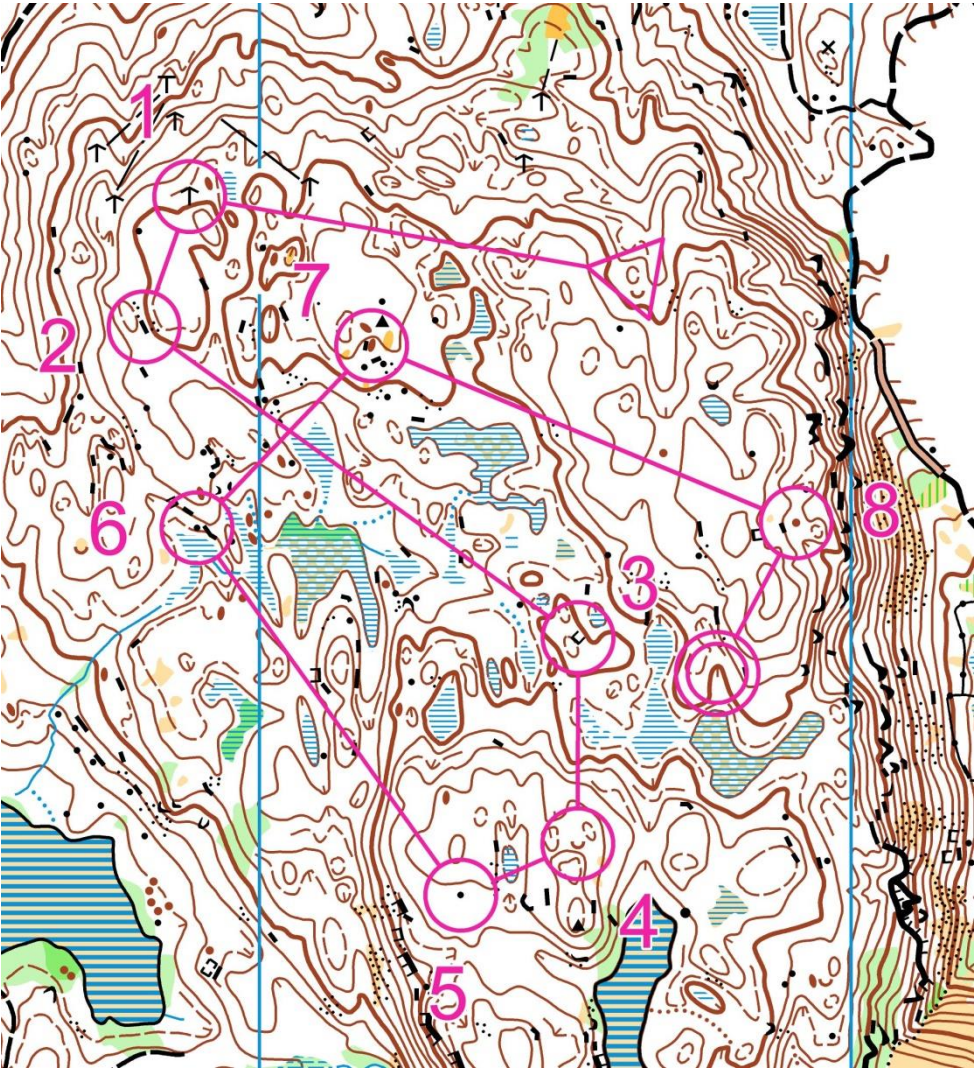
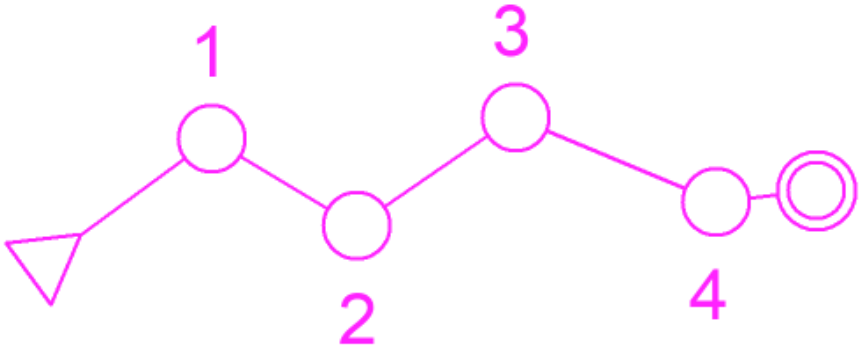
Sabato 29 Ottobre 2022

CORSO DI AGGIORNAMENTO PER DOCENTI

ORIENTEERING A SCUOLA

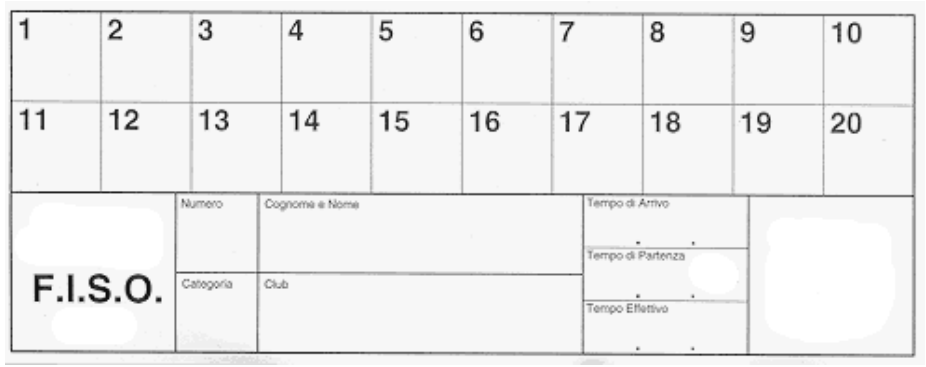
L’ORIENTEERING

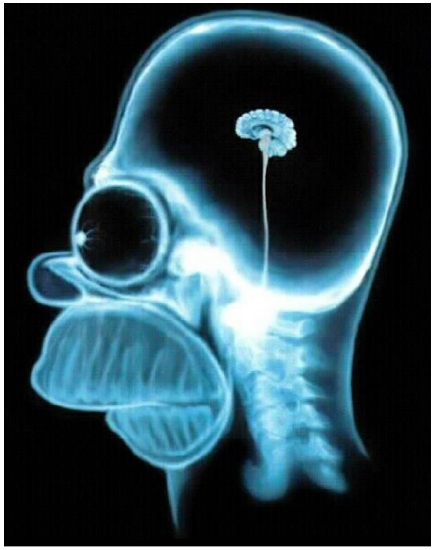




Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

COSA SERVE PER FARE ORIENTEERING?



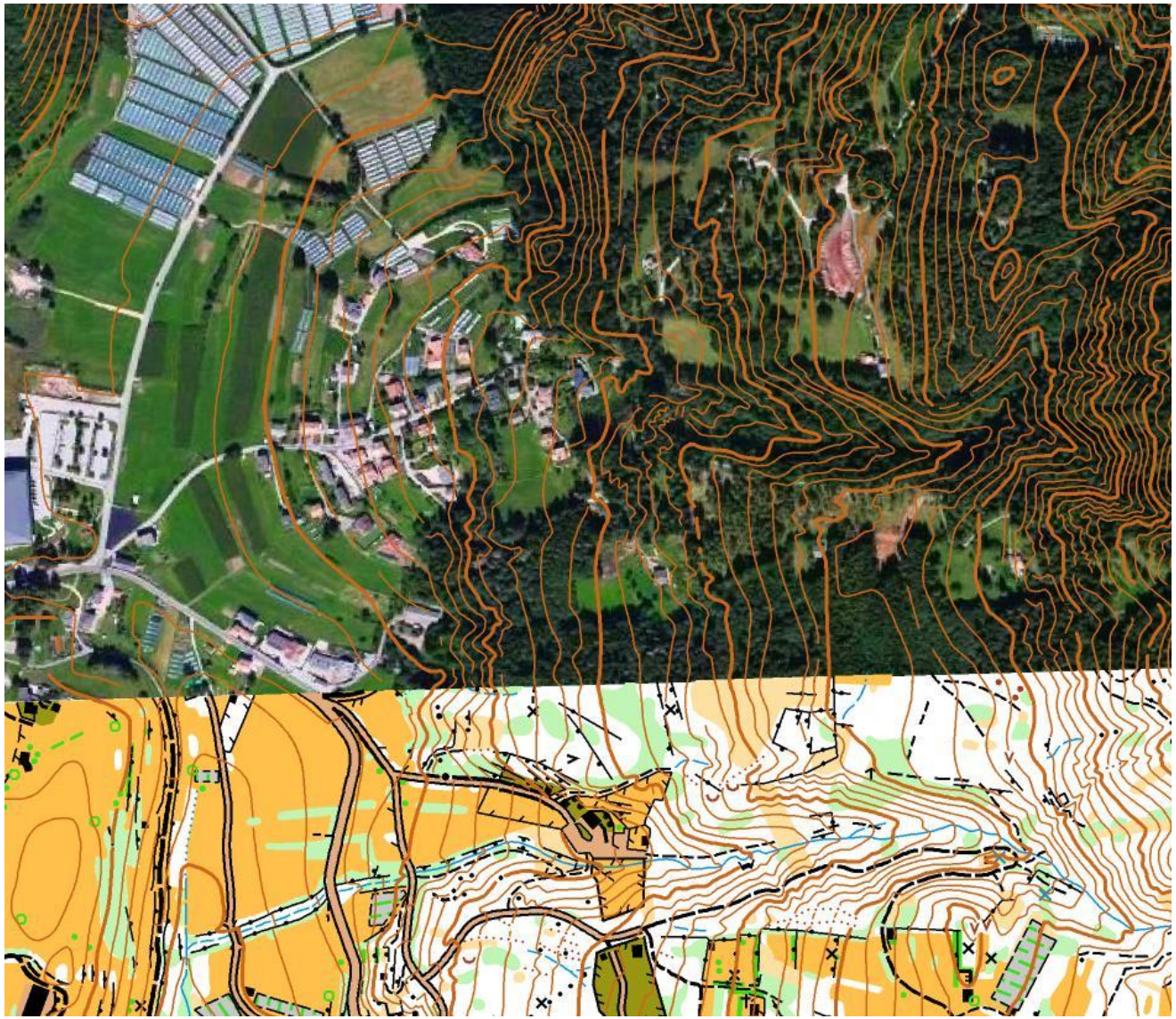


Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

LE QUATTRO DISCIPLINE

Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

LA MAPPA



Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

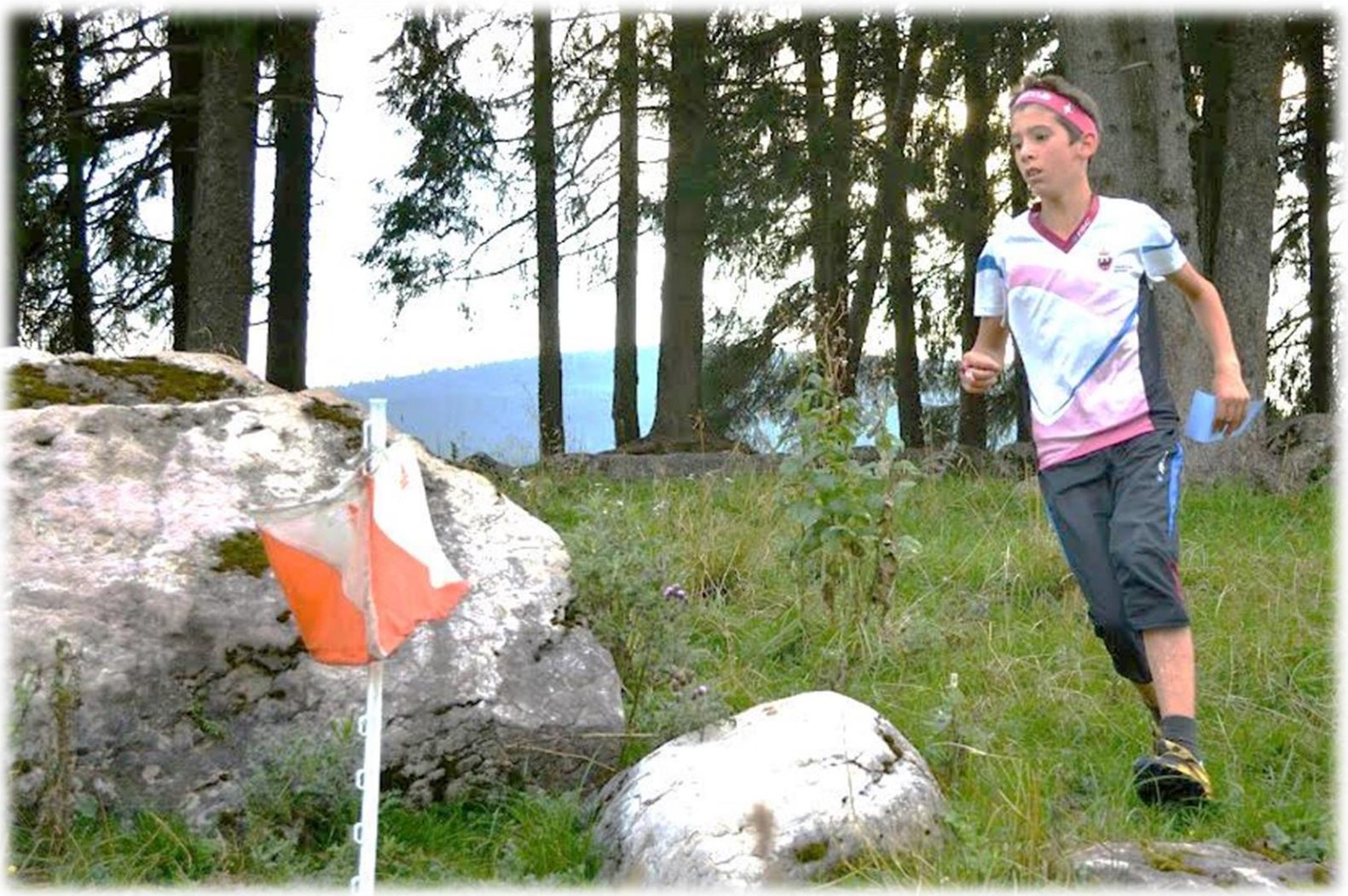
SI LEGGE LA MAPPA

Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

SI CORRE

Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

SI TROVANO LE LANTERNE!



Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

WE READ A MAP

Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

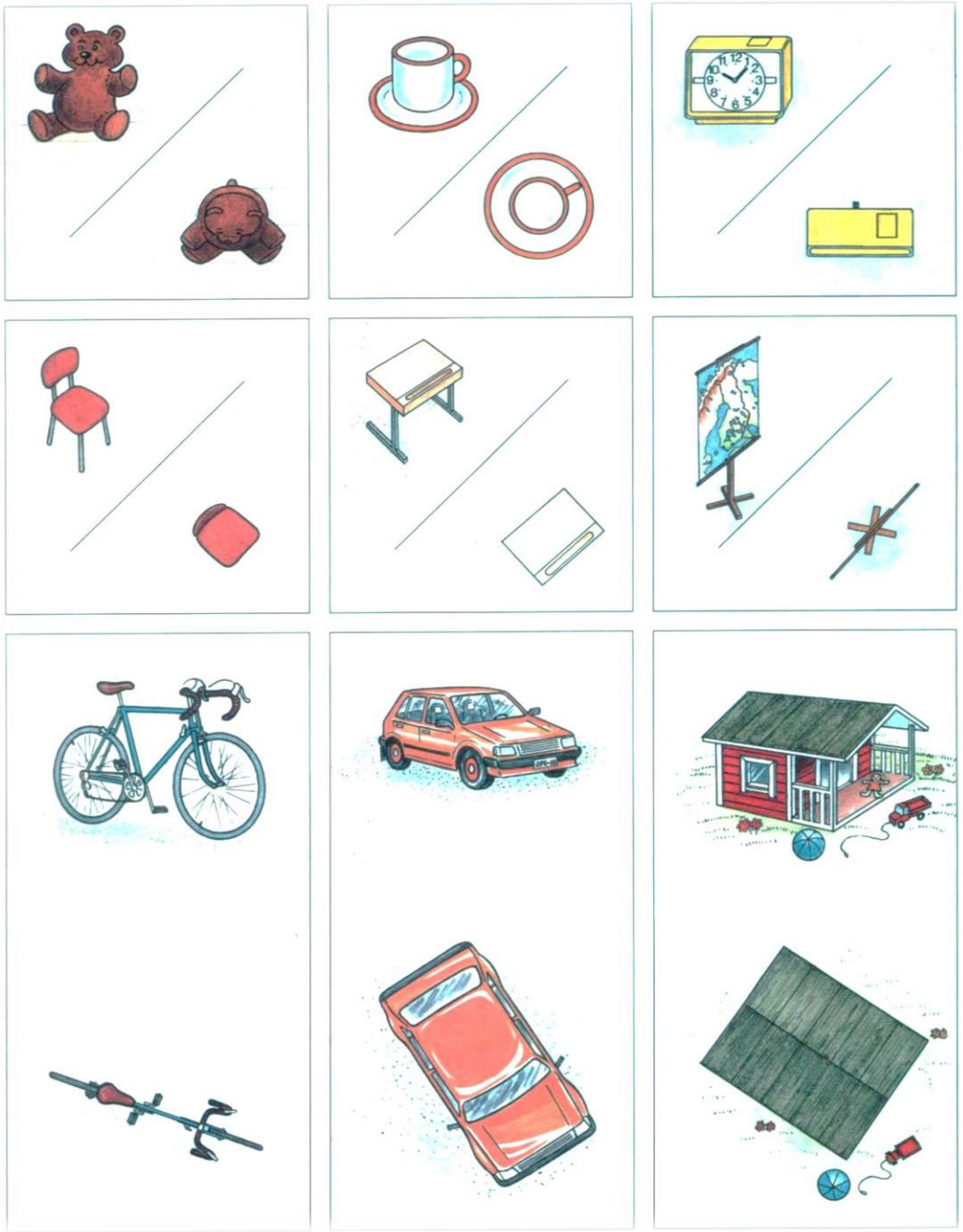
WIR LAUFEN

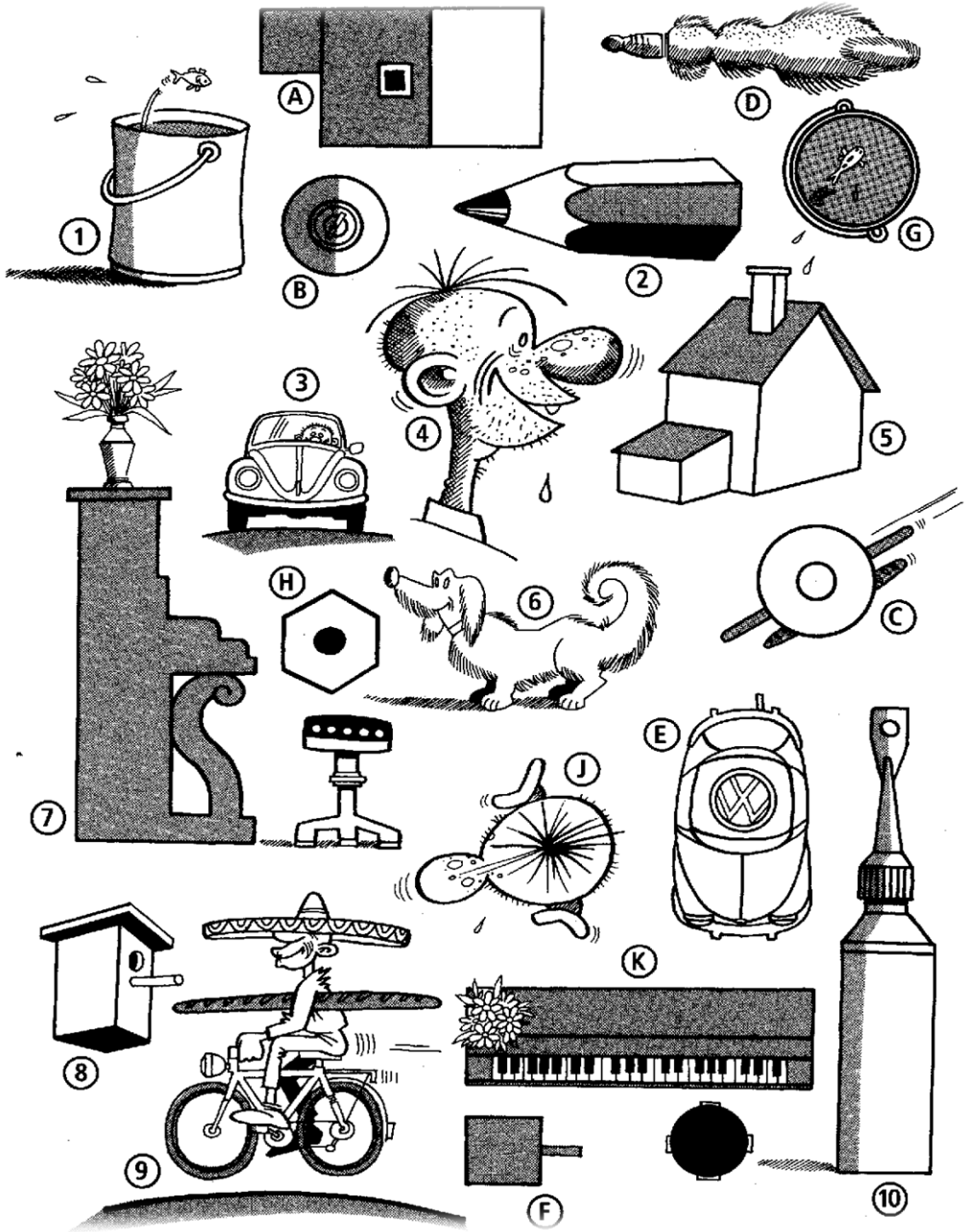
Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

Che cosa è una mappa?

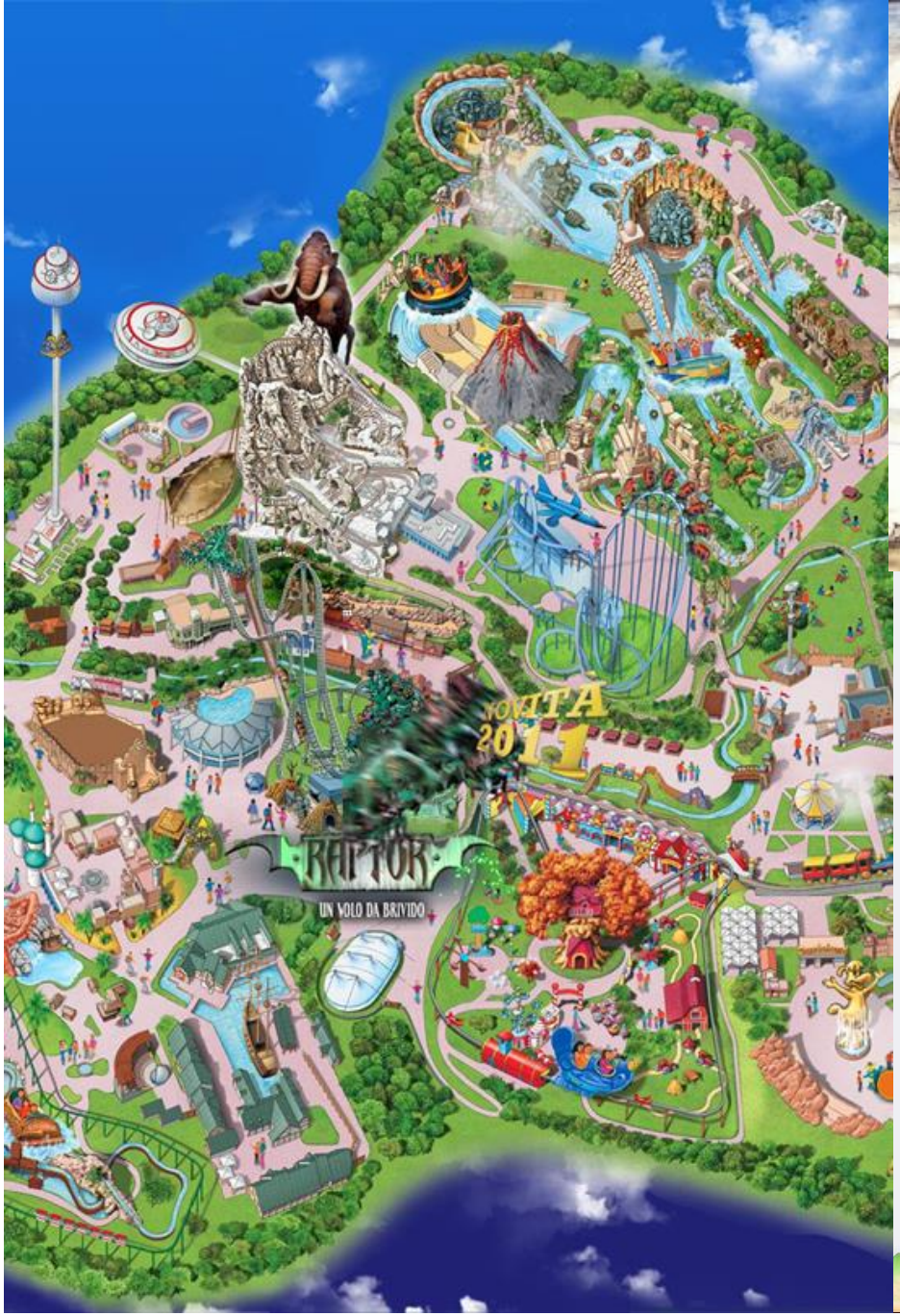
Immaginate di vedere le cose dall’alto

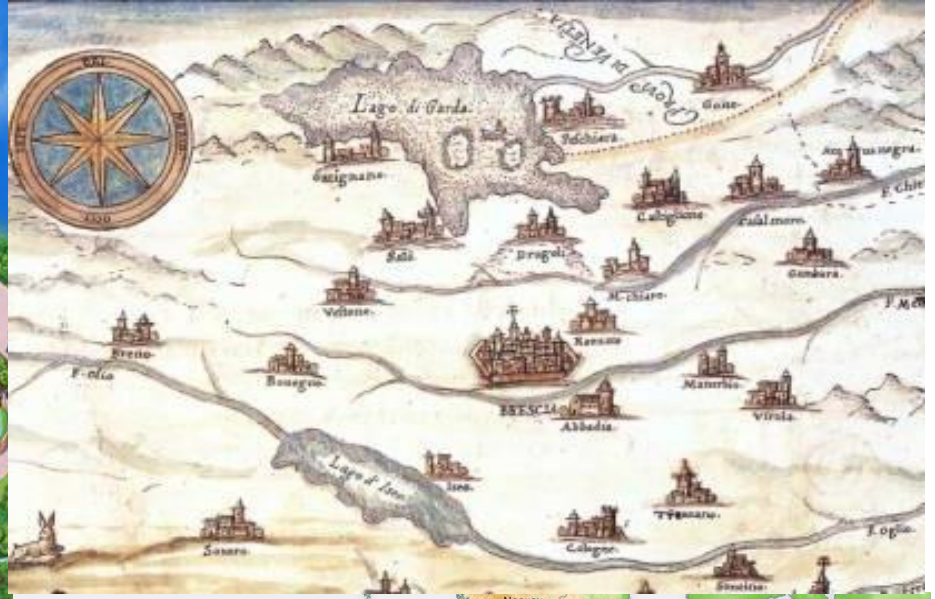
Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait





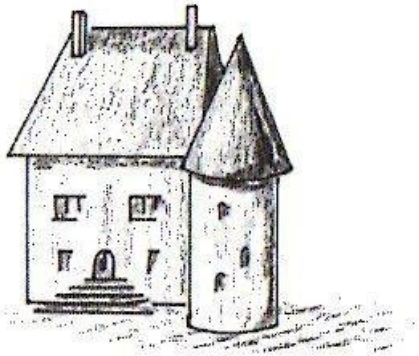
Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait





Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

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

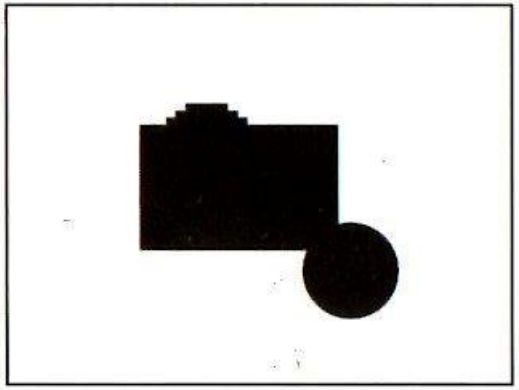


Quale pianta corrisponde a questa casa?

Welcher Grundriss gehört zu diesem Haus?

Quel plan correspond à cette maison?

a



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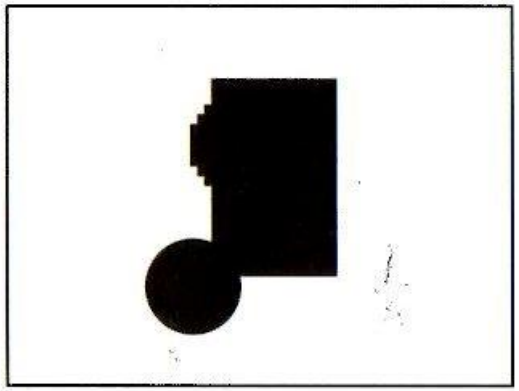

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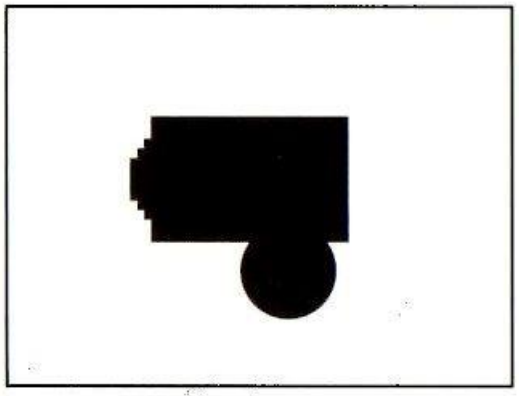


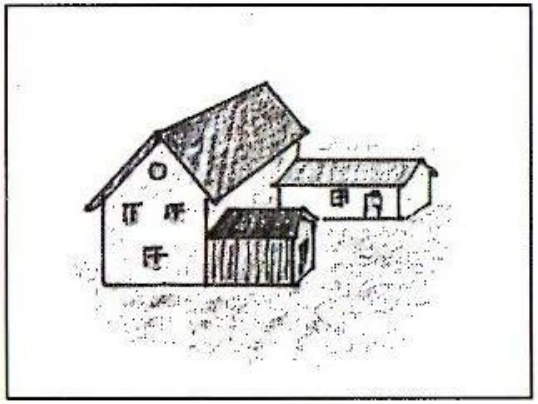
6 Veduta aerea e carta
Luftbild und Karte
Vue aérienne et carte

Quale casa corrisponde a questa pianta?

Welches Haus gehört zu diesem Grundriss?

Quelle maison correspond à ce plan?

a



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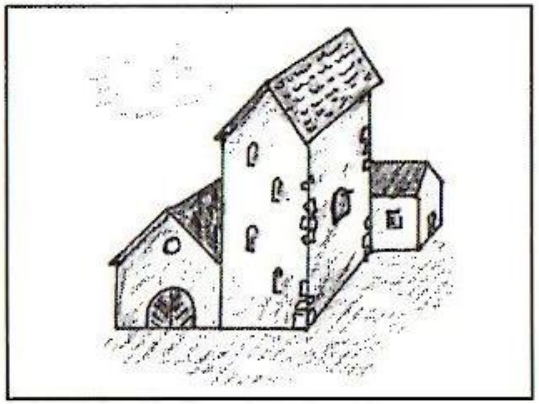

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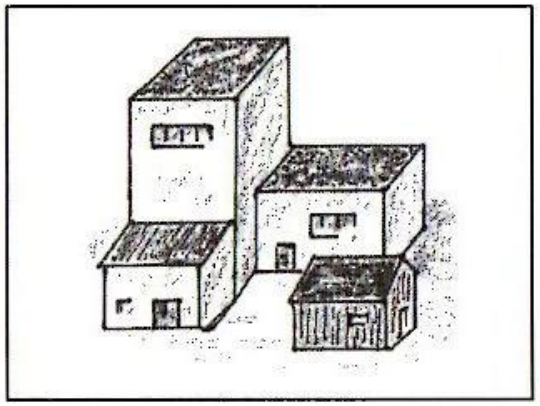
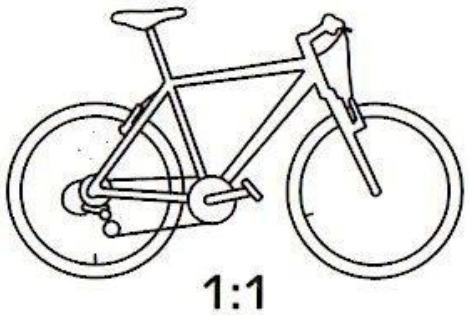


La riduzione in scala

4 Scala e distanze
Distanzen und Massstab
Distance et échelle

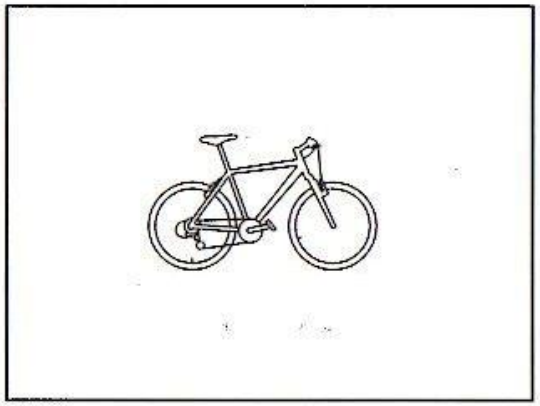


Quale rampichino è disegnato in scala 1:2 ?

Welches Mountain Bike ist im Massstab 1:2 gezeichnet?

Quel VTT est dessiné à l'échelle 1:2?

a



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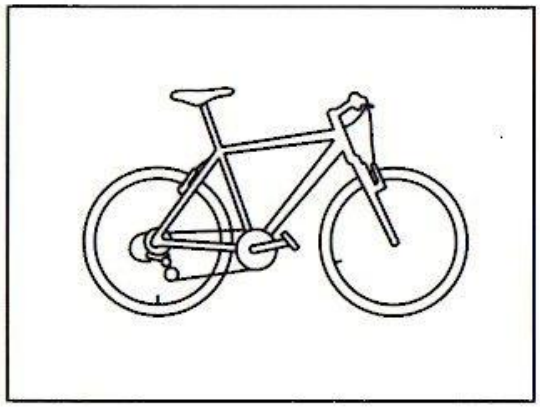

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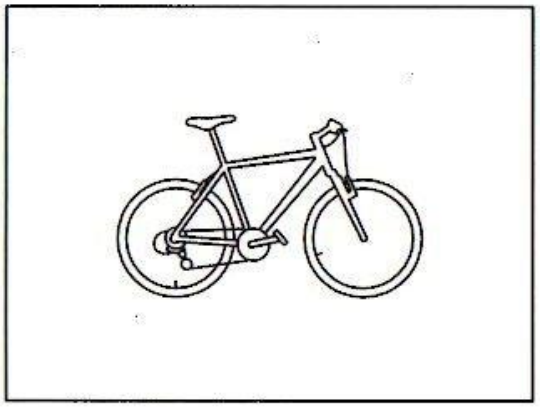
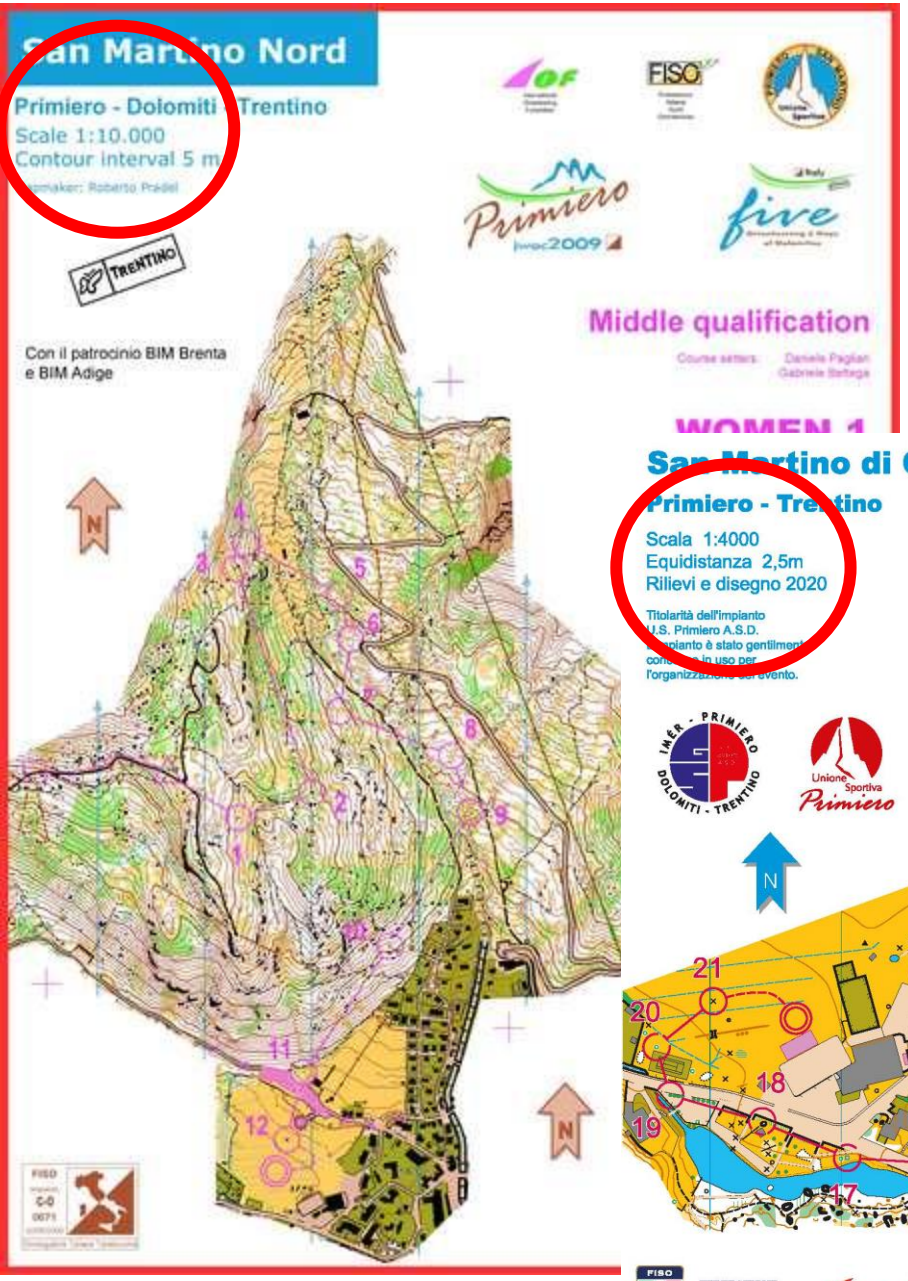


La riduzione in scala

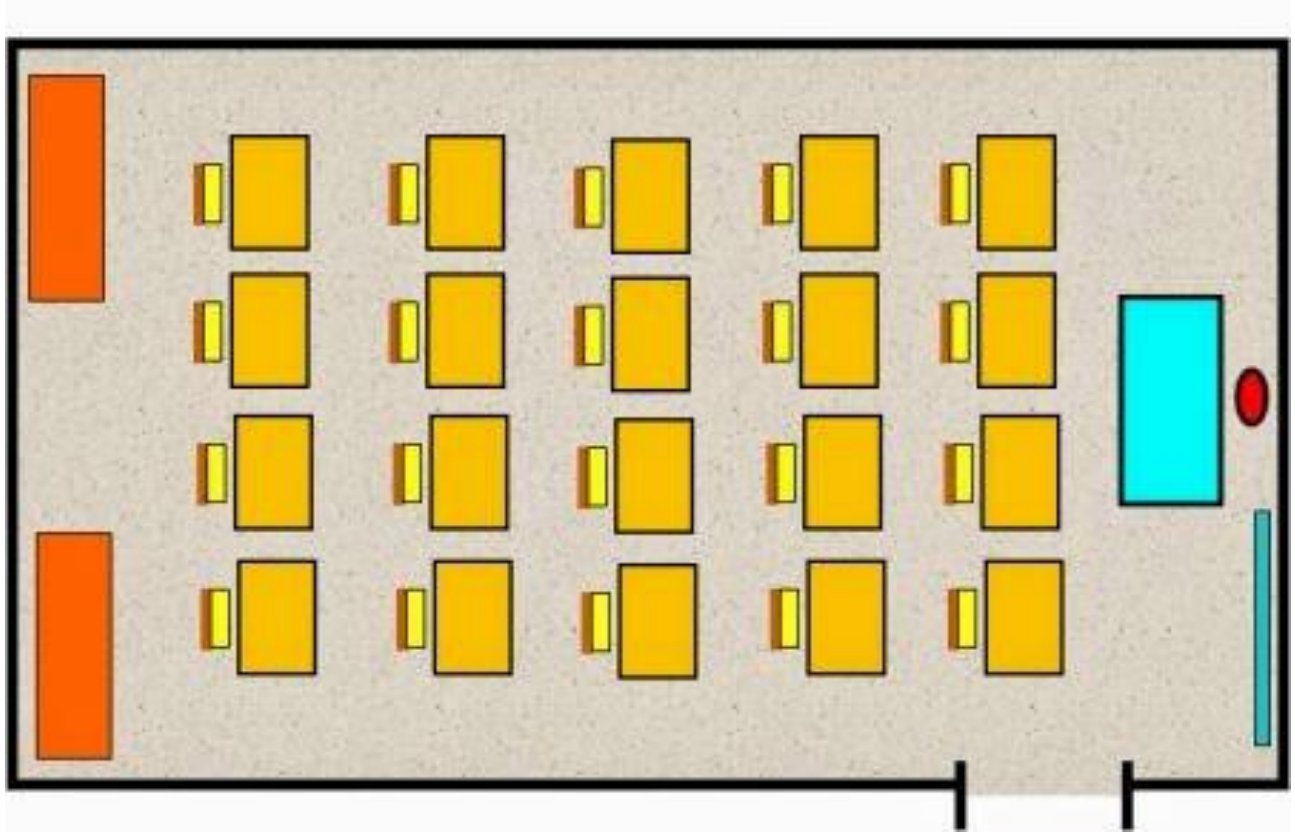


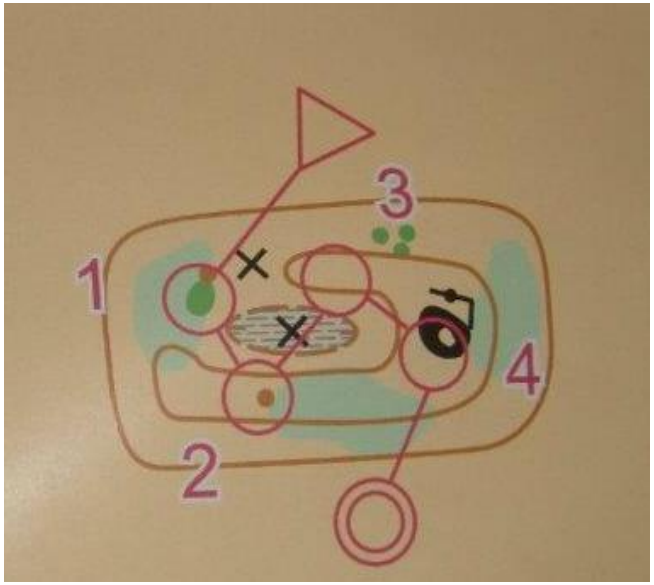
L’orientamento della mappa

Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

Disponi degli oggetti sul tuo banco e poi prova a disegnarlo

Prova a disegnare la mappa della classe





Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

Curve di livello ed equidistanza

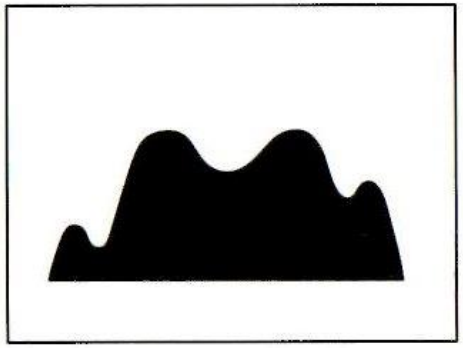
5 Terreno e curve di livello
Gelände und Höhenkurven
Relief et courbes de niveau

Quale profilo corrisponde a queste curve di livello?

Welche Silhouette passt zu diesem Höhenkurvenbild?

Quel profil correspond à ces courbes de niveau?

a



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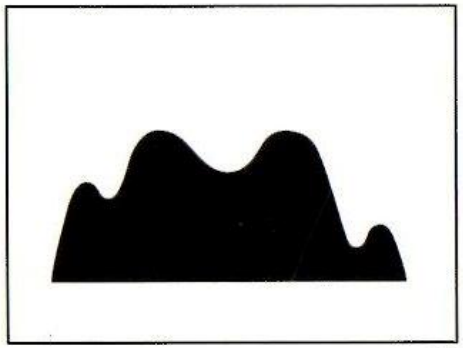

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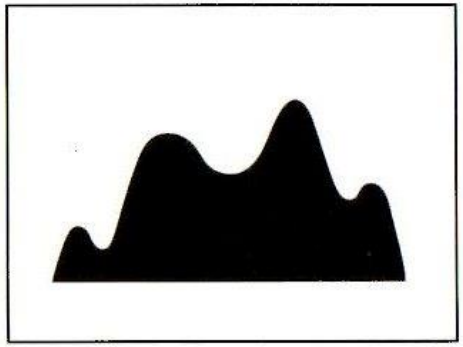


Curve di livello ed equidistanza

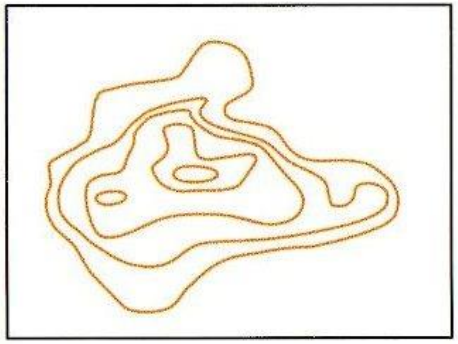
9 Terreno e curve di livello
Gelände und Höhenkurven
Relief et courbes de niveau

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



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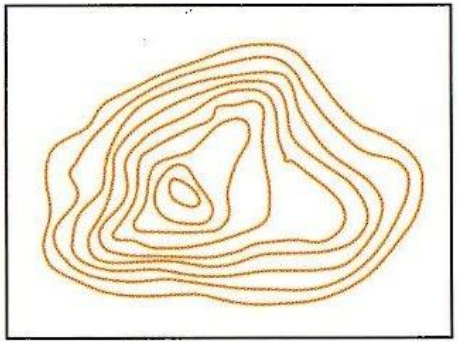

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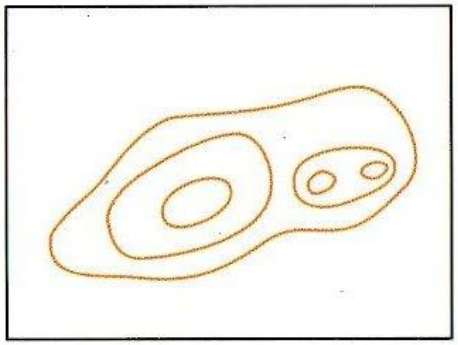
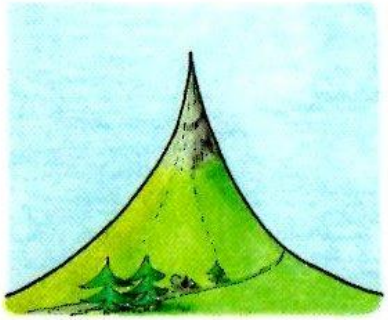


Curve di livello ed equidistanza

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

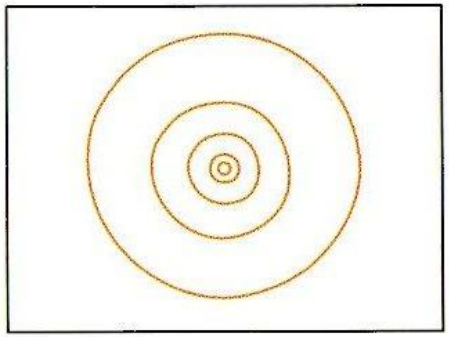


Quali curve di livello corrispondono a questa veduta?

Welches Höhenkurvenbild gehört zu dieser Ansicht?

Quelles courbes de niveau correspondent à cette vue?

a



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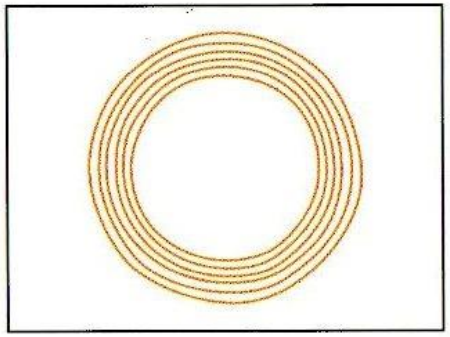

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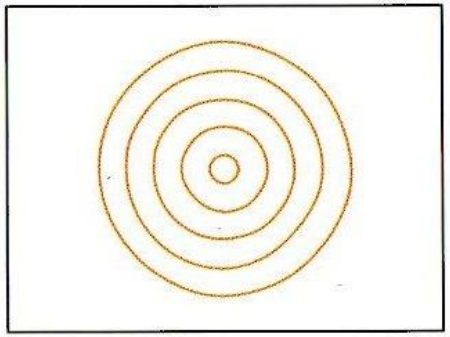
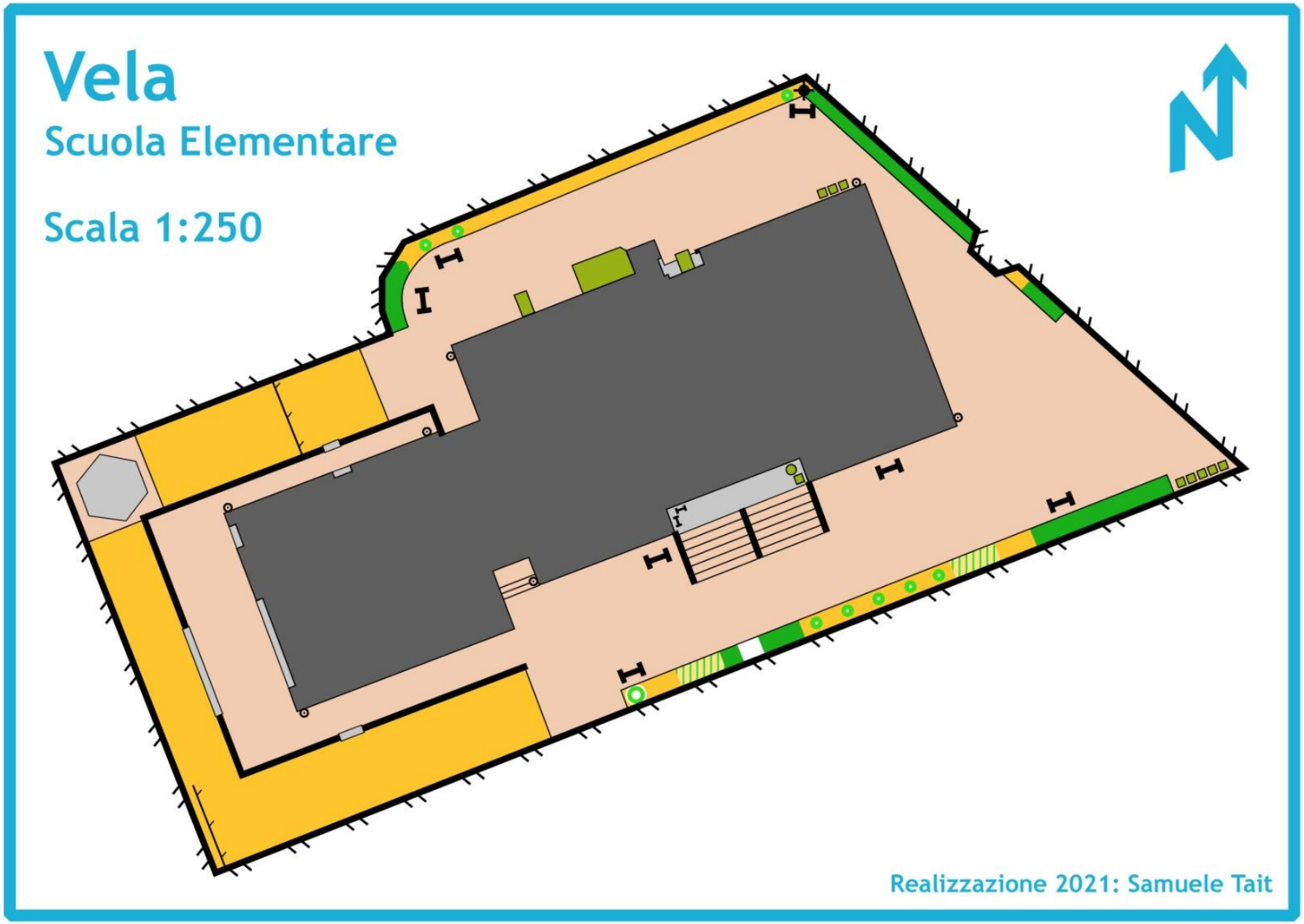


Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait



Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

BIANCO

BOSCO

Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

VERDE

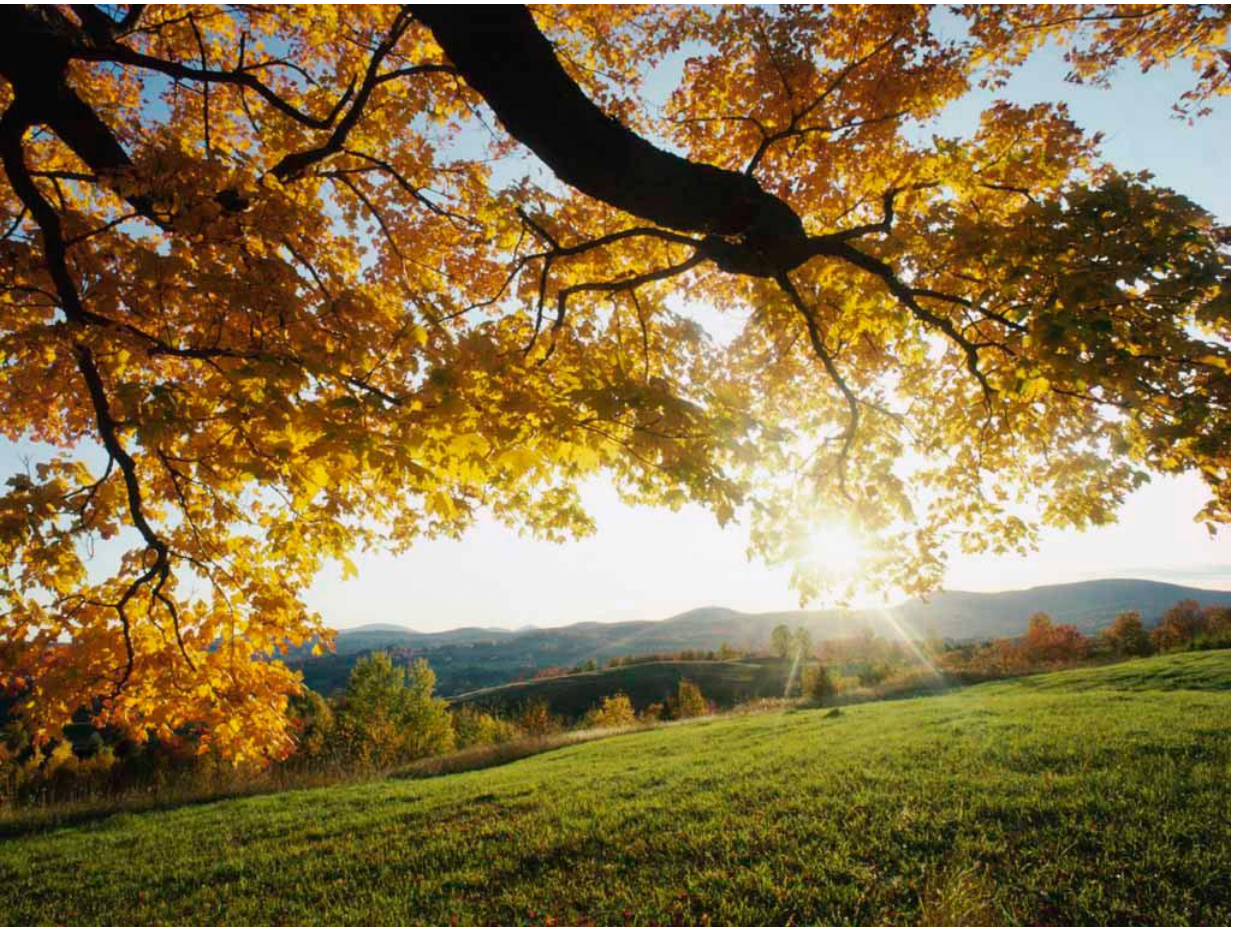
BOSCO FITTO

Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

ALBERO ISOLATO

GIALLO

AREE APERTE (PRATI, RADURE)



NERO

MURO

RECINTO

OGGETTI PARTICOLARI

o

x

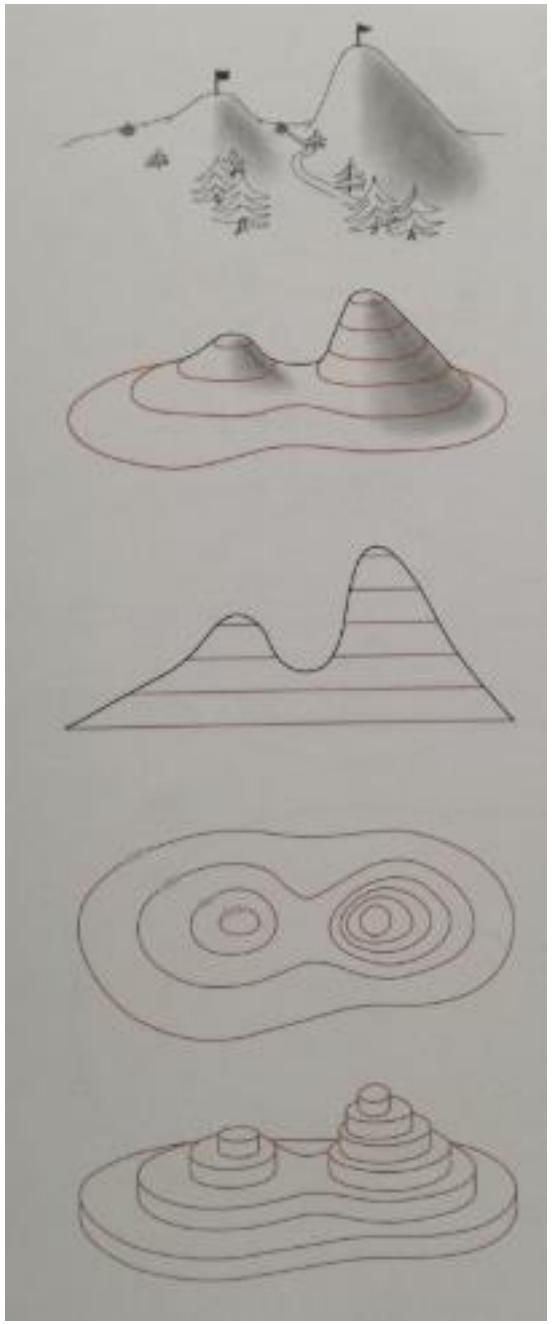
EDIFICI

ROSA

AREE PAVIMENTATE, STRADE

Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

MARRONE



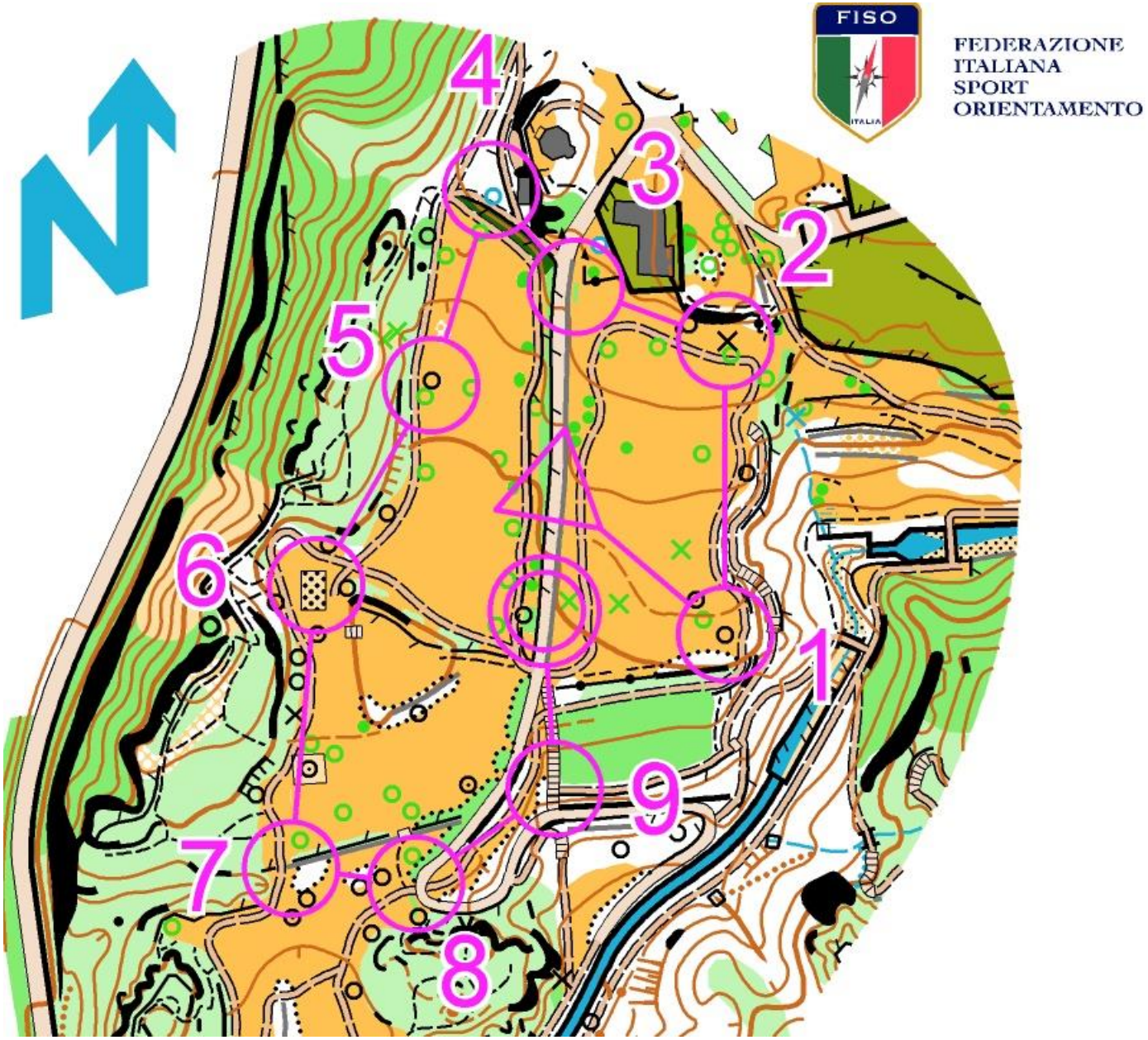
Curve di livello

Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

Forme del terreno

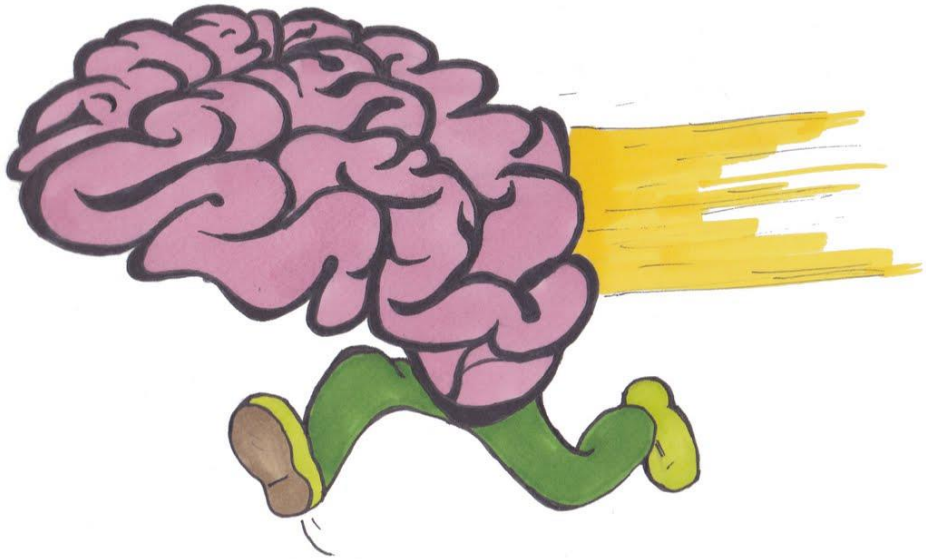
Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

Colline



Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

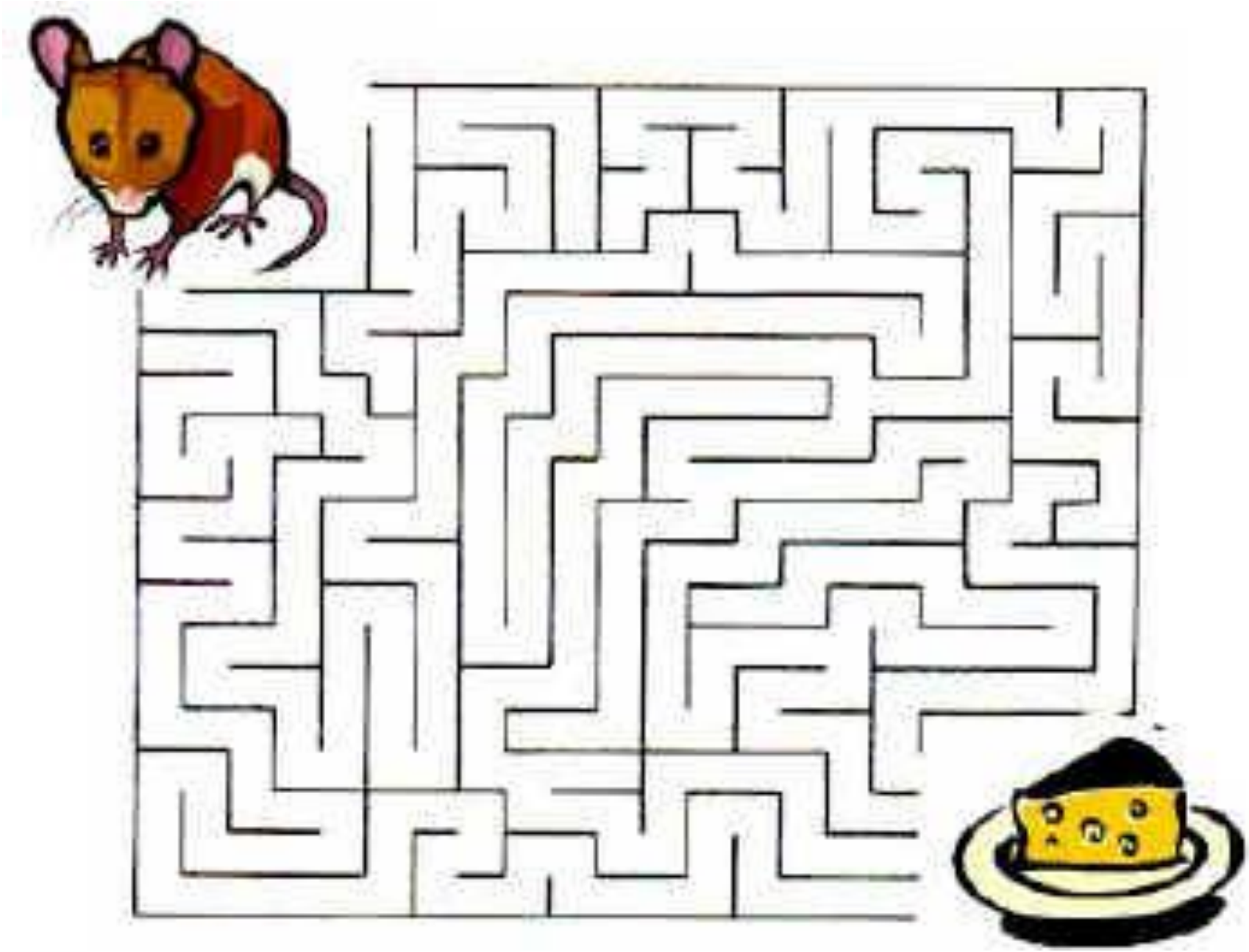
Corri veloce, ma…



Pensa più veloce!!

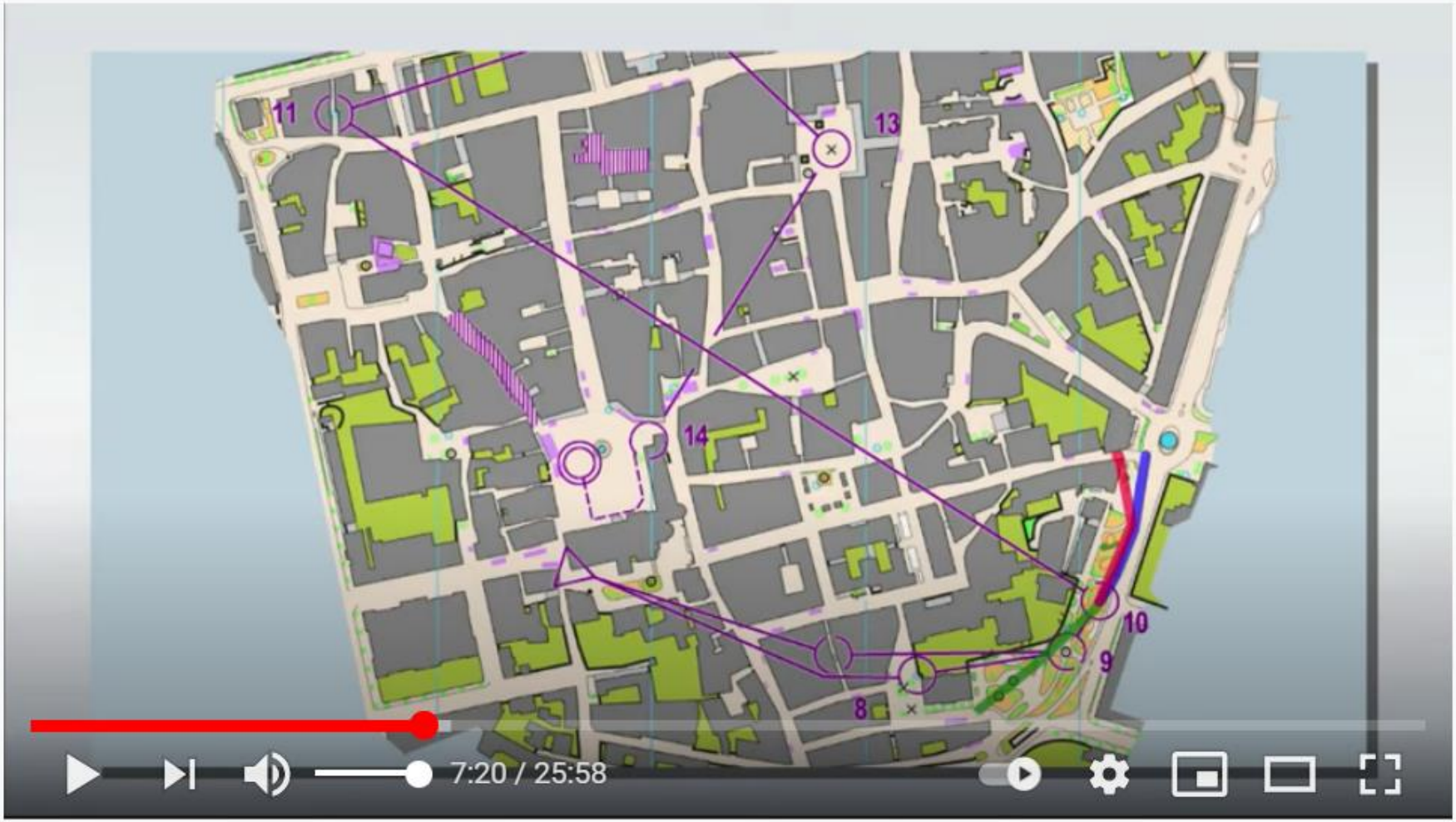
Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

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



Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

Le scelte di percorso



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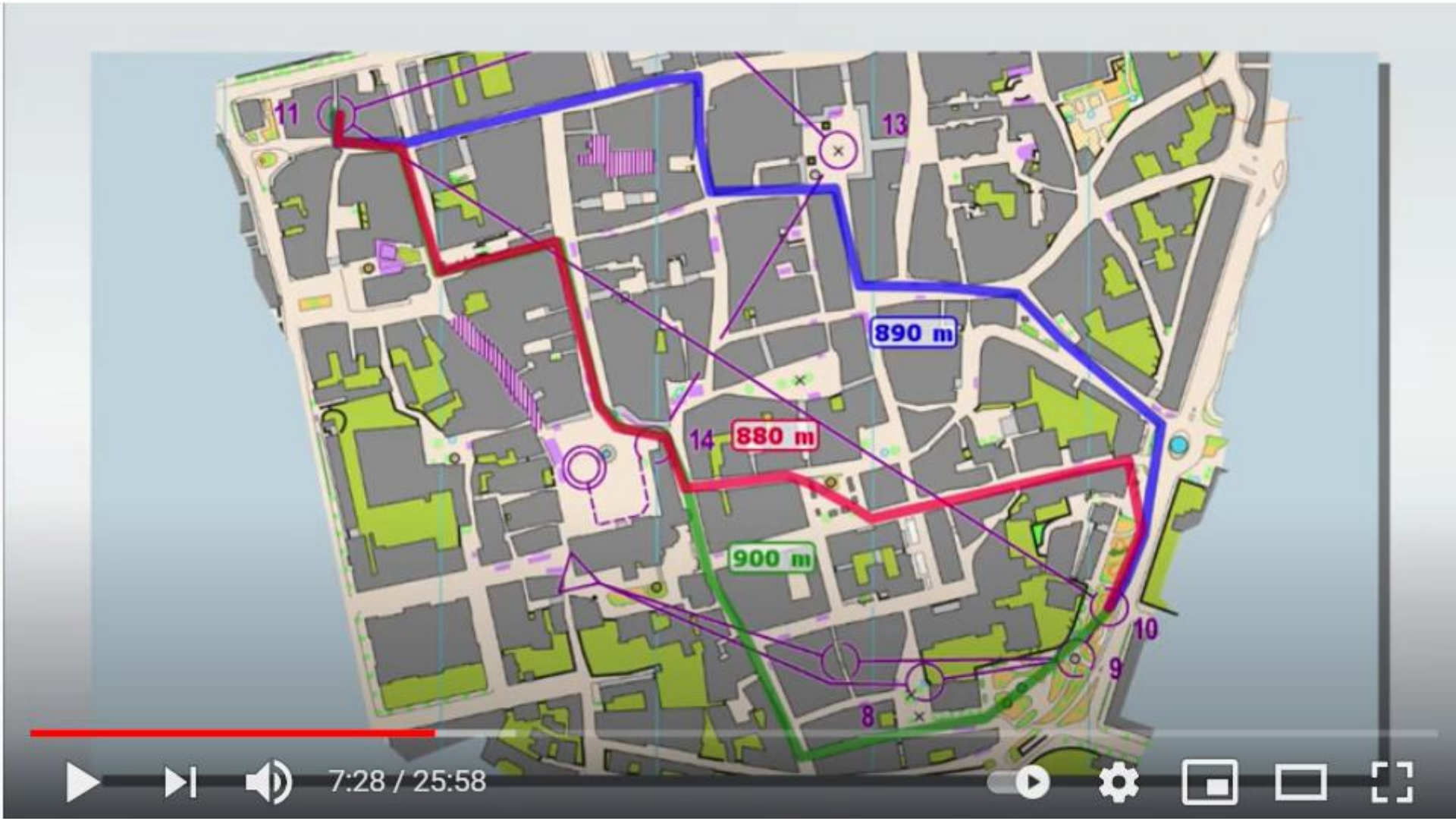
Le scelte di percorso

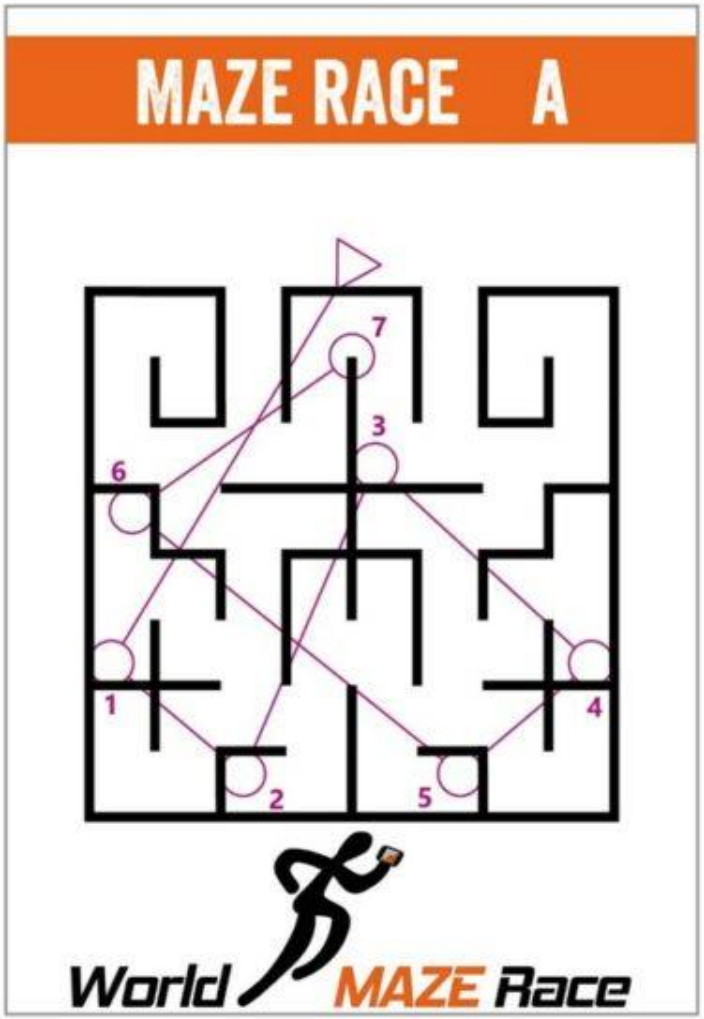


https://www.youtube.com/watch?v=bAw7nUs9VUI&ab_channel=IOFOrienteeringYoutube

Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

Giochi di mini-orienteering

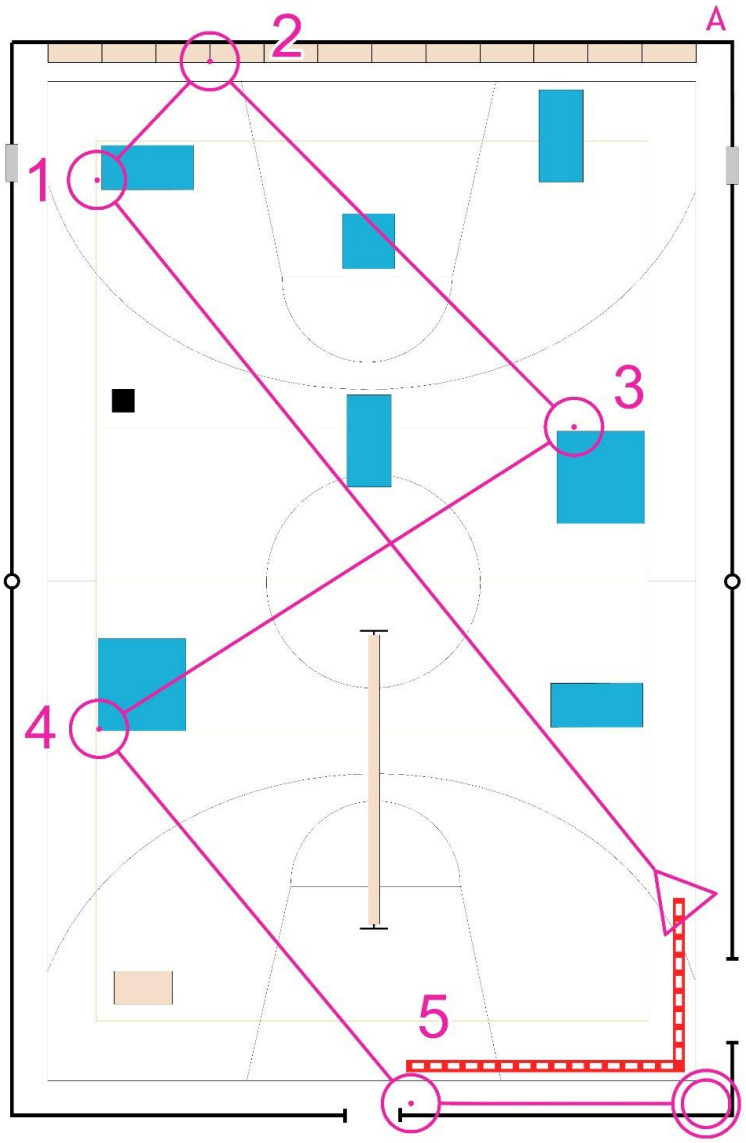
Il Labirinto



Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

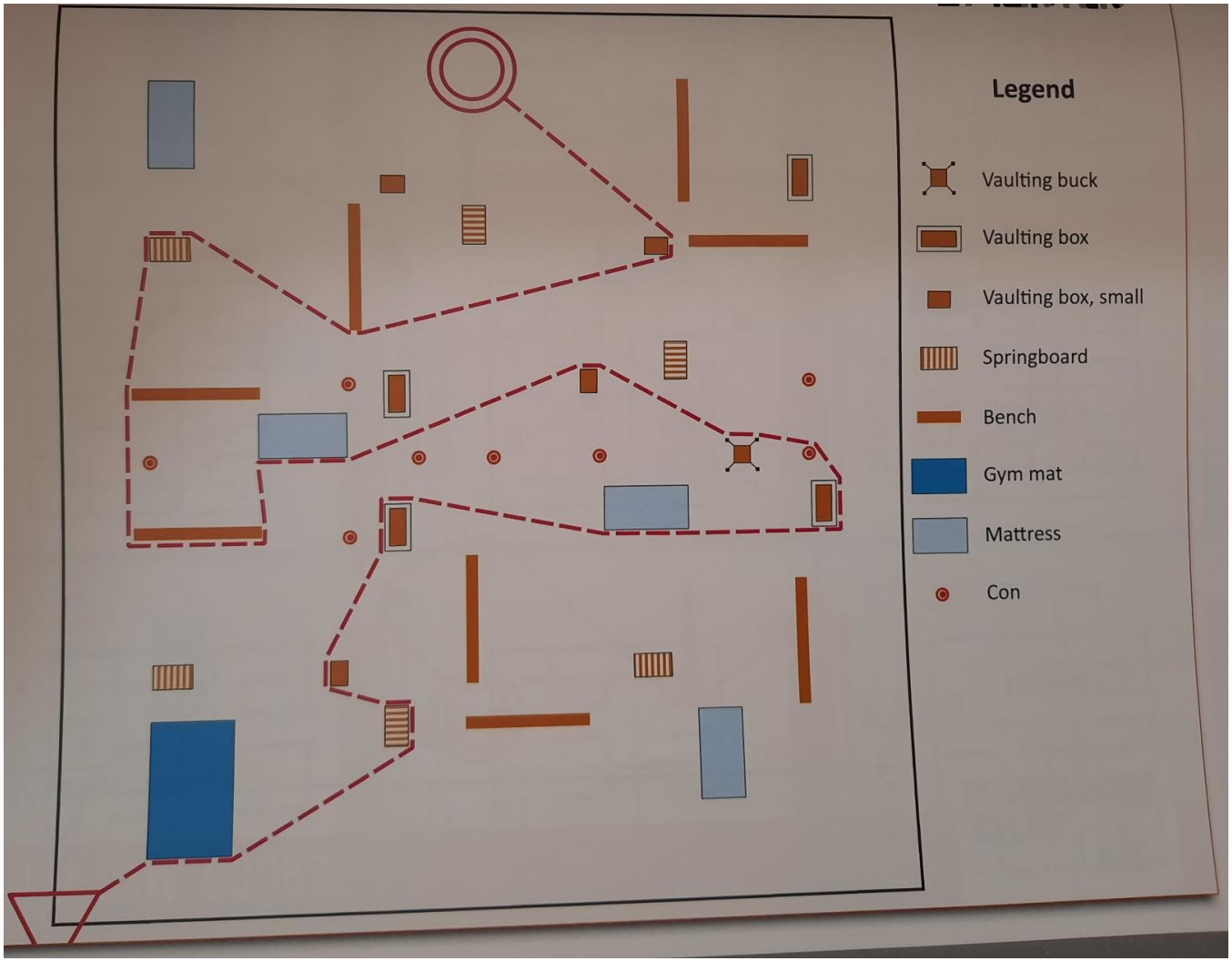
Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

Orienteering in palestra



Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

Orienteering in palestra



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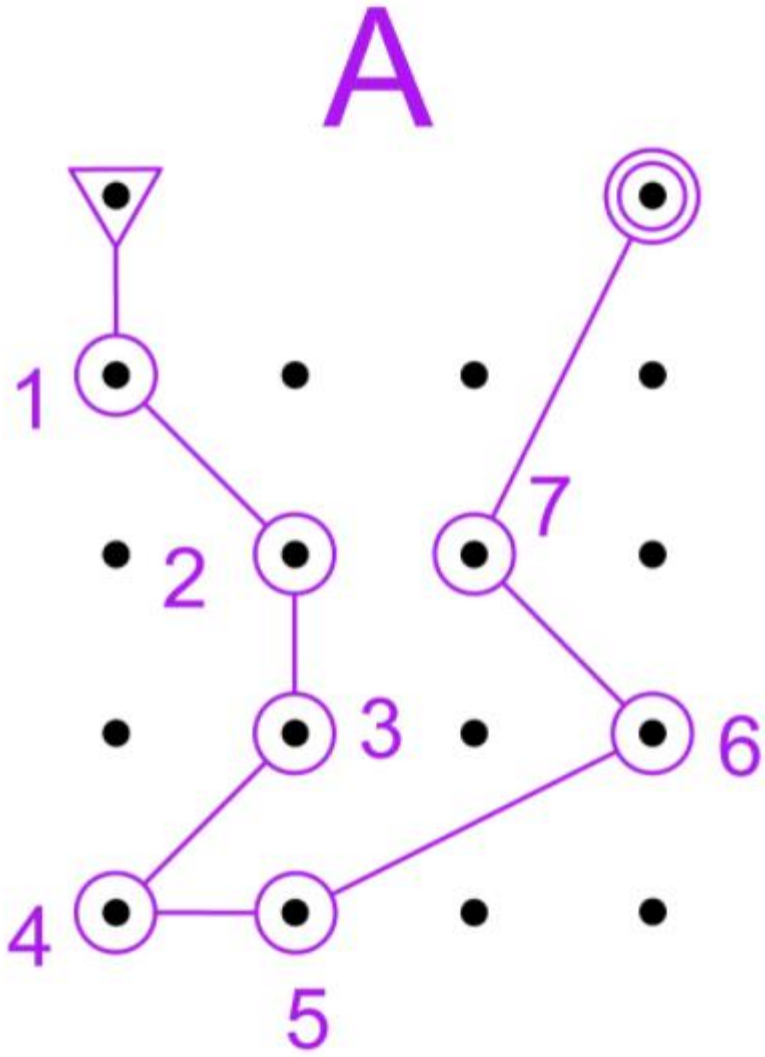
Orienteering in palestra



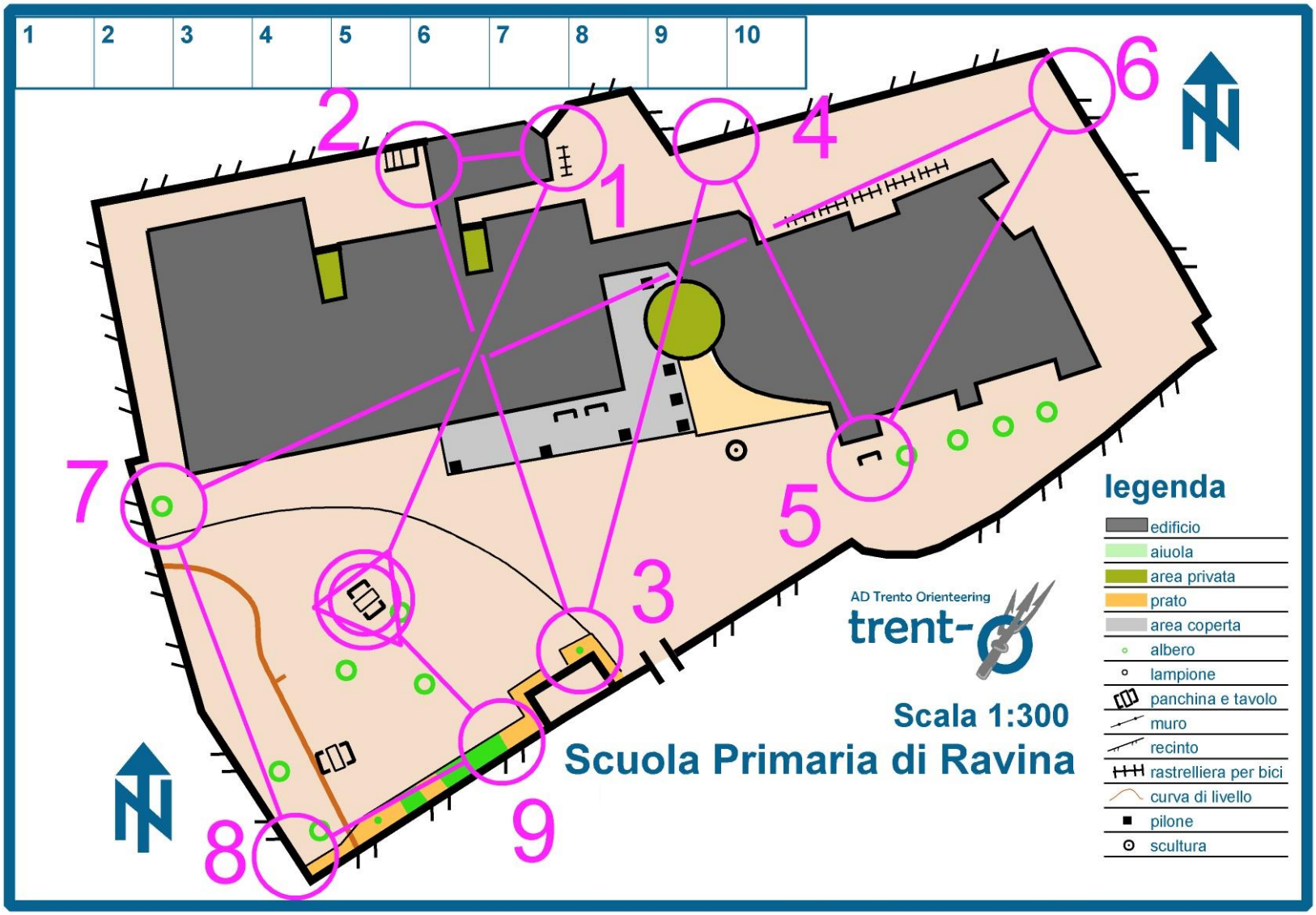
Orienteering in palestra

Prato

Bosco

Bosco fitto

Orienteering in cortile



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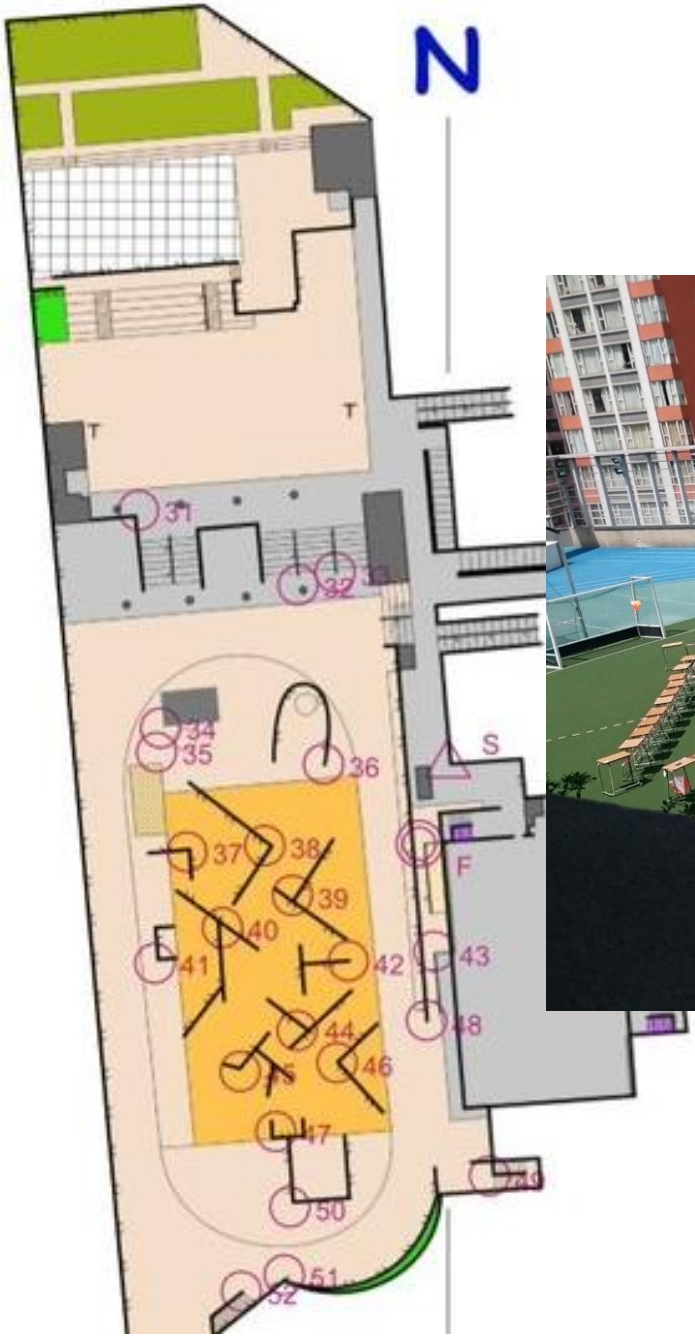

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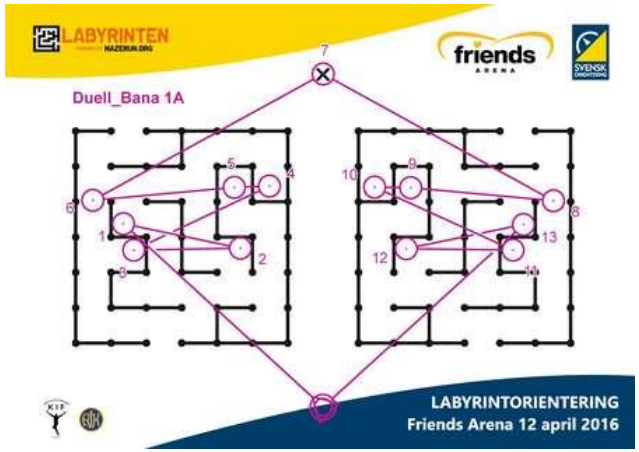
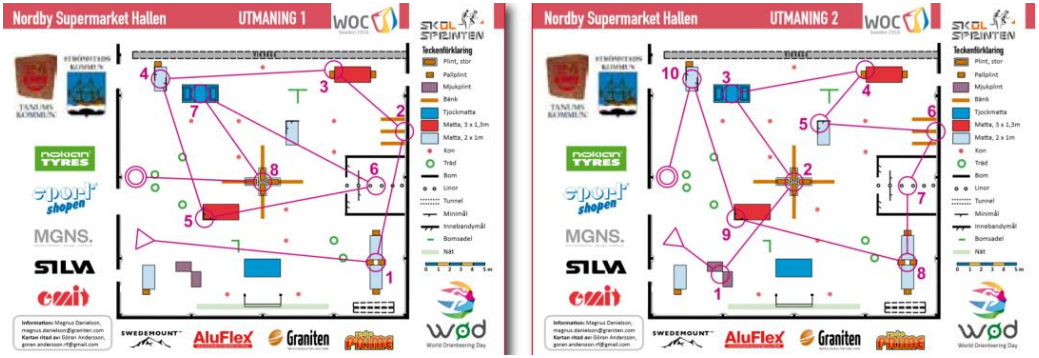
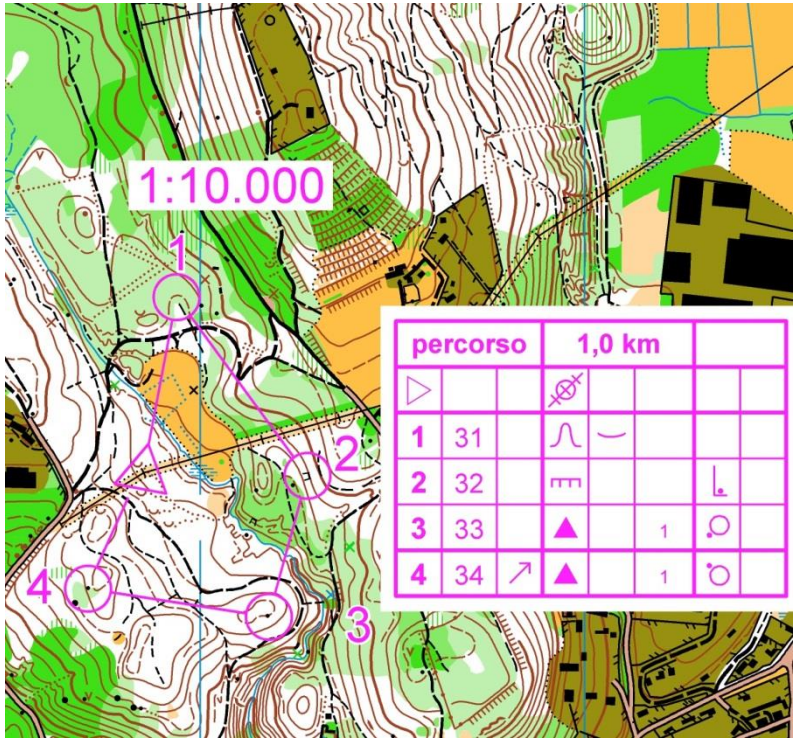
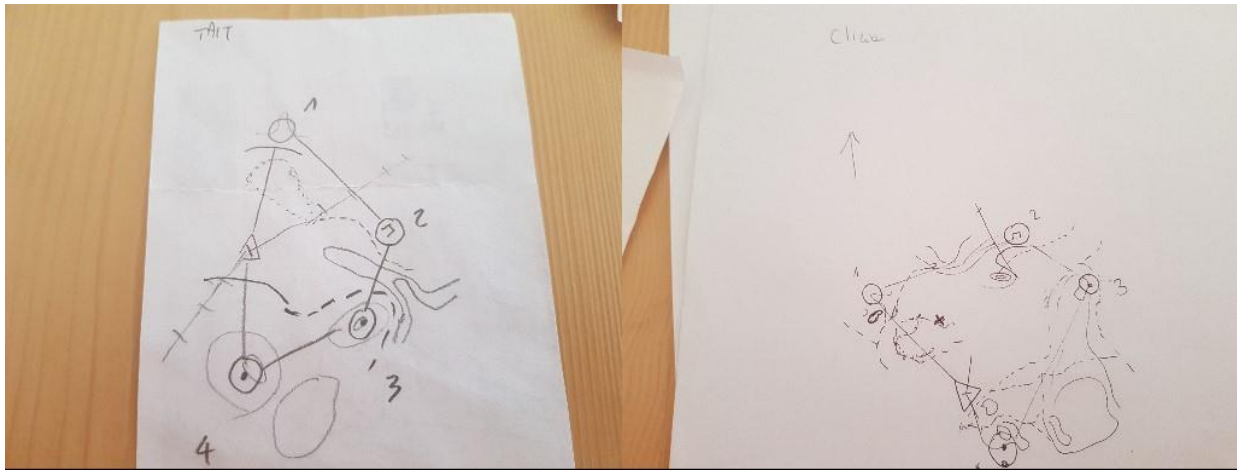




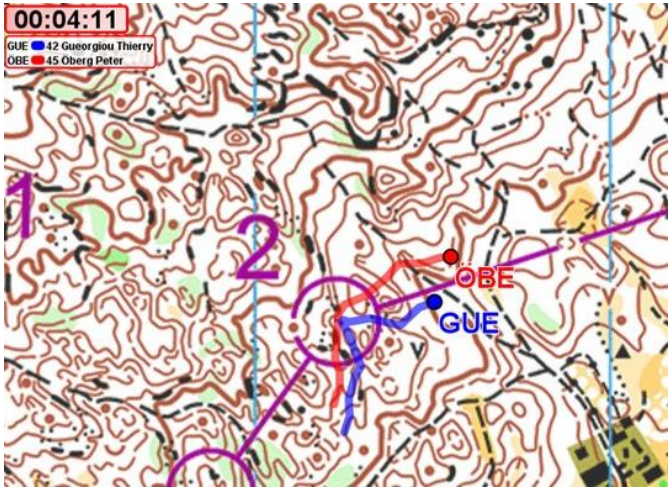




Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

ORIENTEERING IN TV

LIVE Orienteering



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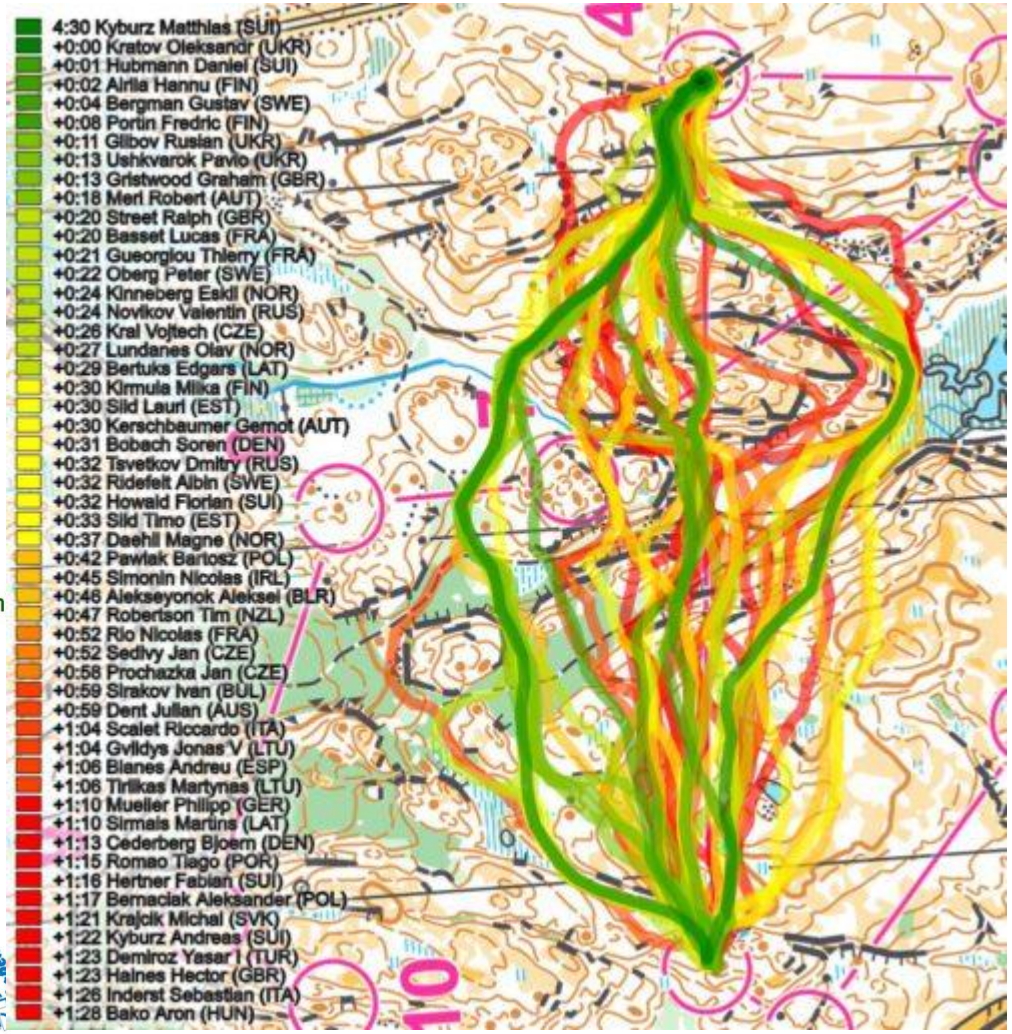
TRACCE GPS



Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

FOOT Orienteering

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

FISO

FEDERAZIONE ITALIANA SPORT ORIENTAMENTO

Corso aggiornamento orienteering, 29/10/22 di Martina Palumbo e Samuele Tait

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 SCOOL
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/UCDt5fImgYBlEZ_ig5GrkWoQ

MATERIALE

GARE INTERNAZIONALI
https://www.youtube.com/c/OrienteeringTube
https://www.youtube.com/c/ioforienteering

PROGRAMMA PER TRACCIARE UN PERCORSO
http://purple-pen.org/

PROGRAMMA PER FARE UNA MAPPA
https://www.openorienteering.org/

MAPPE IN TRENTINO
http://www.stefanoraus.cloud/mymaps/

MATERIALE IN LINGUA STRANIERA
https://orienteering.sport/iof/search-materials/

QUIZ KAHOOT
https://kahoot.com/it/