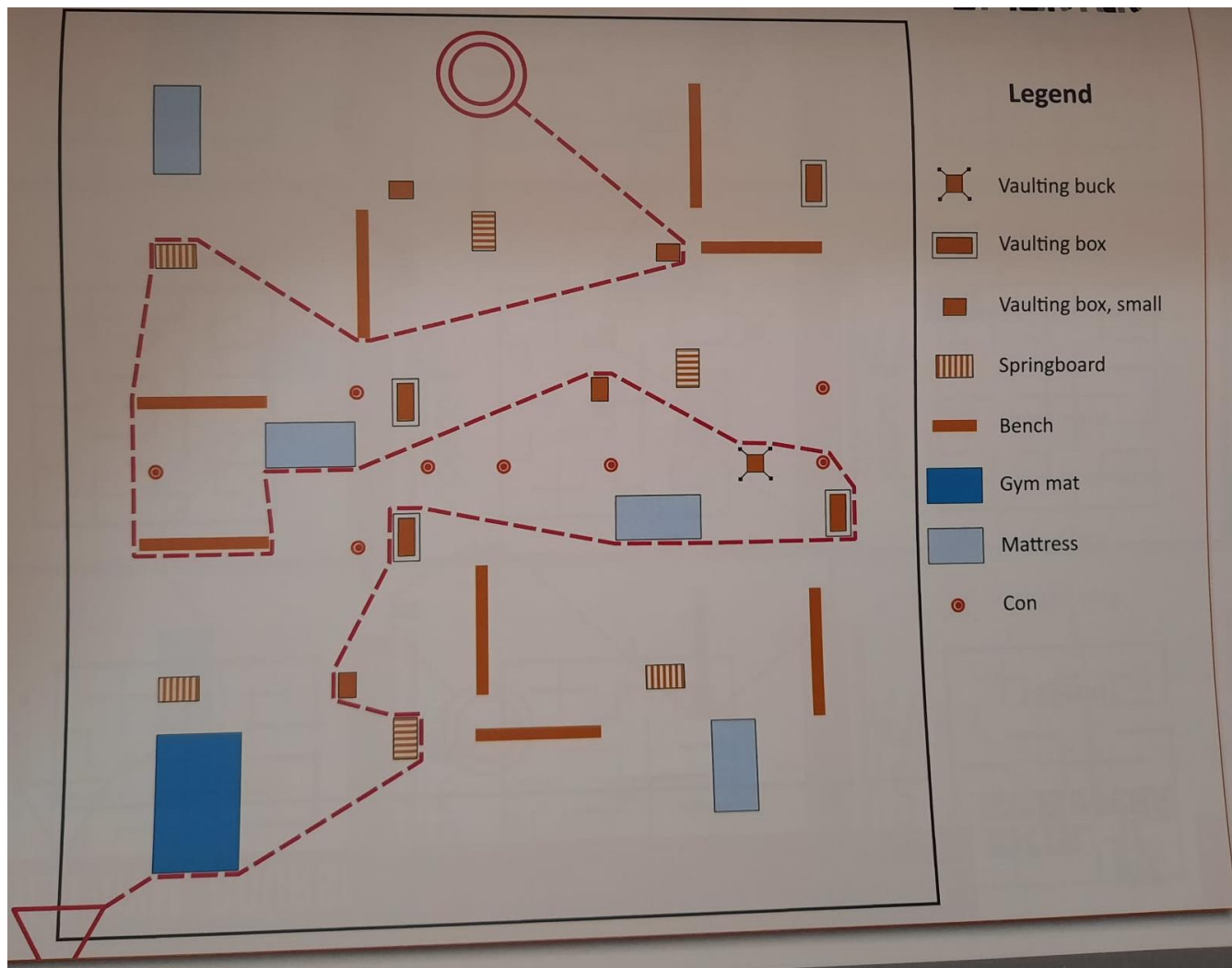


Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait

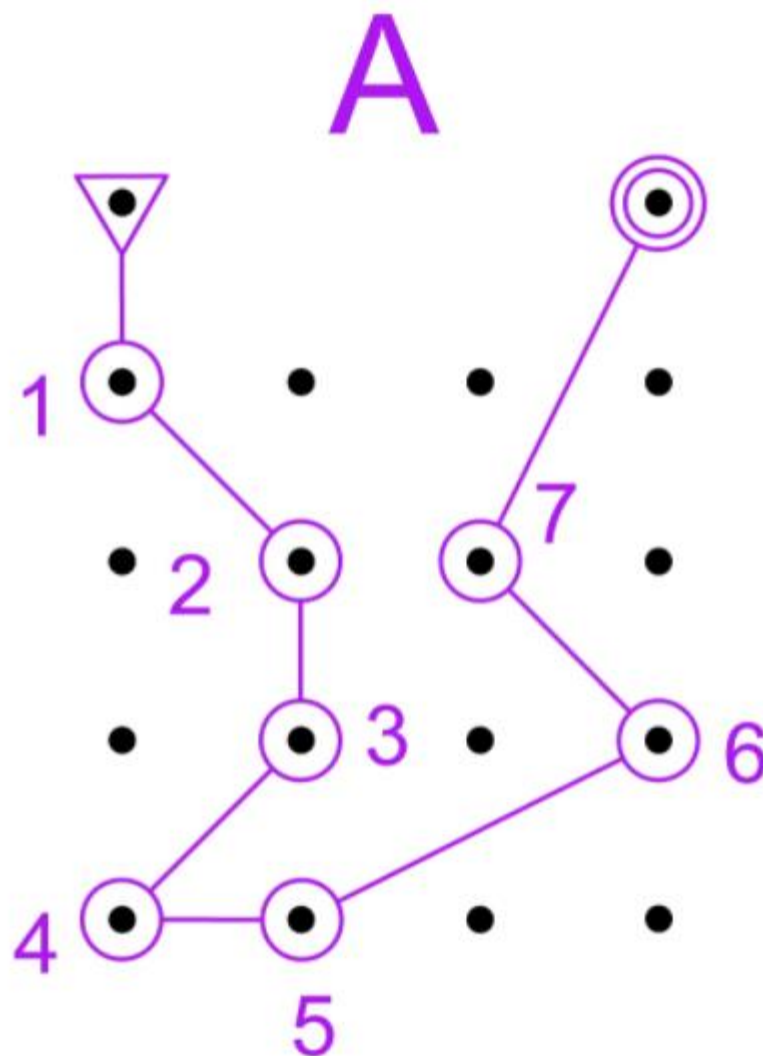
Orienteering in palestra



Orienteering in palestra



Orienteering in palestra



Orienteering in palestra



Prato

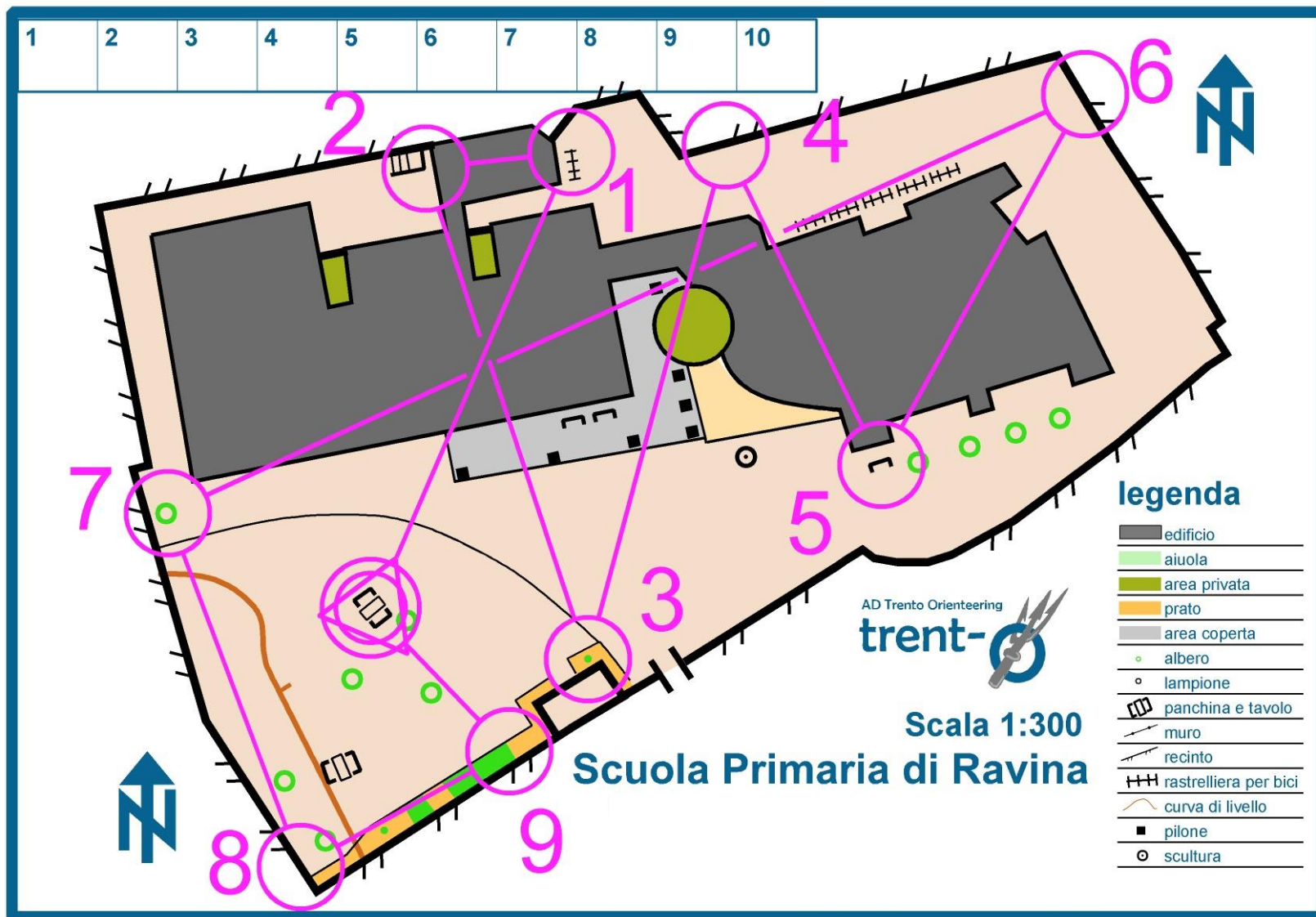


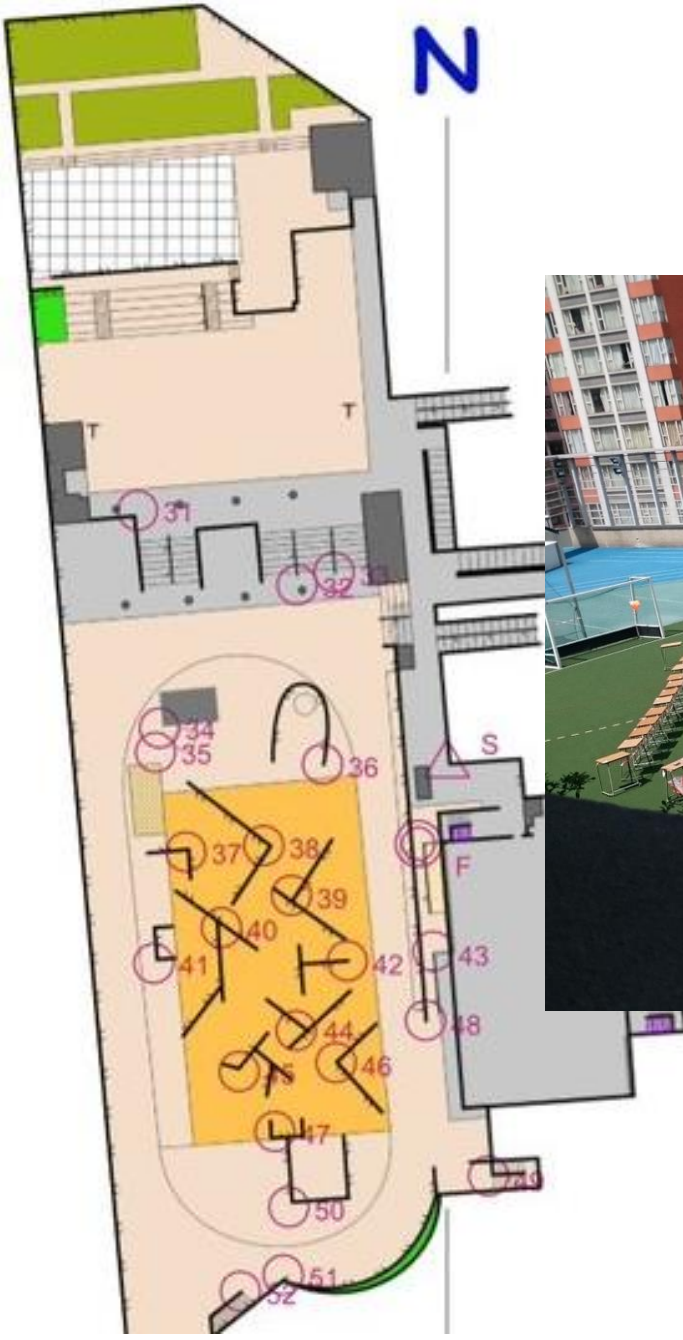
Bosco



Bosco fitto

Orienteering in cortile





Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait

LABYRINTEN
MAGNUS ÖRNERG

friends ARENA

SVENSK ORIENTERING

Duell_Bana 1A

LABYRINTORIENTERING
Friends Arena 12 april 2016

1:10.000

percorso		1,0 km	
▶		⊗	
1	31	∩	—
2	32	≡	⊥
3	33	▲	1 ○
4	34	↗	1 ○

Nordby Supermarket Hallen **UTMANING 1** **WOC**

SKOLSPRIVT

Teckenförklaring

- Plan, stor
- Plan, liten
- Målpost
- Bank
- Täckmatta
- Matta, 3 x 1,3m
- Matta, 2 x 1m
- Kon
- Träd
- Bom
- Liner
- Tunnel
- Minskad
- Innebändymål
- Bområde
- Vattn

Information: Magnus Örnerg, Magnus.Örnerg@orienter.com, Karlens Hall av Göran Andersson, goran.andersson@orienter.com

SWEDEROUNT AluFlex Graniten wöd

Nordby Supermarket Hallen **UTMANING 2** **WOC**

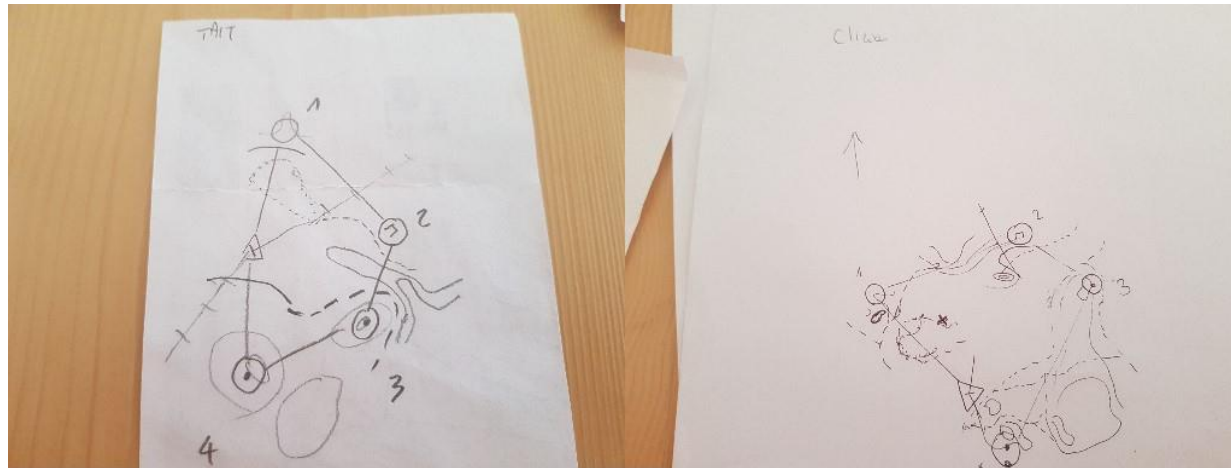
SKOLSPRIVT

Teckenförklaring

- Plan, stor
- Plan, liten
- Målpost
- Bank
- Täckmatta
- Matta, 3 x 1,3m
- Matta, 2 x 1m
- Kon
- Träd
- Bom
- Liner
- Tunnel
- Minskad
- Innebändymål
- Bområde
- Vattn

Information: Magnus Örnerg, Magnus.Örnerg@orienter.com, Karlens Hall av Göran Andersson, goran.andersson@orienter.com

SWEDEROUNT AluFlex Graniten wöd



Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait

Orienteering e nuove tecnologie

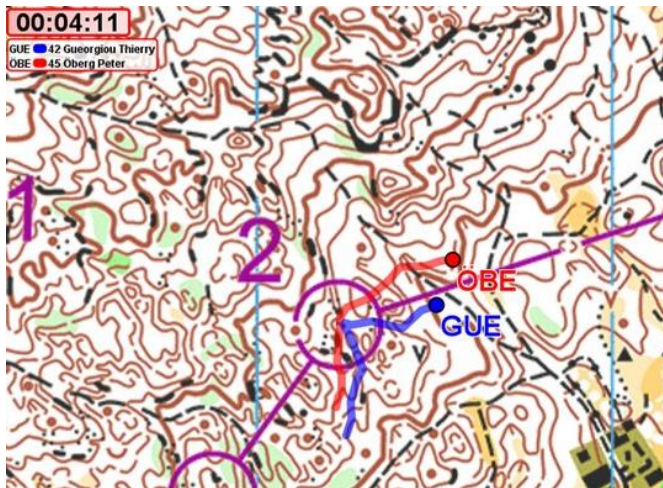
Usynligo



iORIENTEERING

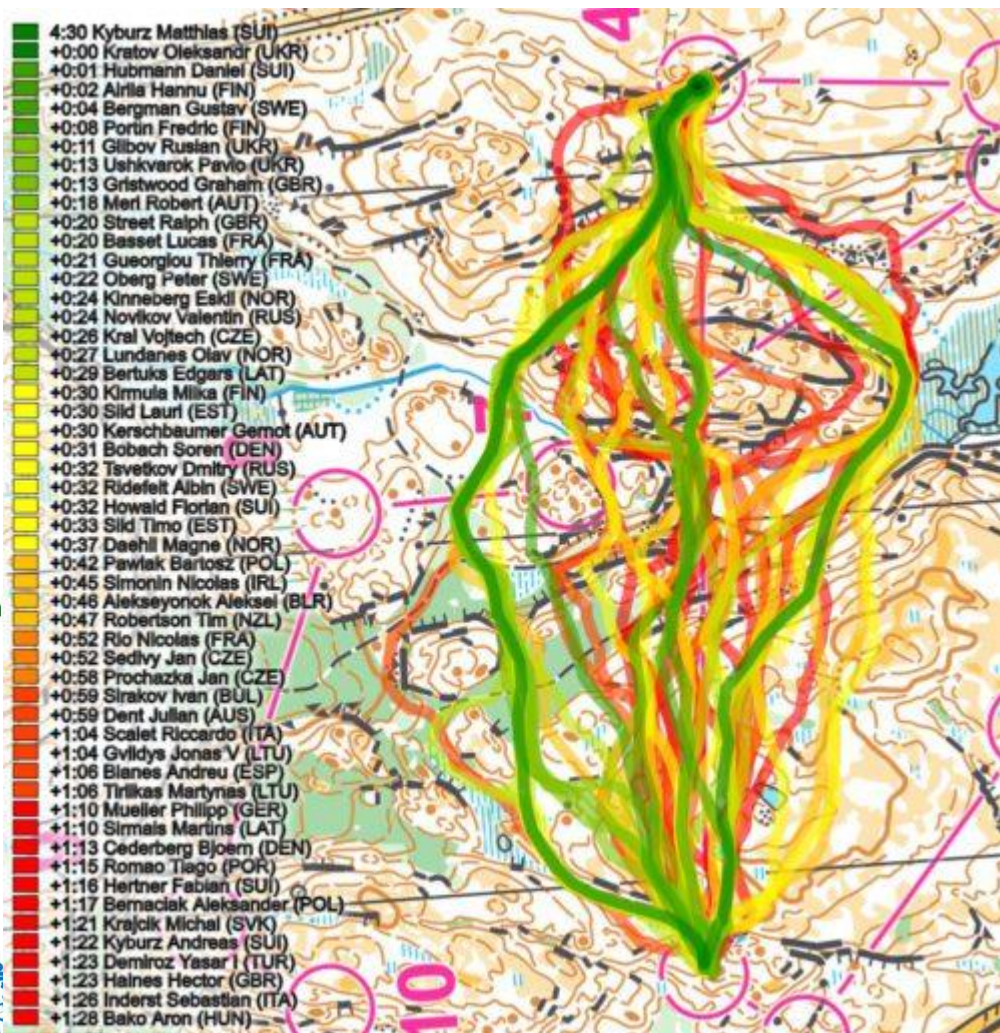


ORIENTEERING IN TV



Corso aggiornamento orienteering, 6/9/21 di Martina Palumbo e Samuele Tait

TRACCE GPS





LINK UTILI: www.fiso.it
www.oritrentino.it



FEDERAZIONE
ITALIANA
SPORT
ORIENTAMENTO

MATERIALE

VIDEO IOF

<https://www.youtube.com/watch?v=m60XVsGOchk>

<https://www.youtube.com/watch?v=2Qp6tgN9ppM>

<https://www.youtube.com/watch?v=APXsmphepv4>

VIDEO HUBMANN

<https://www.youtube.com/watch?v=FnE-hftGQoU>

SITO SCOOOL

<https://www.scool.ch/it/>

CANALI YOUTUBE ORIENTEERING

<https://www.youtube.com/channel/UC31unUnxwooPY0C5QdfpQEg>

<https://www.youtube.com/channel/UCVLthFSzP7uJyfKtQwdArrA>

https://www.youtube.com/channel/UCDt5flmgYBIEZ_ig5GrkWoQ