

ORIENTEERING

Institution Sévigné Saint Louis,ISSOIRE
FRANCE



1-Definition of the activity

When starting an ordinary race, the racer gets a map as well the location of the stations ; the area is unknown to him/her. He / she then has to perform a circuit, in a given order or not. The circuit is composed of various stations called « BALISES » in French.

Several steps :

- reading the map
- choosing the route
- performing
- discovering the station

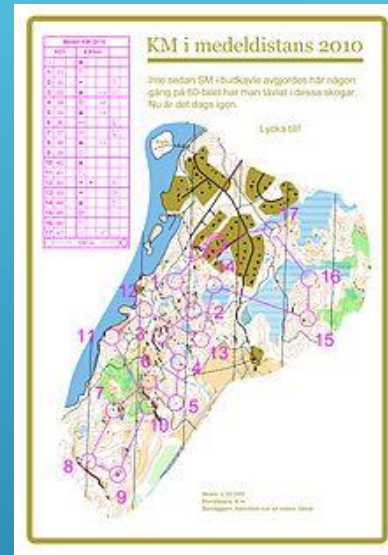
In case of a competition the stations must be reached as quickly as possible. The hardest thing is to choose the best route (not too long or physically demanding) . Speed must also be correctly managed (to be able to read the map and think while running). Orienteering is said to be the sport of « the head and legs ».

- A proper outfit (with something to cover arms & legs so as not to be scratched)

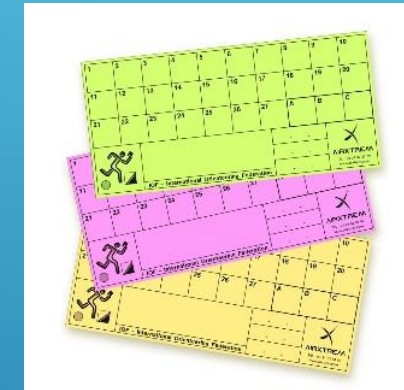
Stations (orange & white)



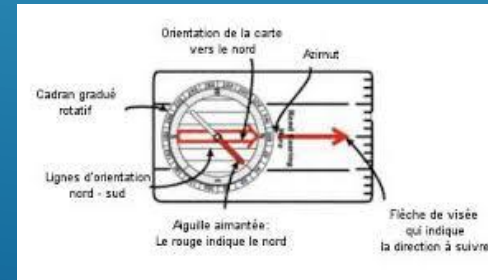
A detailed map using colour coding



- Location of the stations
- Station cards



-a compass,



3- At school

We organize an individual or a group race (2or 3 maximum), against the clock or in a limited time, on a variety of safe fields . Students use their map , some clues and possibly a compass to find out where the stations are.

The map and the field :they should be in keeping with the age and abilities of the students. Of course middle school students or high school students are not given the same circuit.

Moving on the field : Choosing the route is paramount.

Finding out the stations : placed in strategic points to shape the circuit.

Managing the race : this is the physiological aspect of orienteering. How to move fast while remaining clear-headed. This is what is assessed.

Safety and environment : it's all about how to behave.

In our school we use this kind of stations :



When they start middle school students get to know the activity by performing various types of races (star-shaped , butterfly-shaped) outside school , in a park .

In their second year we stay on the premises of the school due to a lack of time and they perform the same type of races , either individually or in a team.

(Étoile, relais, mémoire, poursuite, défi inverse, courses avec fausses balises...)

What is assessed is the time it took them , the number of right stations they found , their team-spirit , and the respect of safety rules.

▶ **4-Safety rules**

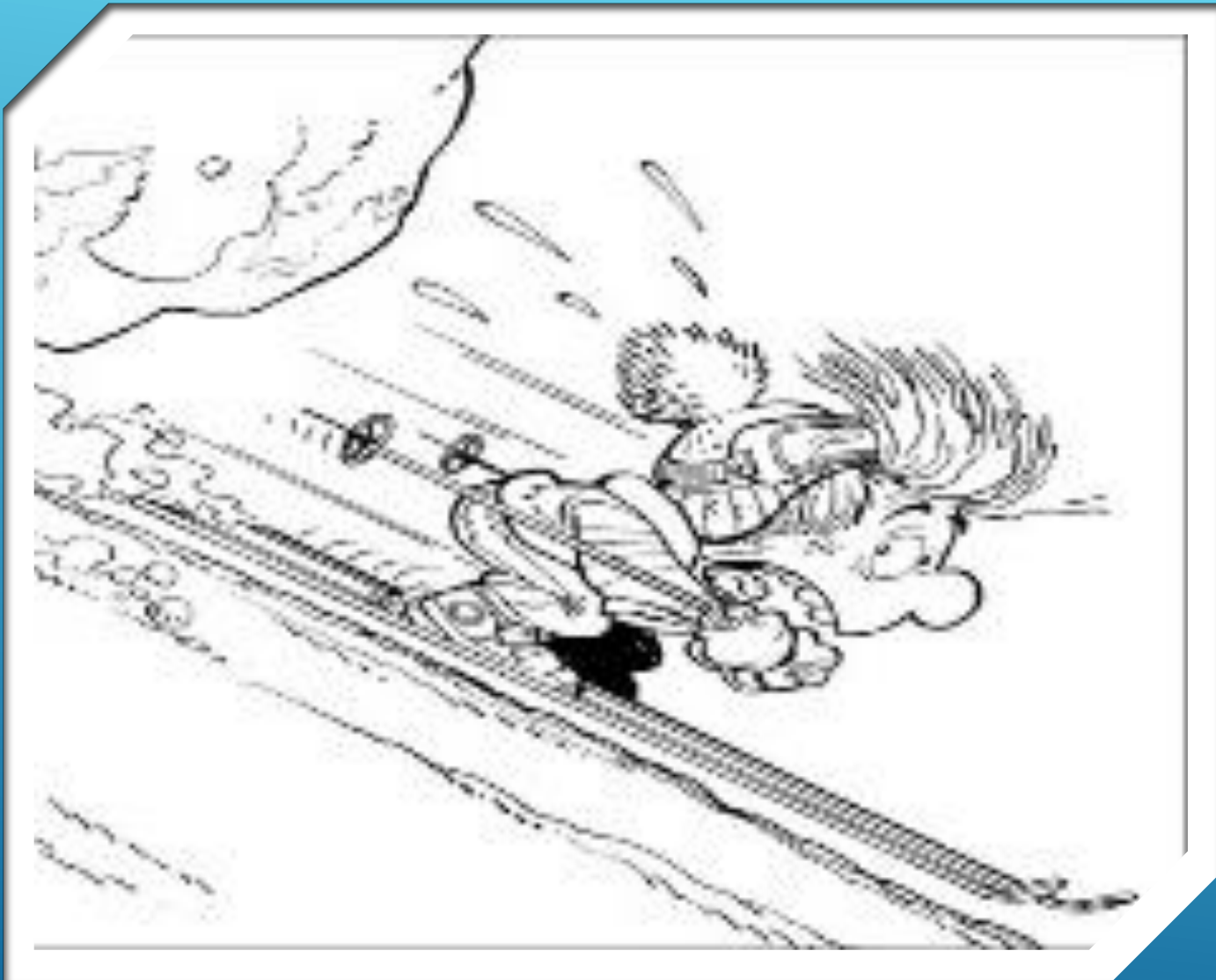
- ▶
- ▶ • Mutual help is compulsory in case of accident
- ▶ • the racers mustn't enter forbidden areas , private properties or crops .
- ▶ • They must follow the circuit and stay within the marked area.
- ▶ • If anyone gives up it must be reported to the teacher as soon as possible .
- ▶ • Racers must come back at an appointed time, whether they have found out all the stations or not.

5-French Champion



Thierry GUEORGIOU born in March 1979, is a French athlete.

14 times world champion (2003, 2004, 2005, 2007, 2008, 2009, 2011, 2013, 2014 2015 et 2017). He also won the World Cup in 2006 and 2007.

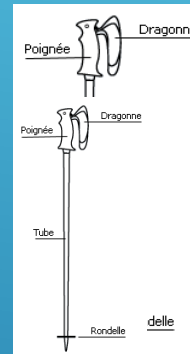
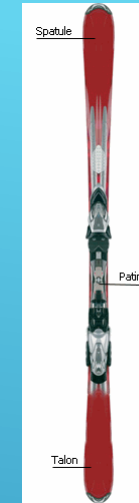
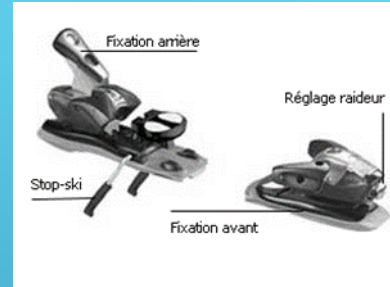


DOWNHILL SKIING

▶ 1-Definition of the activity=

▶ **Alpine skiing** is a sliding sport on snow.

▶ 2-The material=



© Can Stock Photo



3-at school

Unless you teach in a school close to ski slopes , downhill skiing will only be taught during a sports course in the mountains. Therefore one week is defined for a particular form in order to meet our curriculum and confirm level 2 .

In high school , during the last year a skiing course is organized for the students who are specialized in sports. It enables them to approach the last topic : safety in the mountains.

During that course the students practise downhill skiing and diving under ice. Moreover , they spend half a day with a guide and ski patrollers working for the winter resort. The students watch and perform some exercises dealing with mountain rescuing using rescue dogs .

In our area we are lucky to have a skiclub (downhill and crosscountry) within Besse school.

That gives young people the opportunity to discover and enjoy skiing while studying. It enables these youths to get the best training while remaining in their club and studying. To be accepted and remain in this section your behaviour will be examined , as well as your school and sports results . This will be assessed every year .

They are surrounded by a sports teacher and other qualified coaches .



▶ **Alexis PINTURAU**L born March 1991, a champion of the « Nordic combined » is a French downhill multi-skilled skier who became world champion in Are in 2019 .

▶ VIDEO:

L'hiver dans le Sancy

5-FRENCH CHAMPION



BIATHLON



1-Definition

Biathlon is a sport event combining two sports actually.

Usually, when thinking of biathlon, we refer to the combination of cross-country skiing and rifle shooting. It used to be a military sport, requiring endurance, calm and dexterity.

Mastering these two sports, yet opposed, is the mere principle of biathlon.

The biathlete skies several times on a circuit and shoots on five targets (distance : 50 metres) in two positions : in the prone and standing. The athlete has to be versatile : skiing requires an intense effort, shooting requires calm, precision and speed.

At school,

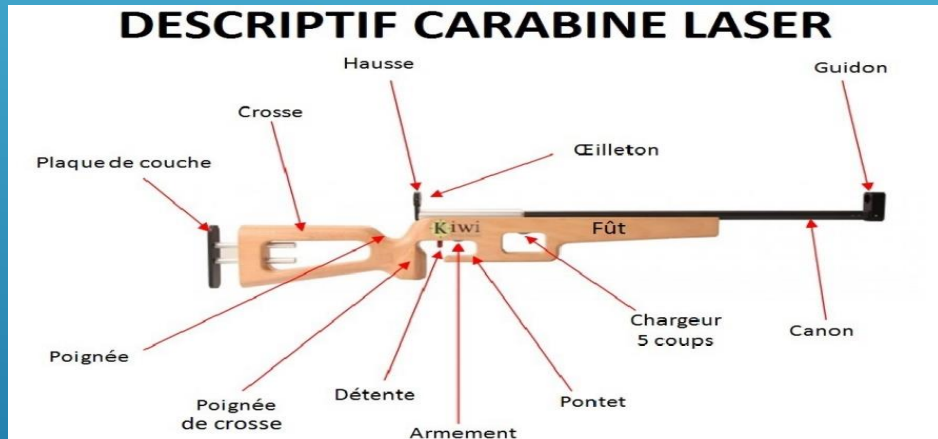
Biathlon in our school combines running and rifle shooting. We thus respect the essence of the activity : endurance and precision.

However, we can't function with real rifles of course. Nevertheless, manipulating laser rifles requires students to respect some strict rules so as not to damage these expensive and fragile objects. (1300€). The rifle isn't carried by students when they run ; it stays on the firing point.

2-Material

A map

The rifle



Ammunitions

We use laser pulses harmless for the eyes.

the targets



The targets have a lens which reacts to the laser pulse and triggers a light in its middle.

3-At school

In middle school, we use laser rifles for the activity called 'Laser Run'. The pattern is : 200m race- + shooting in the prone + 200m race+ shooting in the prone + 200m race. Like for the traditional biathlon, several activities can be offered (sprint, relay race, chasing, mass start)

Assessment is based on the real level of the students, according to their abilities and not only their result for the race itself. Students are thus encouraged to give their best.

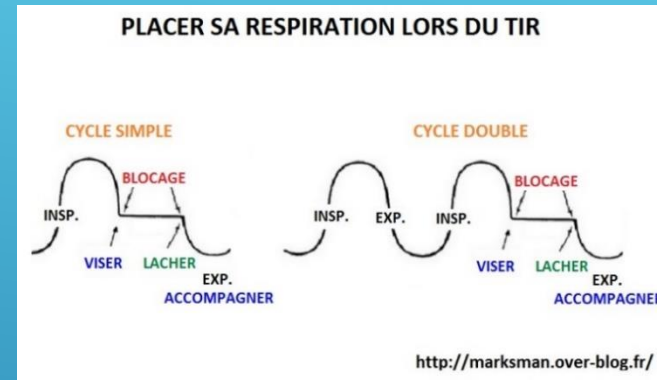
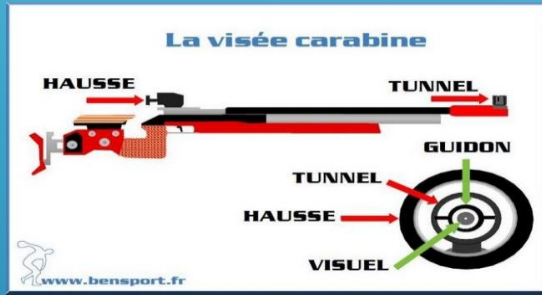
In high school, the sport combines orienteering race and rifle shooting.

Each student has a map where 15 stations are located. He has to validate 8 stations first before moving to the shooting point for 5 shots.

Then, the student resumes running, trying to find out 8 stations again (three of them being the same as the first time) + he has to add as many stations as the failures when he shot. He then moves again to the shooting point. The last orienteering race starts then, with 8 stations again + possible penalties.

4-The rules

1-knowing one's master eye and looking through the scope, then the tunnel.



2- managing breathe (breathe and breathe out)

3-Not getting stressed while shooting.



- ▶ Martin FOURCADE, two gold medals-
Olympic Games 2014
- ▶ video: [Martin Fourcade, 2017-2018](#)

5-FRENCH CHAMPION