

Sabato 20 settembre 2025
CORSO DI AGGIORNAMENTO PER DOCENTI

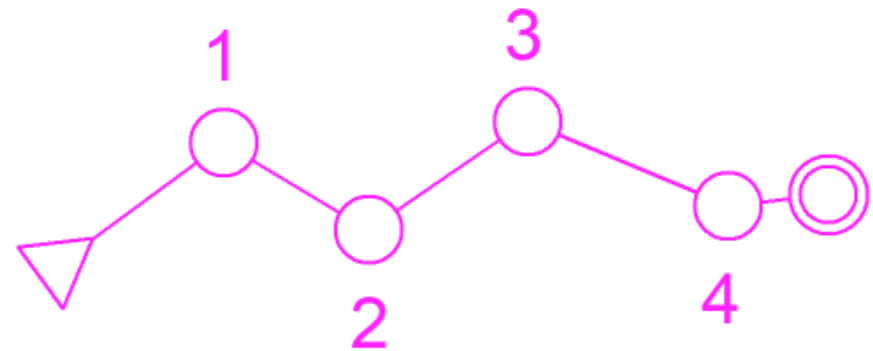
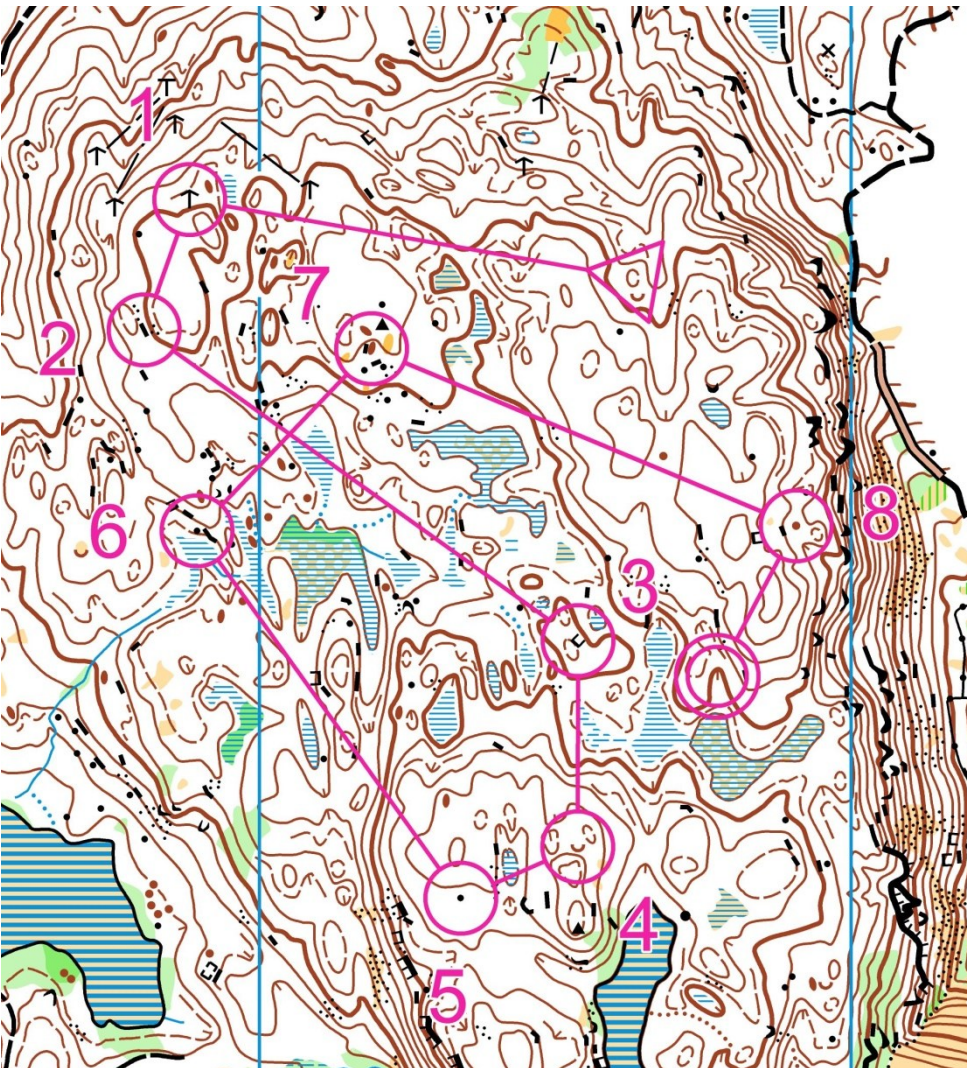
MAPPE, BUSSOLA E INCLUSIONE NUOVE VIE PER LA DIDATTICA CON L'ORIENTEERING



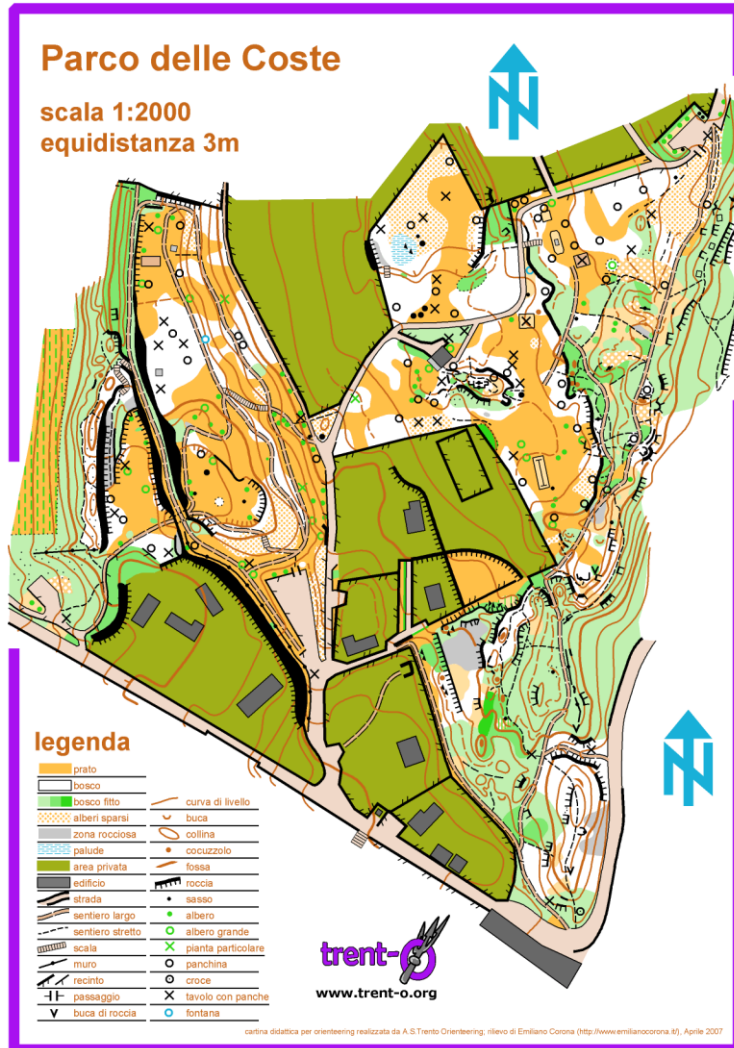
FEDERAZIONE
ITALIANA
SPORT
ORIENTAMENTO

**Comitato
TRENTINO**

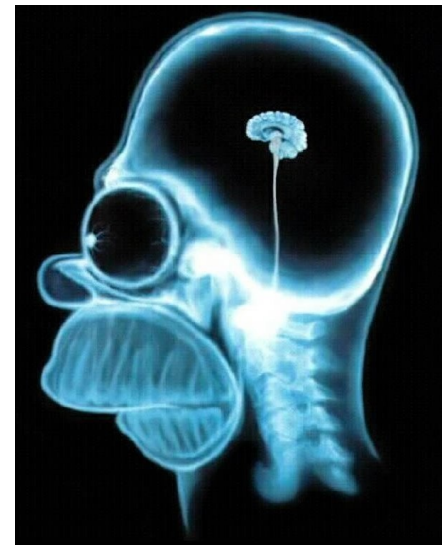
L'ORIENTEERING



COSA SERVE PER FARE ORIENTEERING?



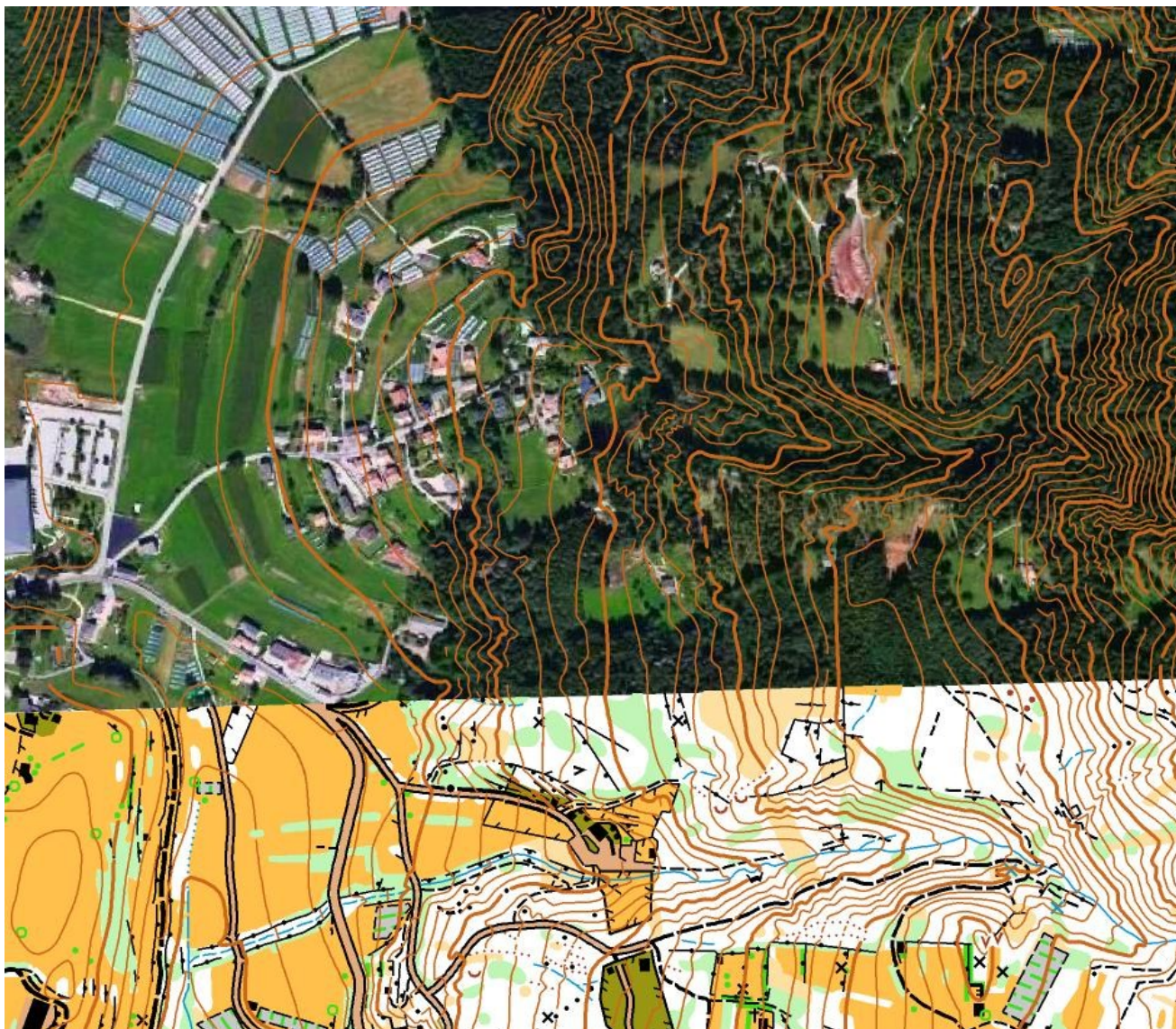
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11	12	13	14	15	16	17	18	19	20
F.I.S.O.		Numero	Cognome e Nome				Tempo di Arrivo		
		Categoria	Club	Tempo di Partenza					
				Tempo Effettivo					



LE QUATTRO DISCIPLINE



LA MAPPA



SI LEGGE LA MAPPA




SI CORRE



SI TROVANO LE LANTERNE!





CLIL

Content and Language Integrated Learning



WE READ A MAP



WIR LAUFEN

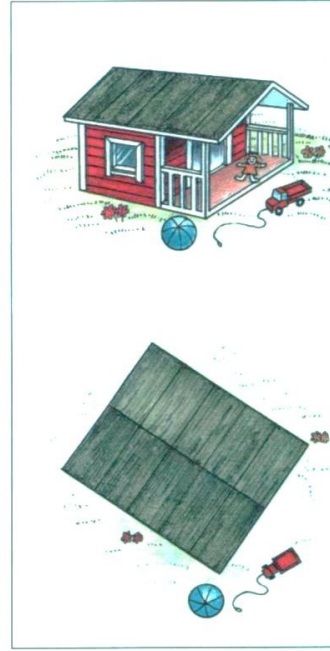
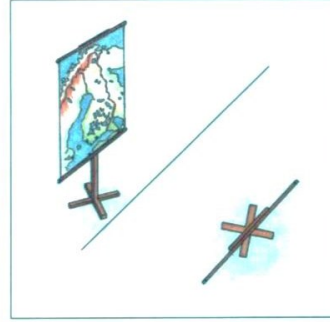
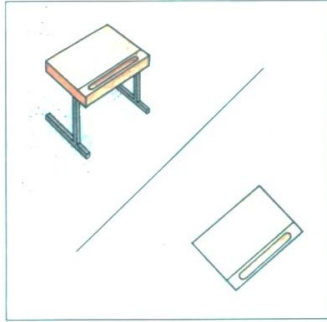
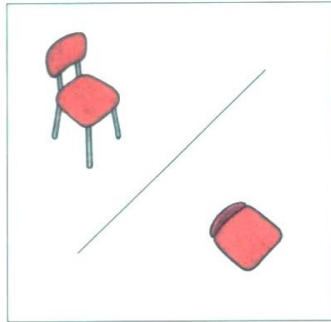
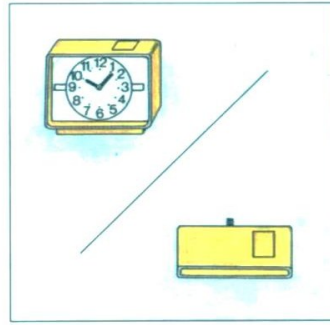
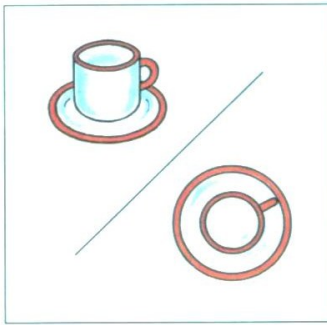
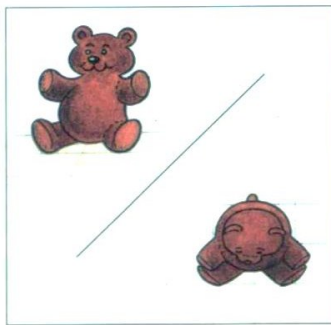


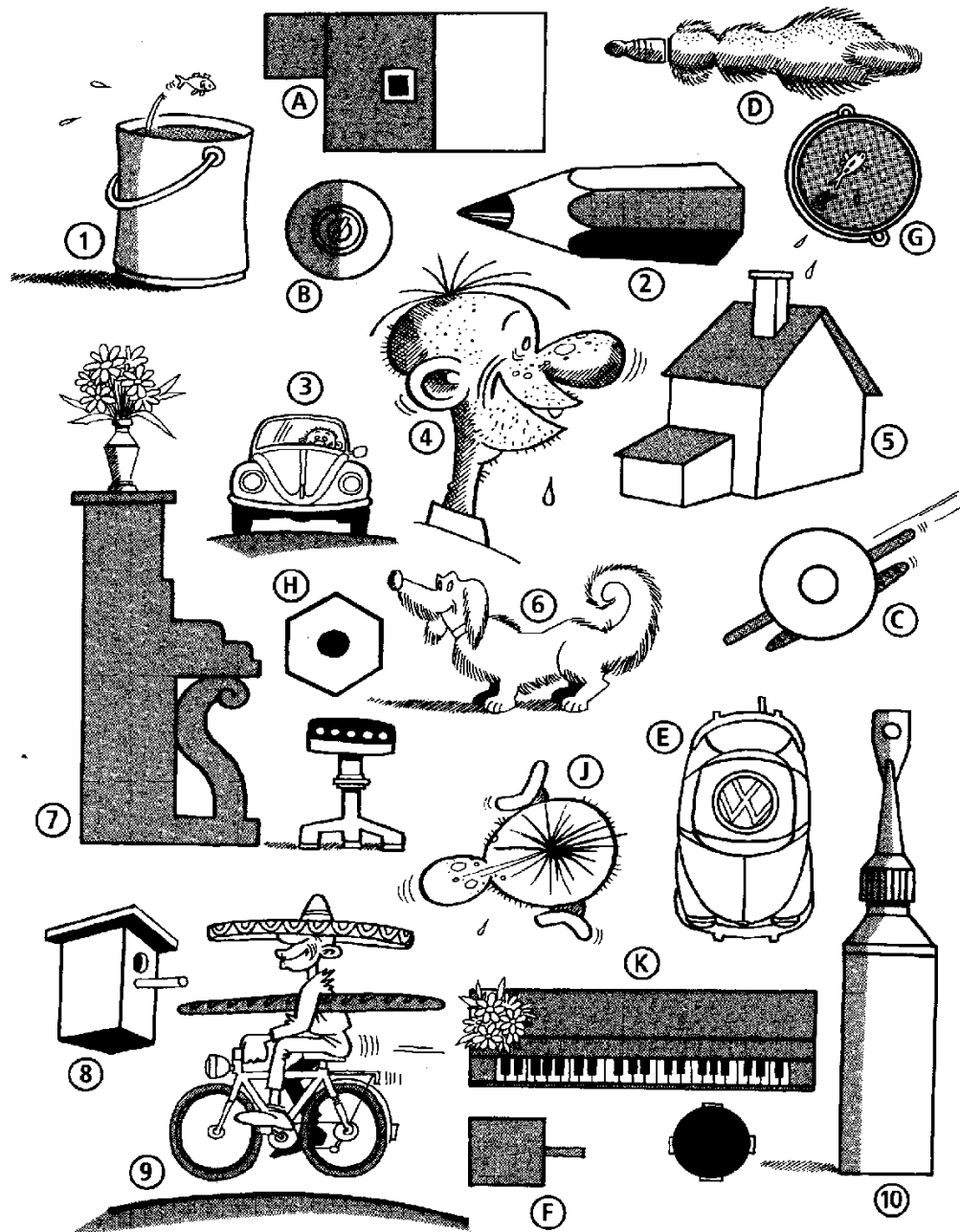
Che cosa è una mappa?

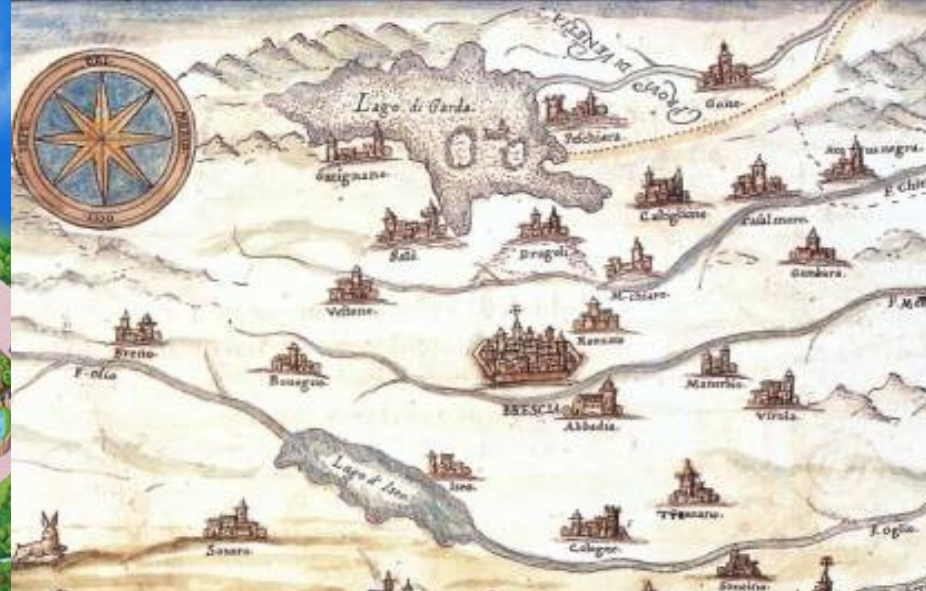


Immaginate di vedere le cose dall'alto



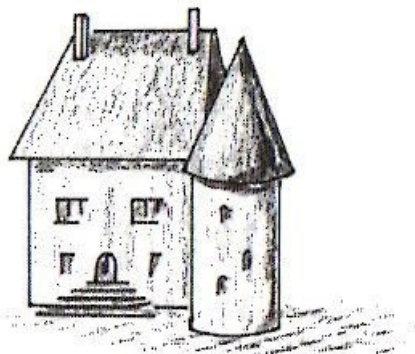






4

Veduta aerea e carta
Luftbild und Karte
Vue aérienne et carte

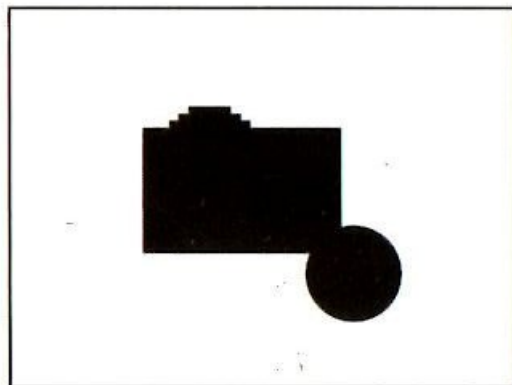


Quale pianta corrisponde a questa casa?

Welcher Grundriss gehört zu diesem Haus?

Quel plan correspond à cette maison?

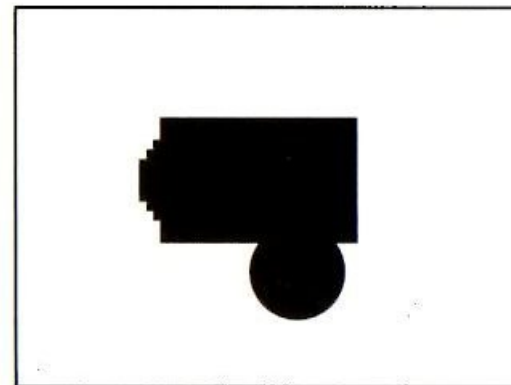
a



b



c



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

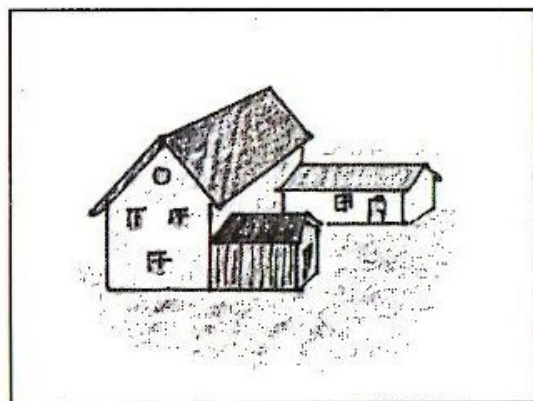


Quale casa corrisponde a questa pianta?

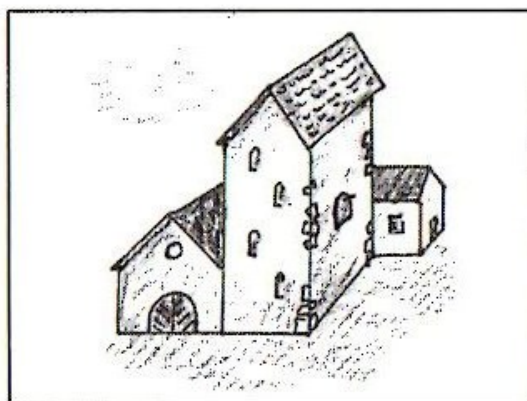
Welches Haus gehört zu diesem Grundriss?

Quelle maison correspond à ce plan?

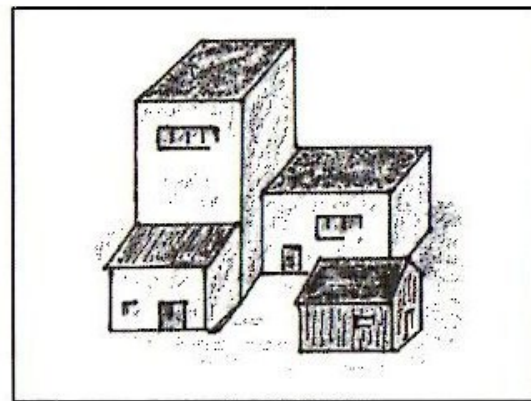
a



b



c



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.



La riduzione in scala

Villa Sant'Ignazio Laste - Trento (TN)

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



4

Scala e distanze

Distanzen und Massstab

Distance et échelle



1:1

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



b



c





La riduzione in scala



Orientare correttamente la mappa

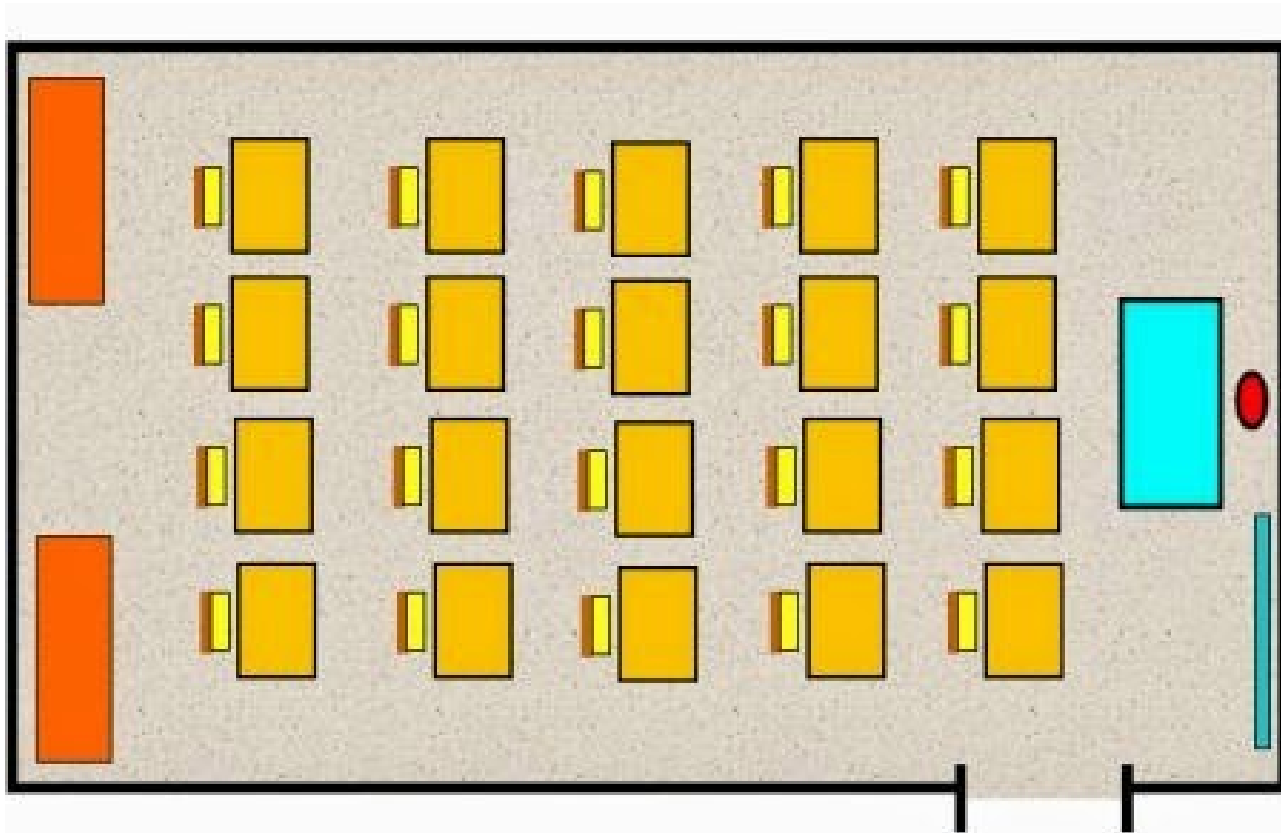
Disponi tre oggetti
sul tuo banco
e prova a disegnarli

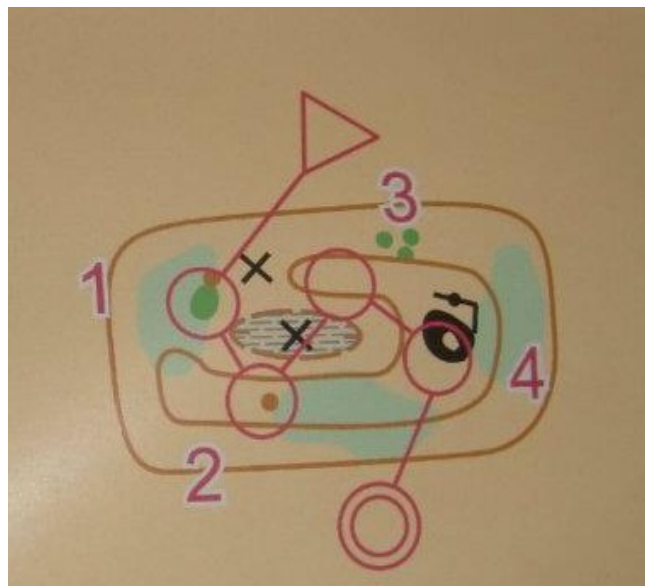


Orientare correttamente la mappa



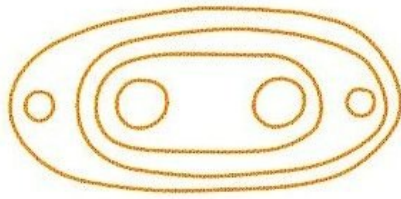
Provare a disegnare assieme la mappa della classe





Curve di livello ed equidistanza

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

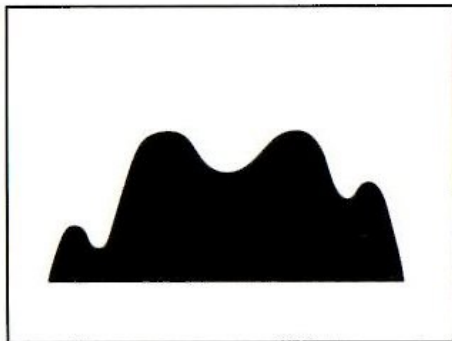


Quale profilo corrisponde a queste curve di livello?

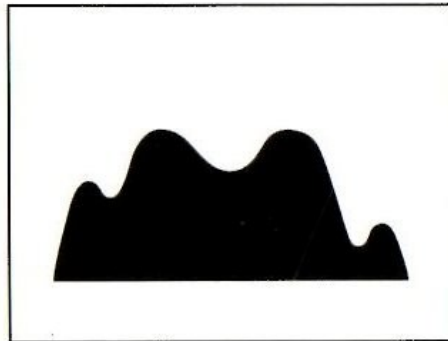
Welche Silhouette passt zu diesem Höhenkurvenbild?

Quel profil correspond à ces courbes de niveau?

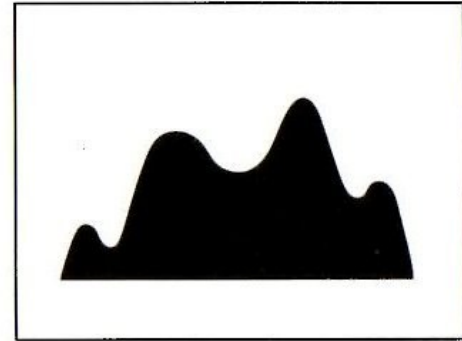
a



b



c



Curve di livello ed equidistanza

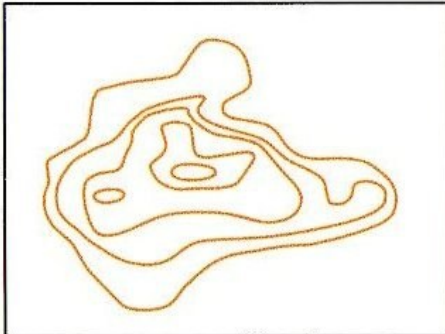
9 Terreno e curve di livello
Gelände und Höhenkurven
Relief et courbes de niveau

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

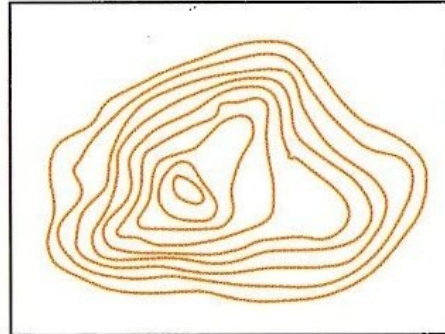
Welches ist der höchste Hügel, wenn alle Karten die gleiche Äquidistanz haben?

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

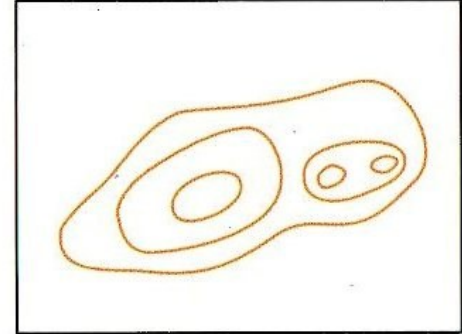
a



b

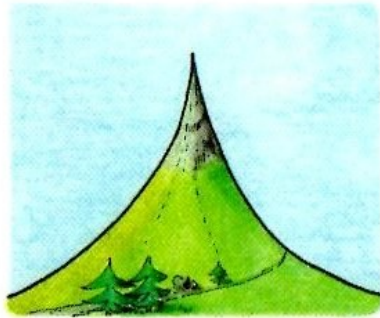


c



Curve di livello ed equidistanza

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

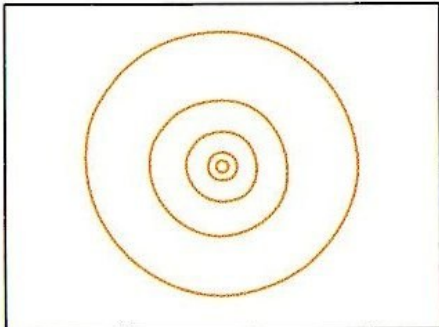


Quali curve di livello corrispondono a questa veduta?

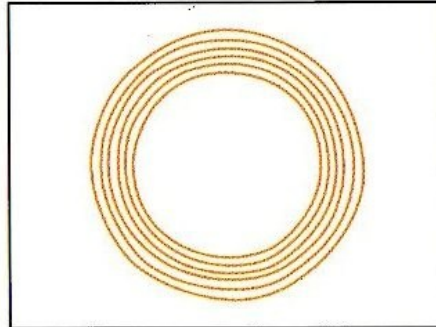
Welches Höhenkurvenbild gehört zu dieser Ansicht?

Quelles courbes de niveau correspondent à cette vue?

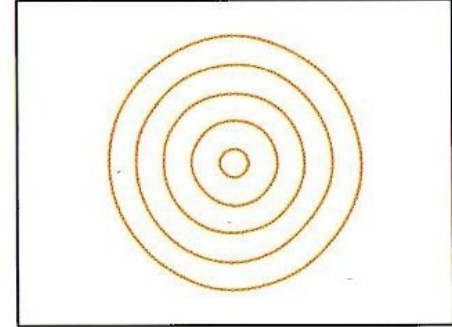
a



b



c



Sestola - Percorso facile

Scala 1:4.000 - Equidistanza 2,5m



Sestola - Percorso difficile

Scala 1:4.000 - Equidistanza 2,5m

Sestola - Percorso intermedio

Scala 1:4.000 - Equidistanza 2,5m

0 100m



Sequen



Sequenza codici:



**Comprendere
colori e simboli
di una mappa
di orienteering**



BOSCO

VERDE

BOSCO FITTO



ALBERO ISOLATO



GIALLO

AREE APERTE: PRATI o RADURE

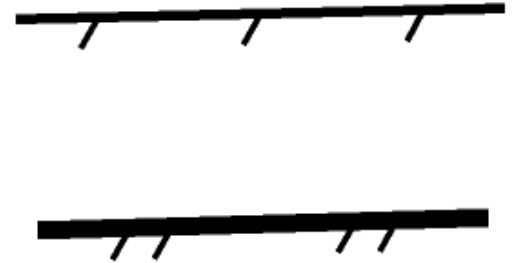


NERO

MURO



RECINTO



OGGETTI PARTICOLARI

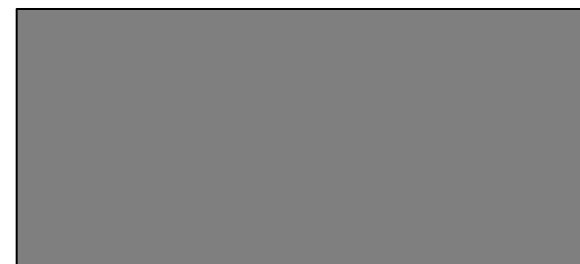


O

X



EDIFICI

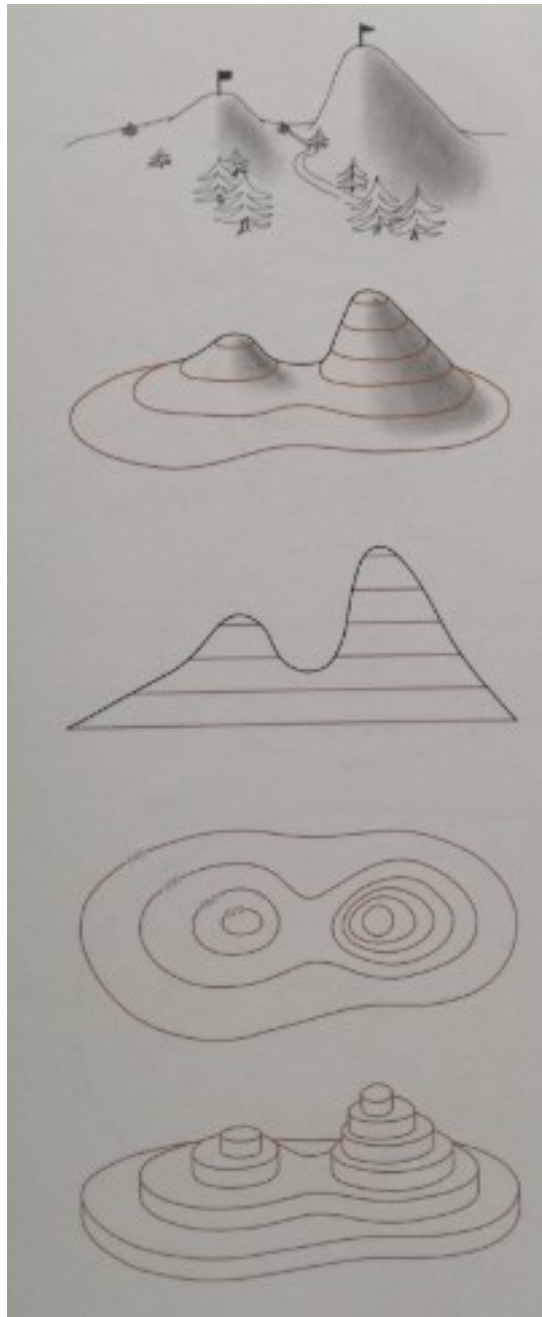


ROSA

AREE PAVIMENTATE o STRADE



MARRONE

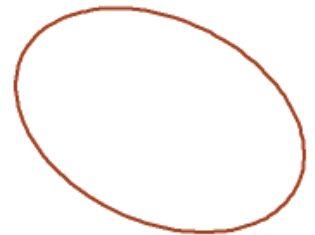


Curve di livello

Forme del terreno

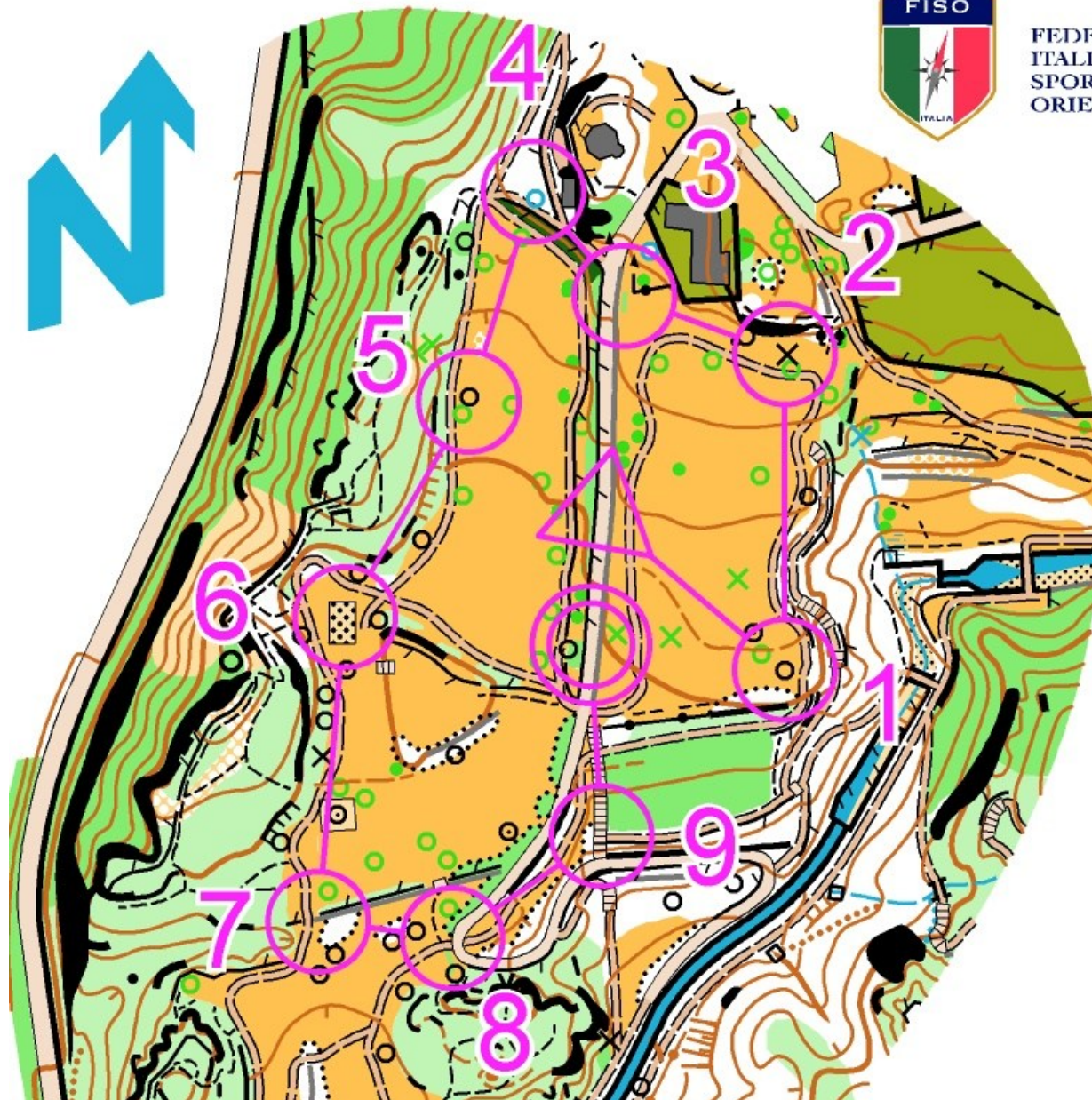


Colline

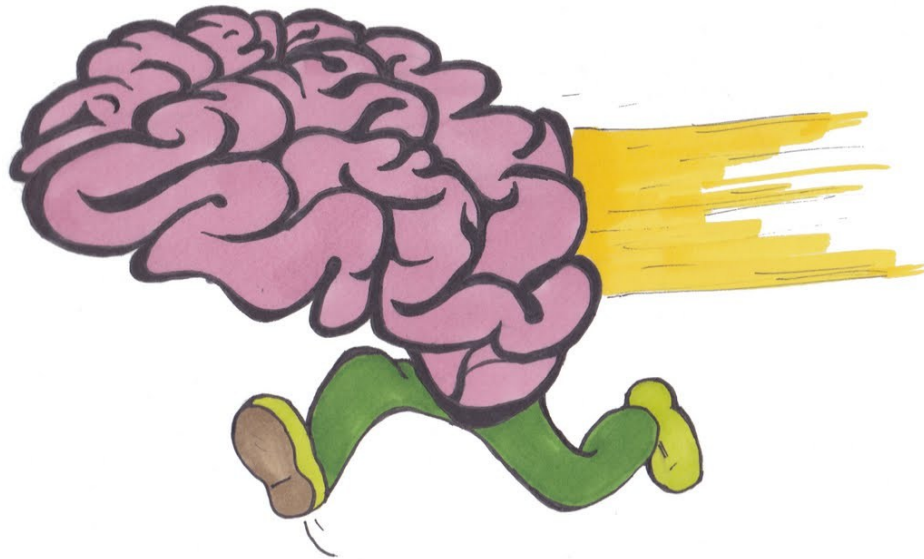




FEDERAZIONE
ITALIANA
SPORT
ORIENTAMENTO

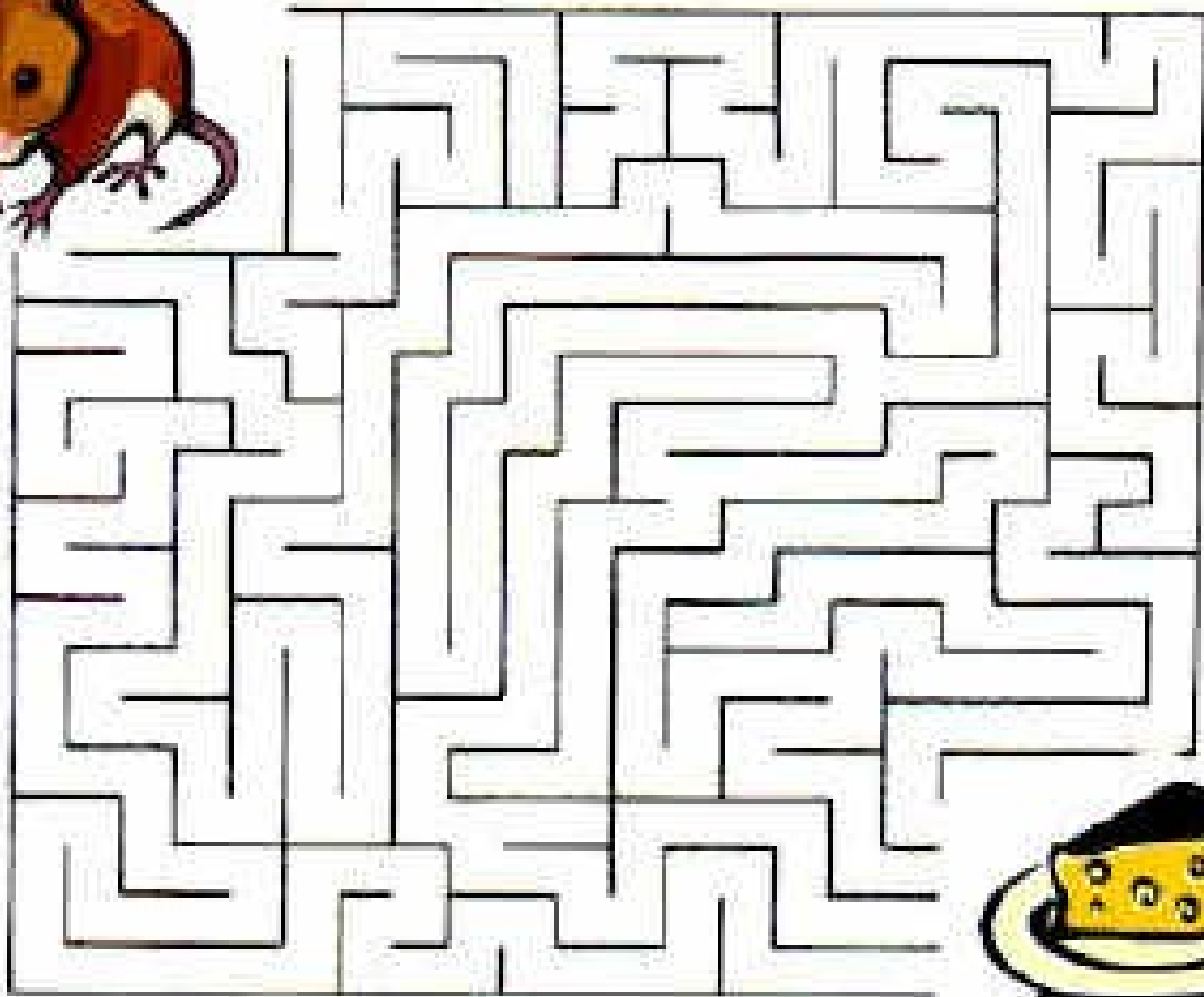


**Corri veloce,
ma....**

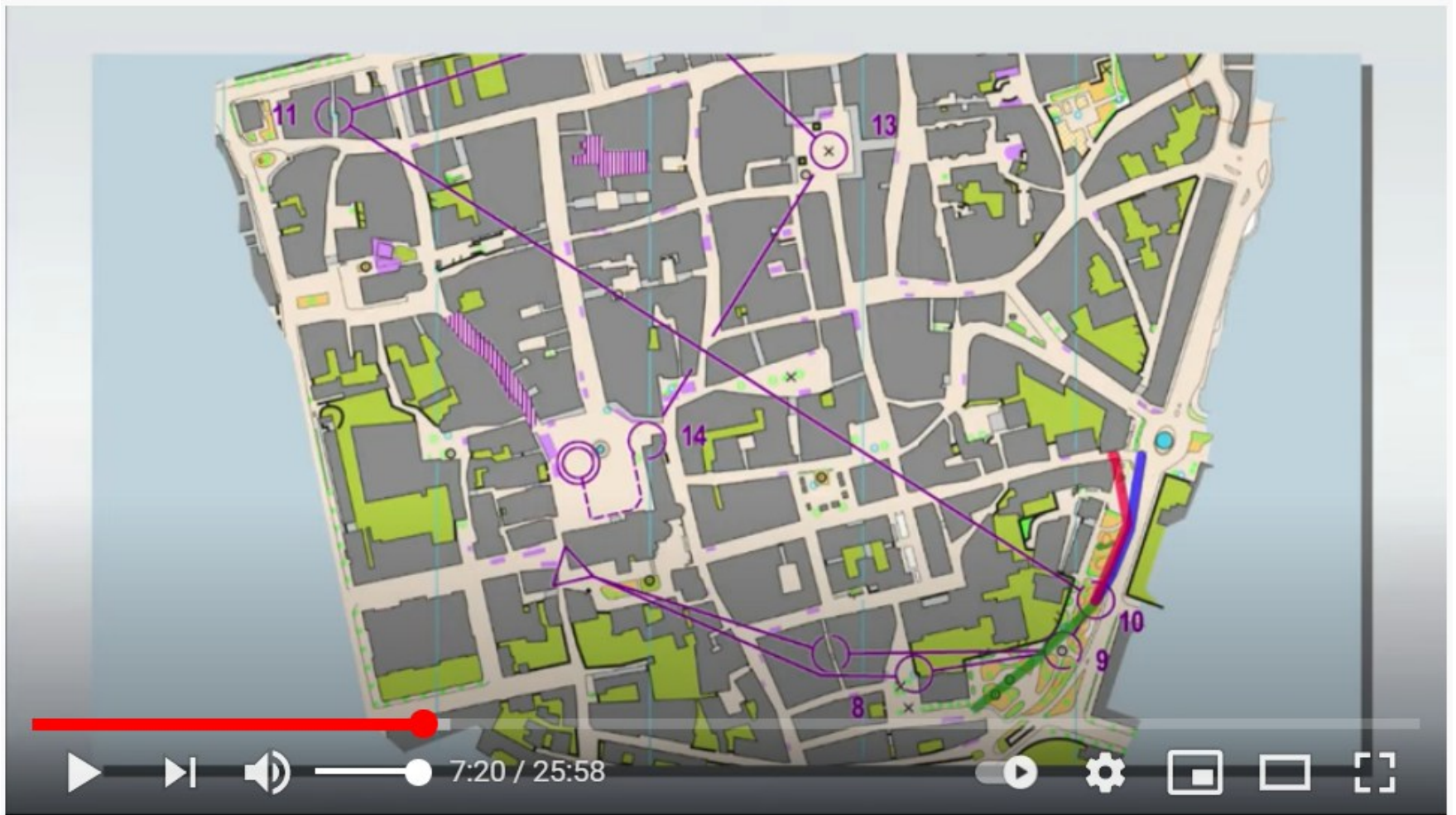


Pensa più veloce!!





Le scelte di percorso



World Orienteering Championships 2014 Sprint Relay

5.938 visualizzazioni • 3 set 2014

👍 27

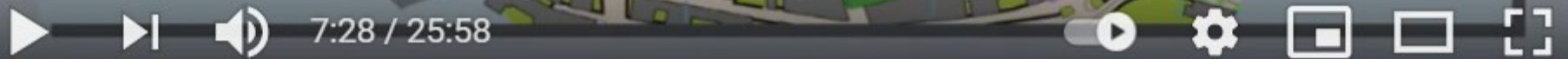
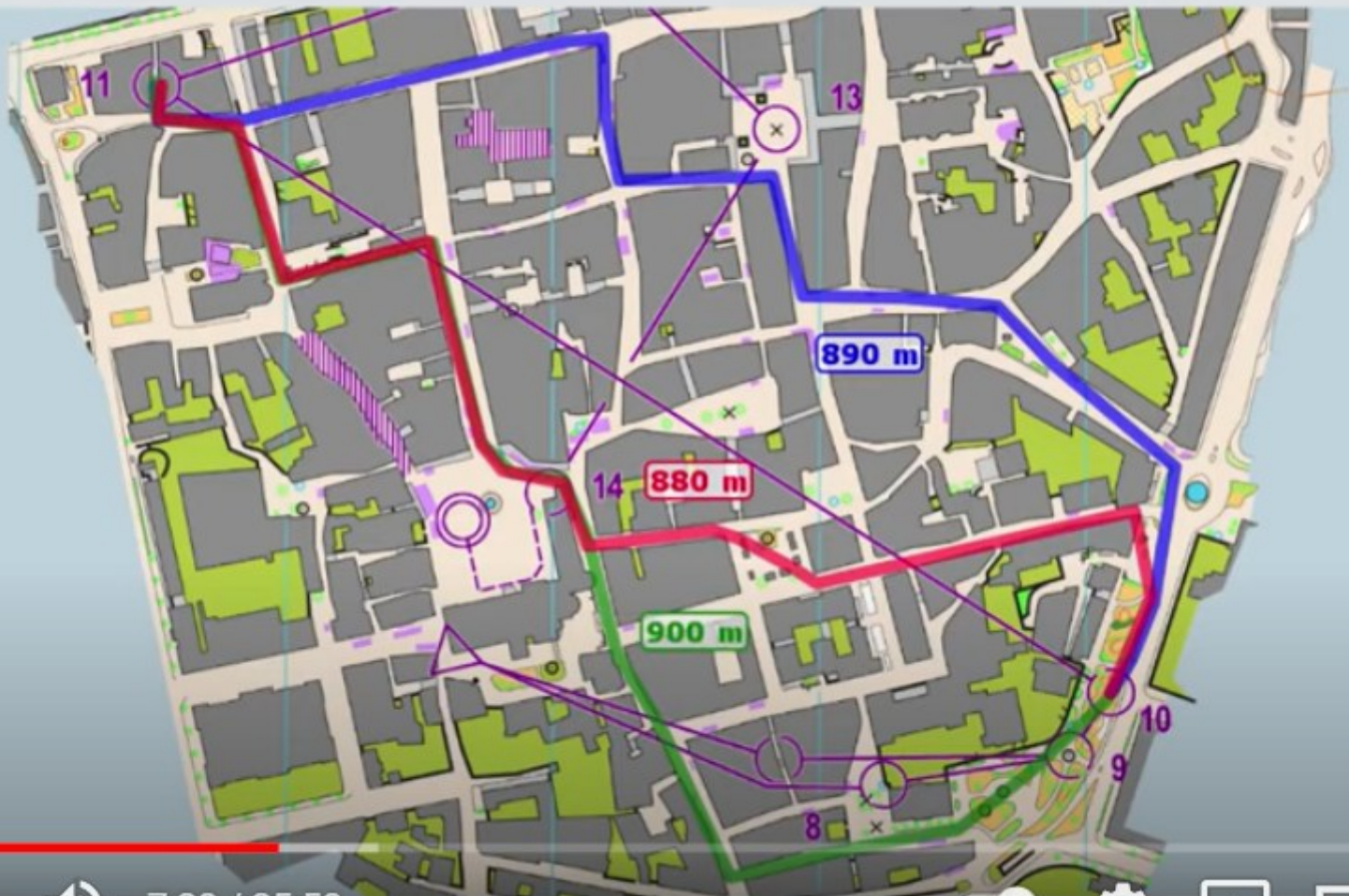
💬 0

➦ CONDIVIDI

≡+ SALVA

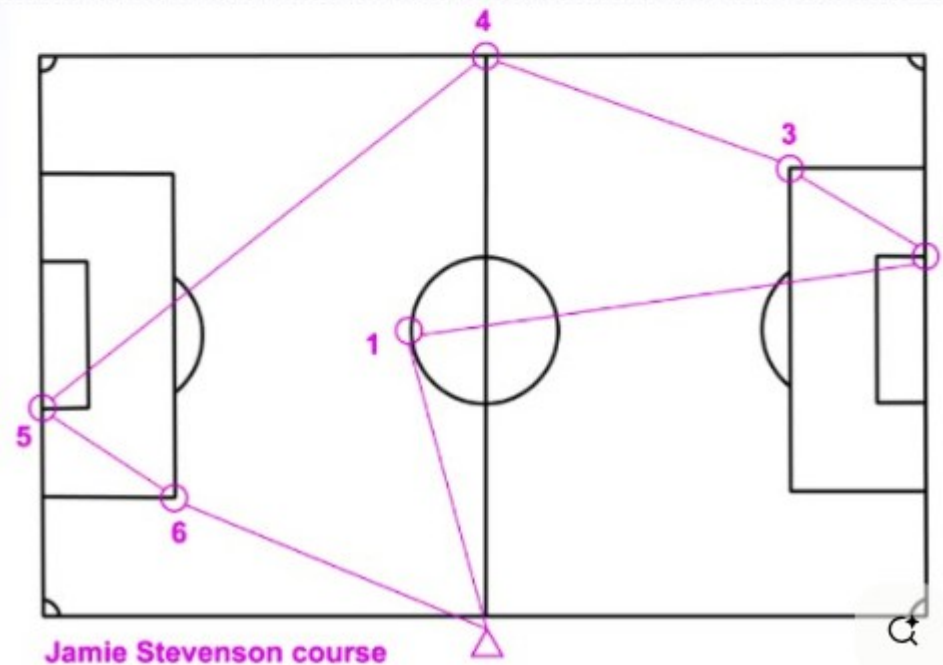
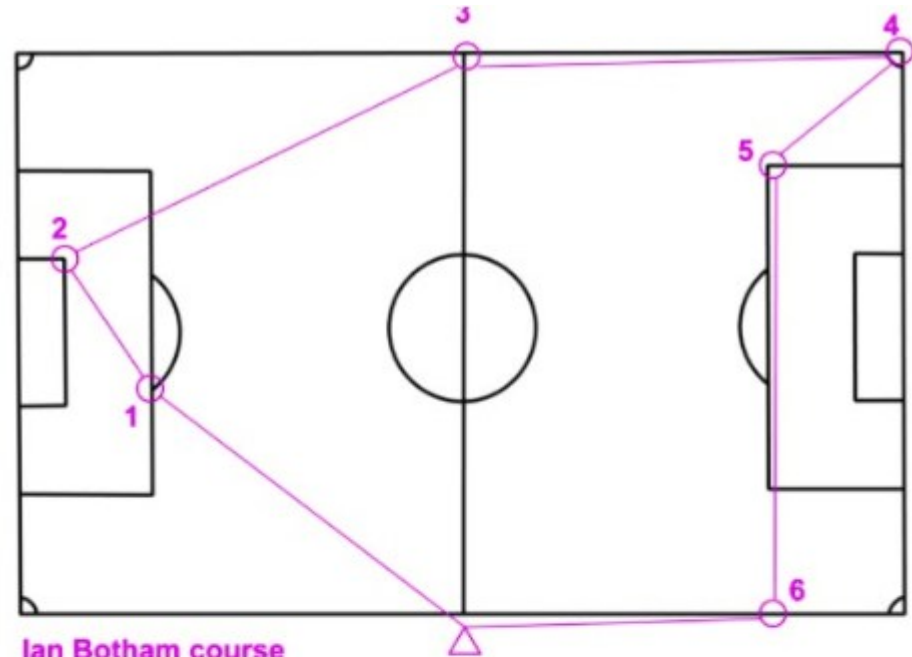
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Le scelte di percorso



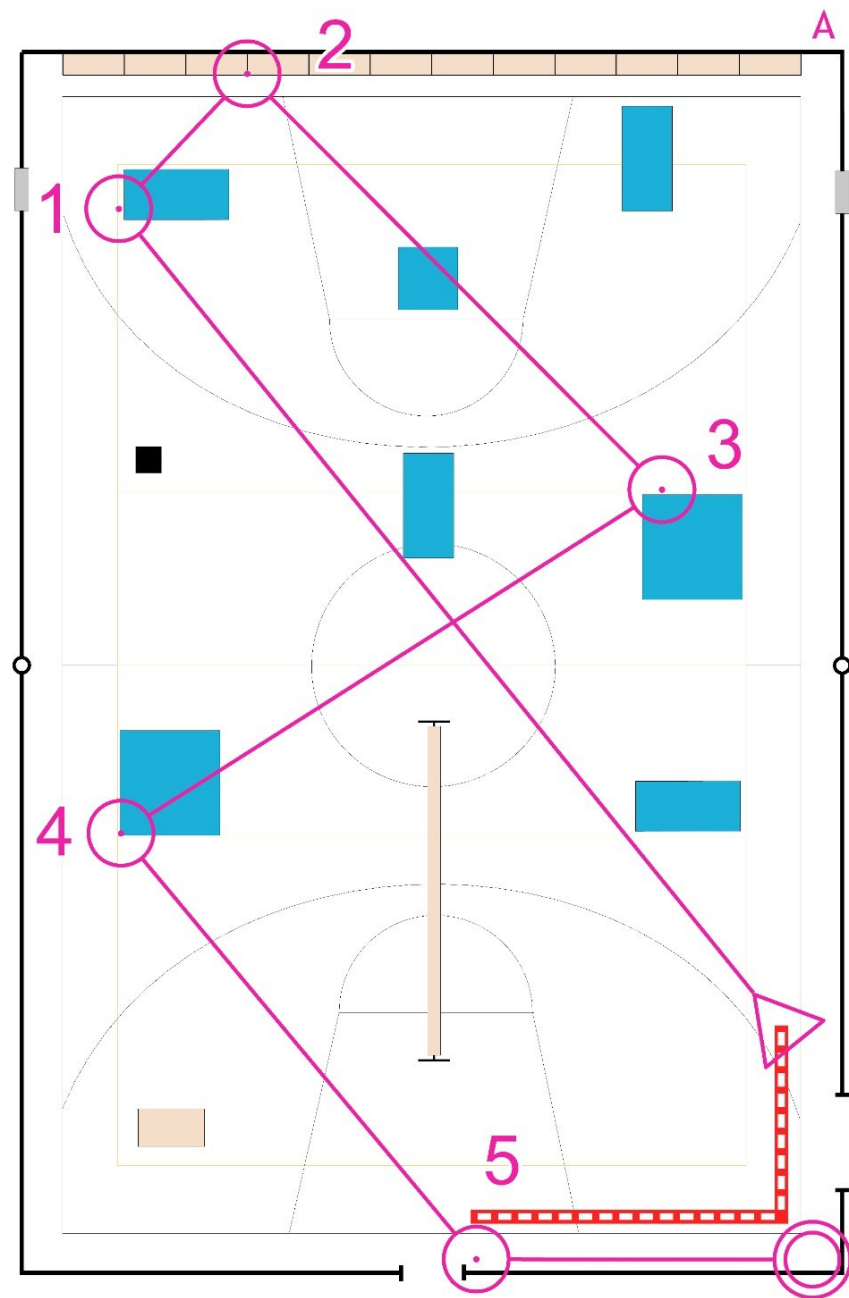
https://www.youtube.com/watch?v=bAw7nUs9VUI&ab_channel=IOFOrienteeingYoutube

Proposte giochi di mini orienteering in palestra

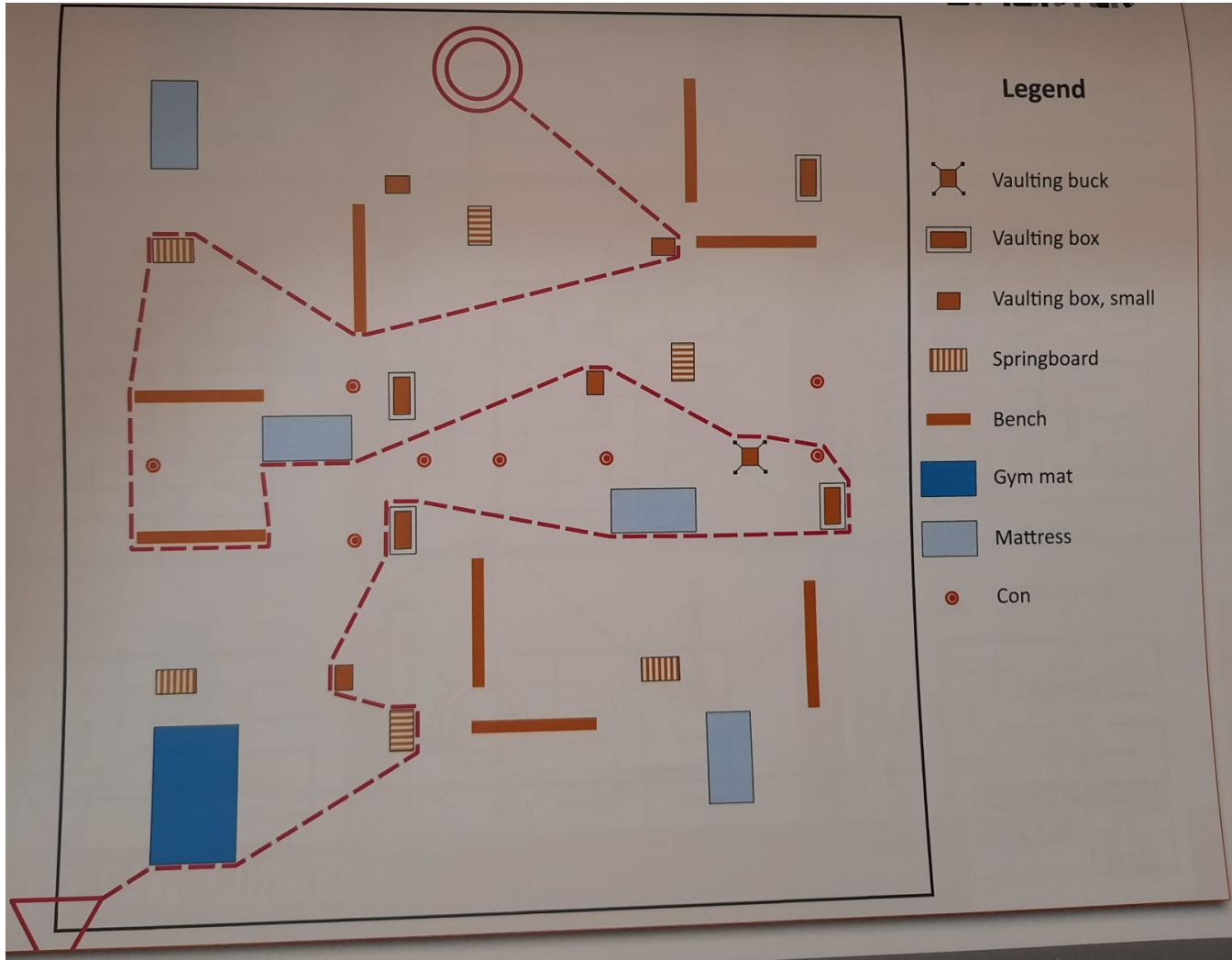


Orienteering in palestra:

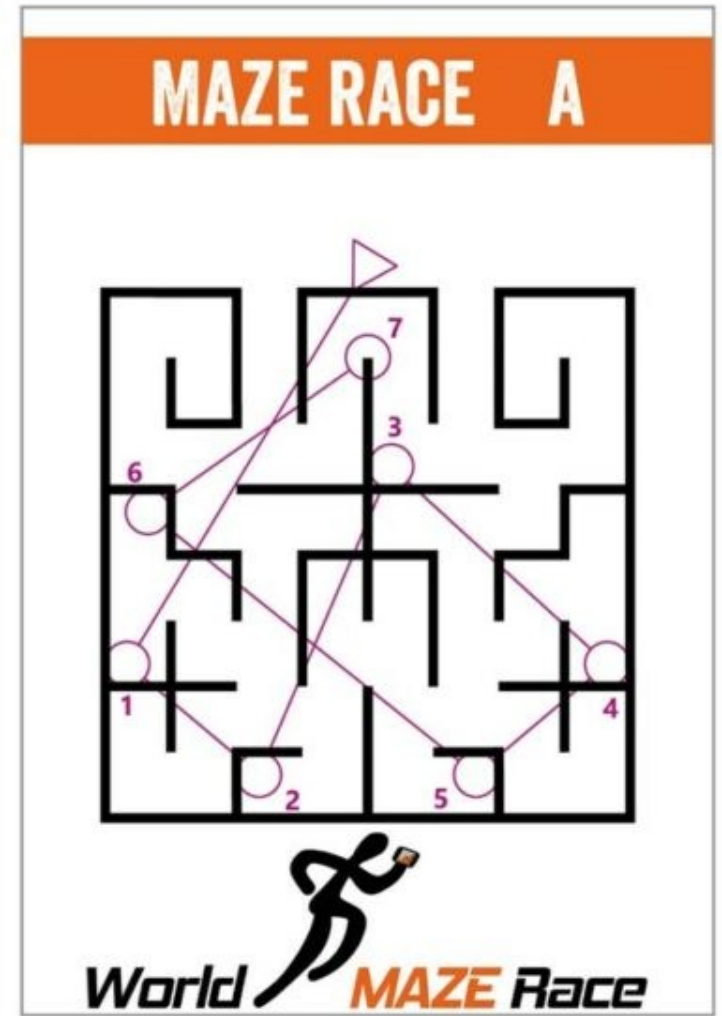
Sfruttate le linee
del campo e gli
oggetti che avete
a disposizione
Indicandoli sulla
mappa del piano
di evacuazione



Orienteering in palestra



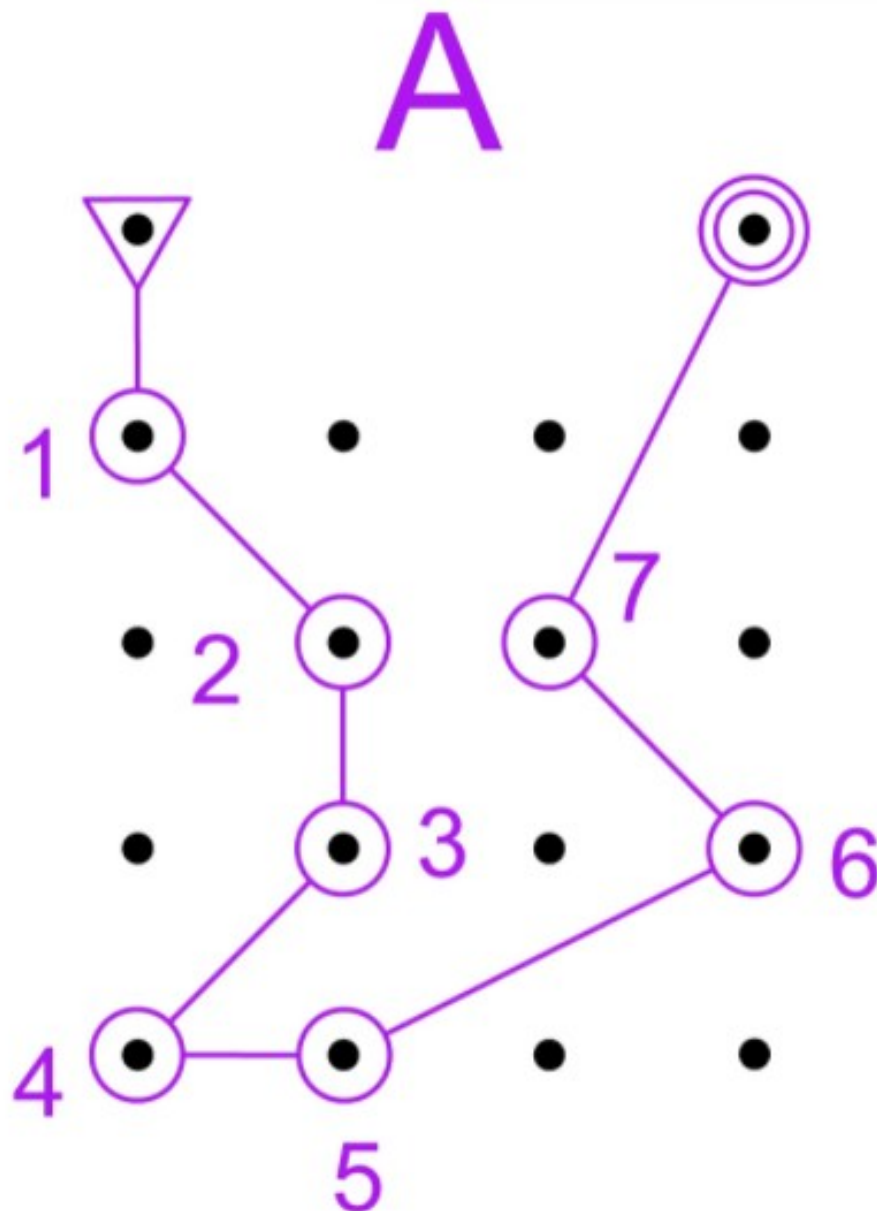
Il Labirinto





Orienteering in palestra:

Sfruttate dei birilli
e create una matrice
4 x 4 in cui far muovere
i ragazzi per far
prendere loro confi-
denza con le mappe
e con il loro corretto
orientamento



Orienteering in palestra



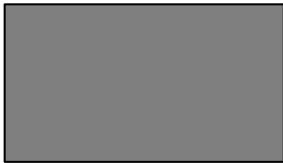
Prato



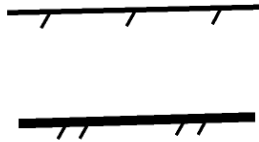
Bosco



Bosco fitto



Edificio

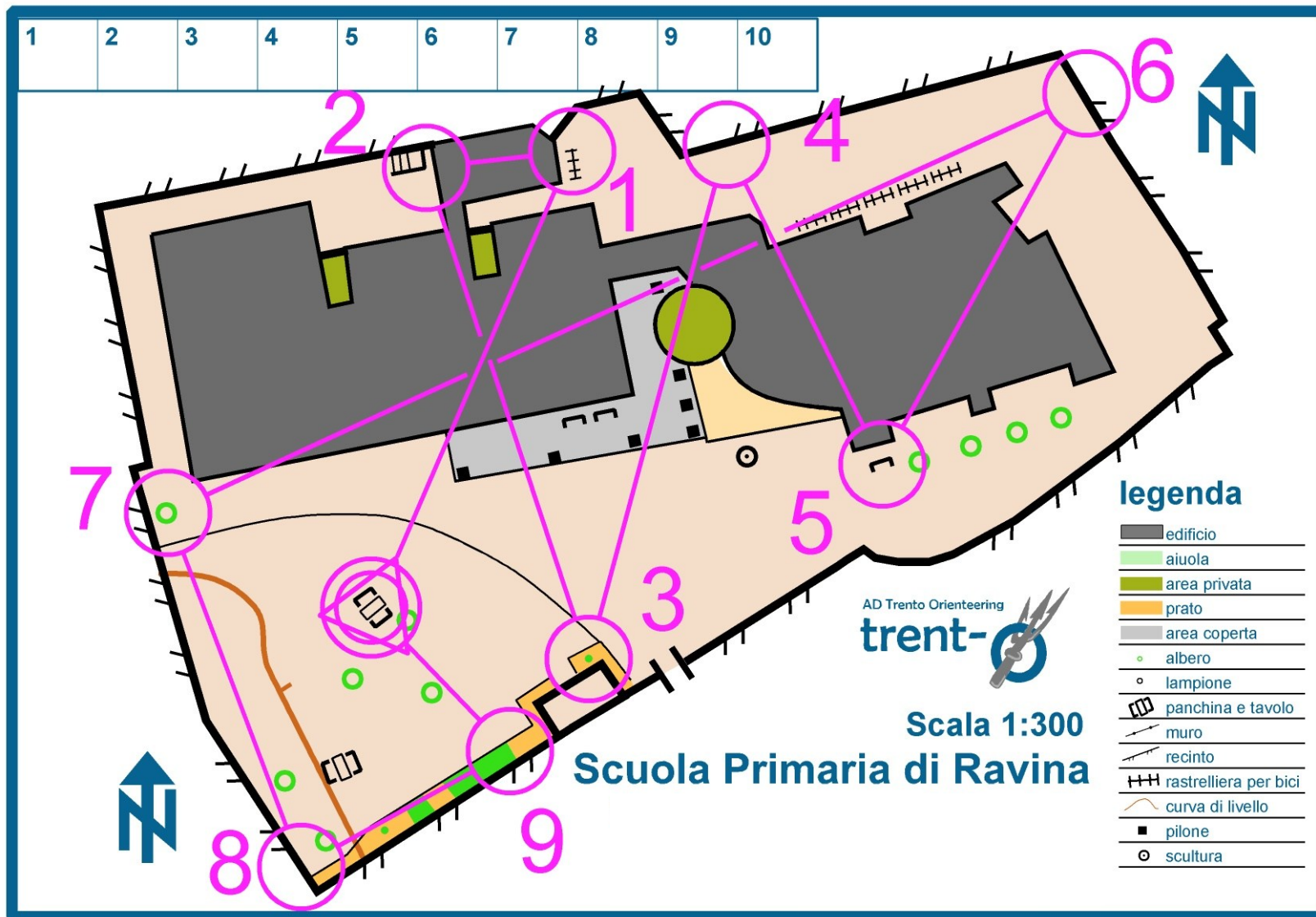


Recinto

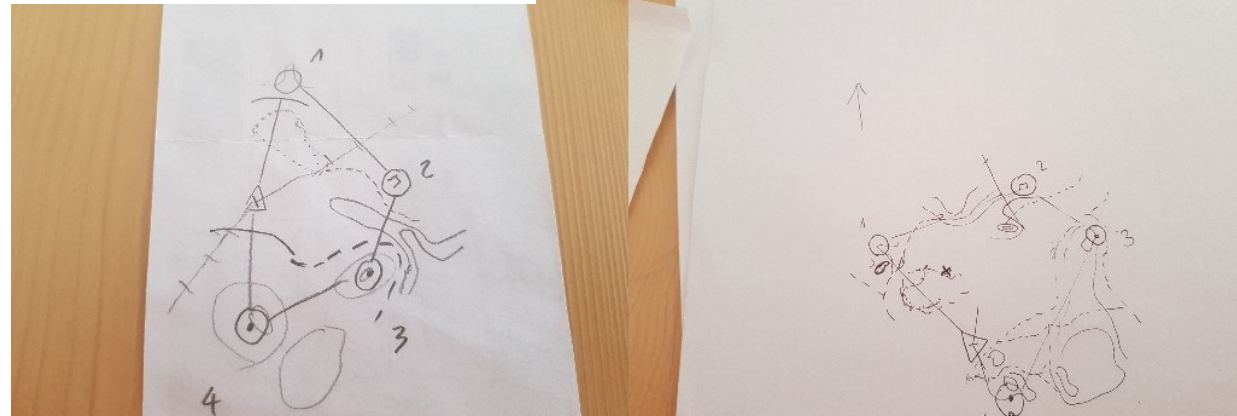
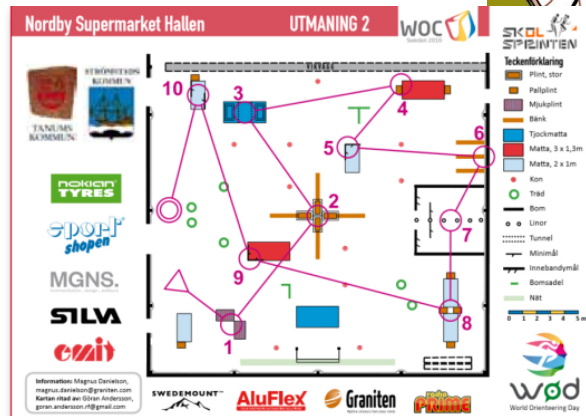
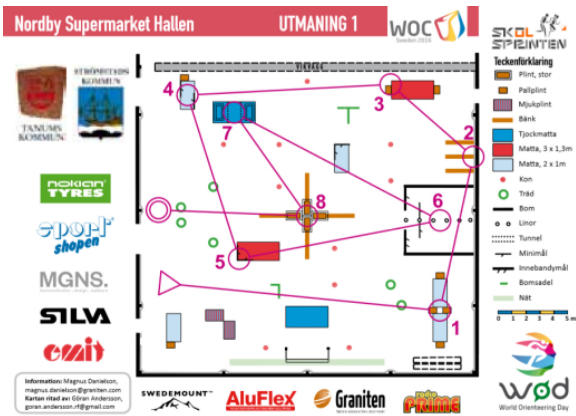
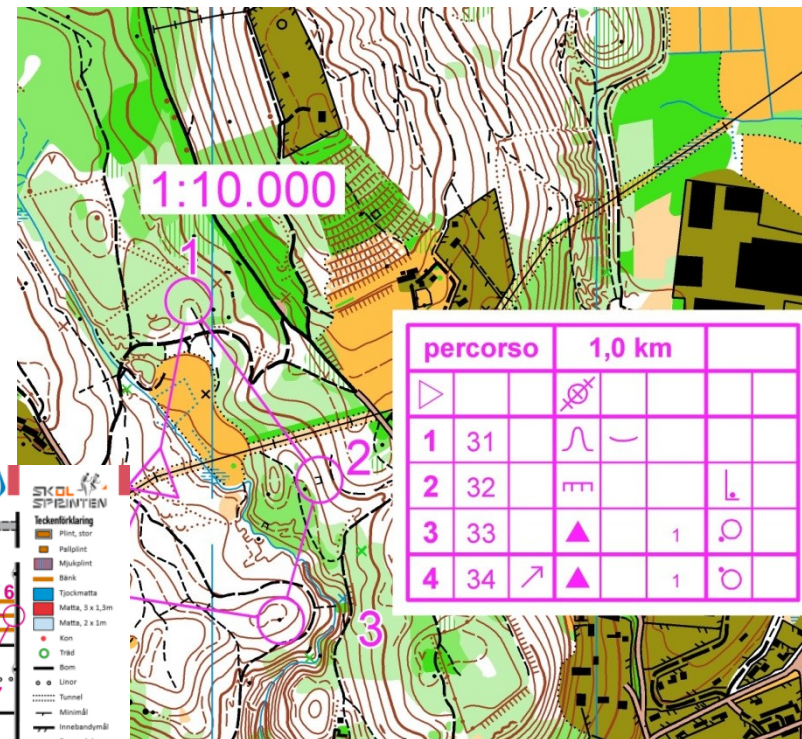
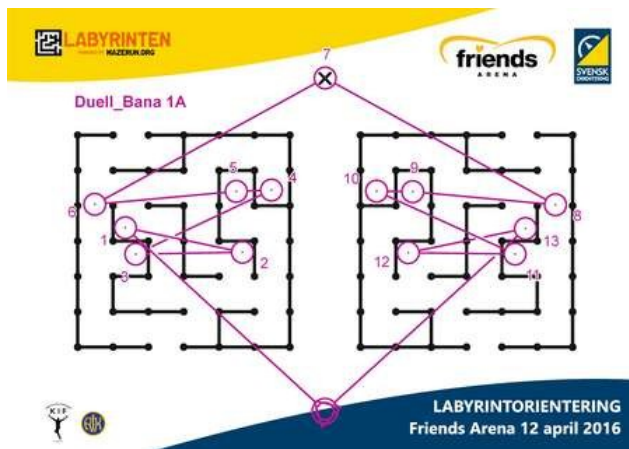


Collina

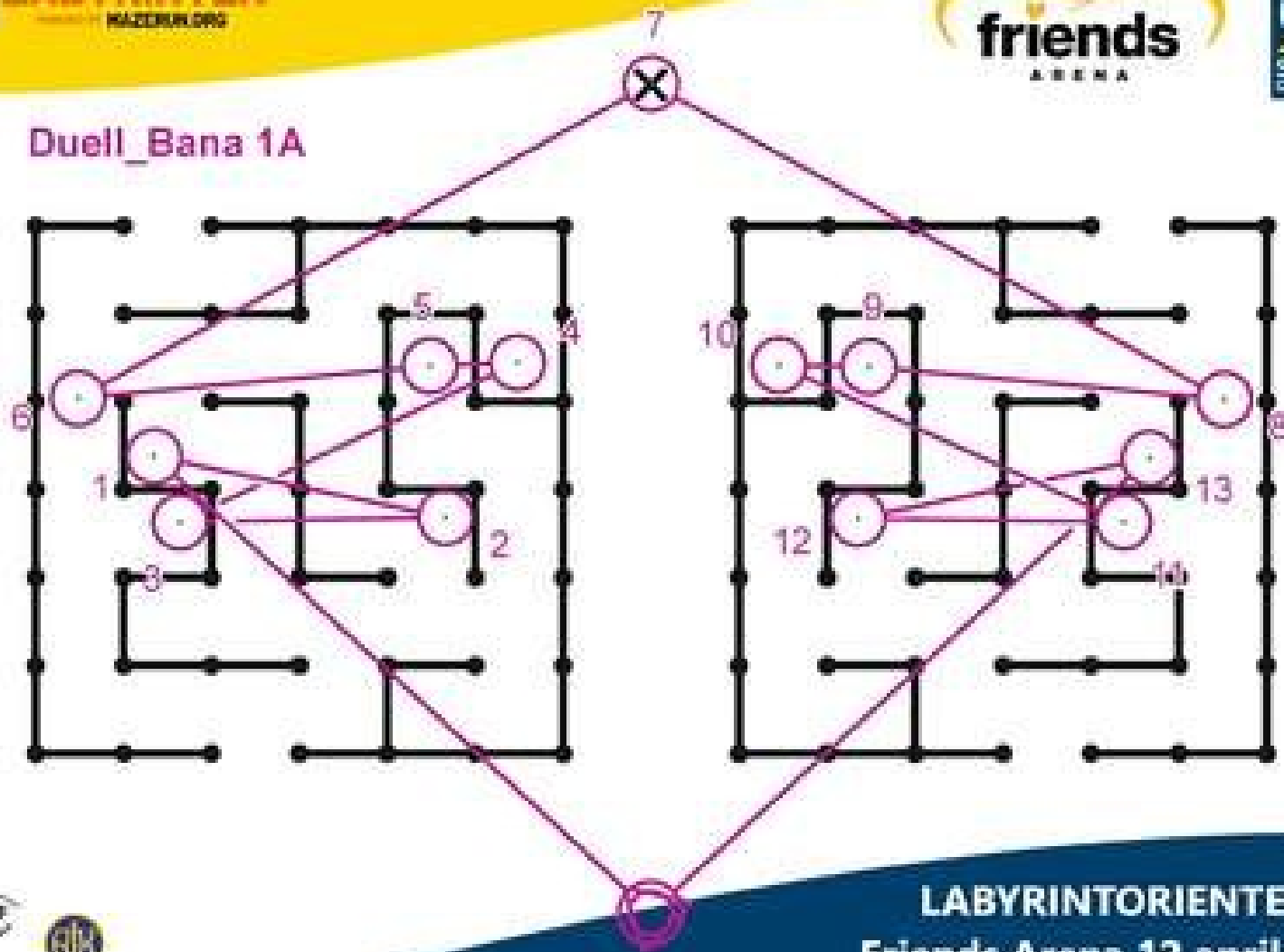
Orienteering in cortile







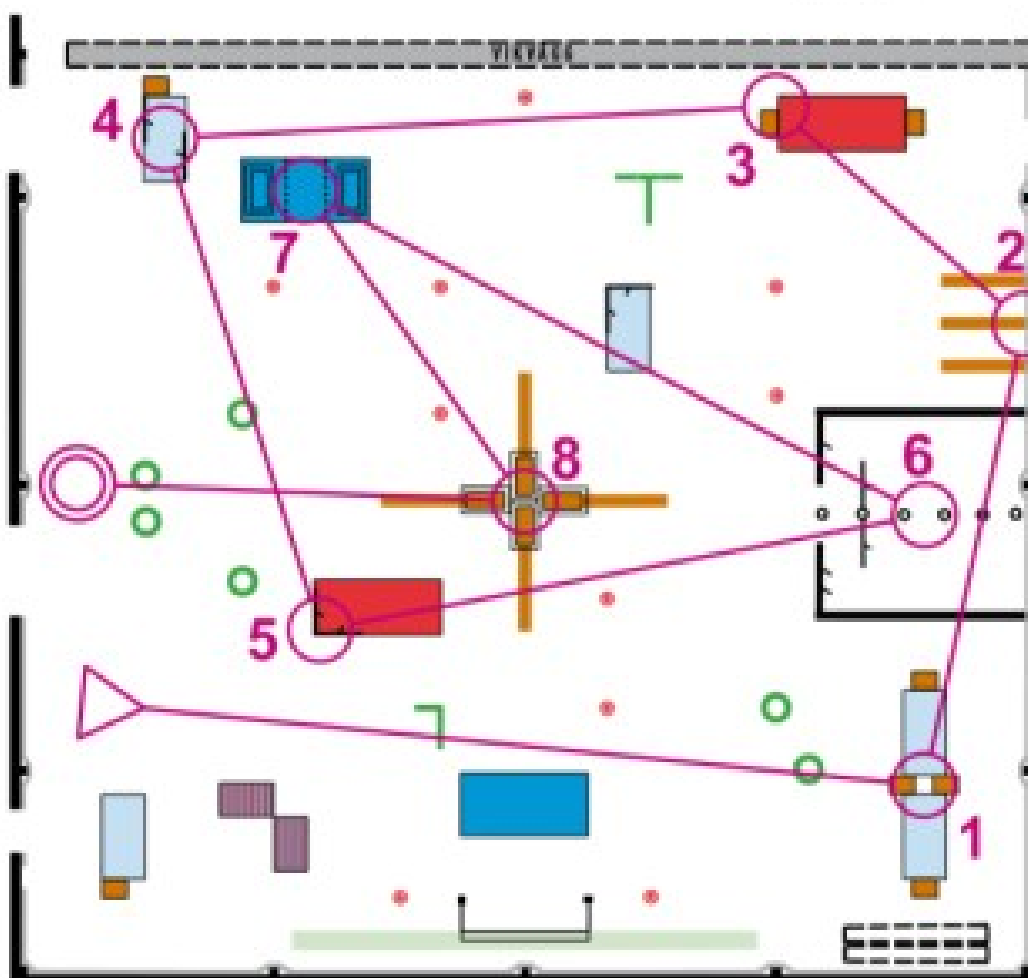
Duell_Bana 1A



LABYRINTORIENTERING
Friends Arena 12 april 2016



Information: Magnus Danielson,
magnus.danielson@graniten.com
Kartan ritad av Göran Andersson,
goran.andersson.rf@gmail.com



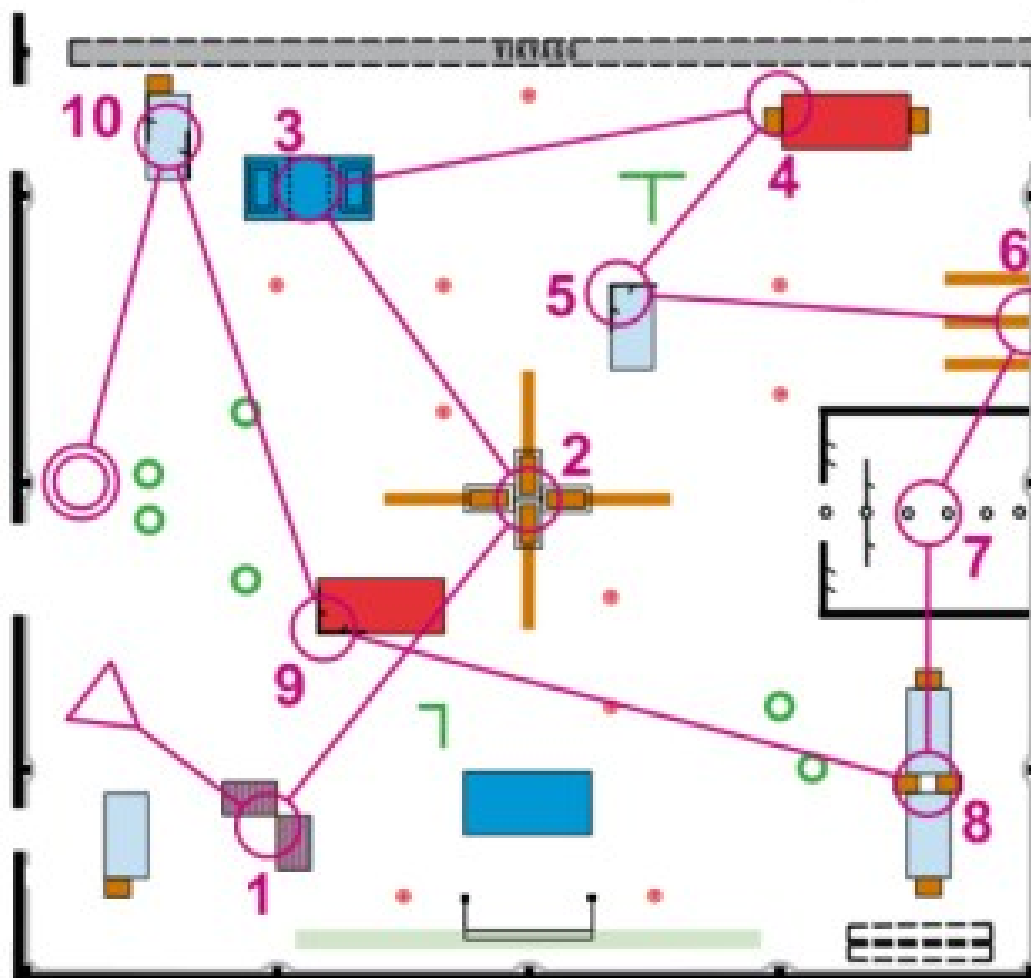
Teckenförklaring

- Plint, stor
 - Pällplint
 - Mjukplint
 - Bänk
 - Tjockmatta
 - Matta, 3 x 1,3m
 - Matta, 2 x 1m
 - Kon
 - Träd
 - Bom
 - Linor
 - Tunnel
 - Minimål
 - Innebandymål
 - Bomsadel
 - Nät
- 0 1 2 3 4 5 m





Information: Magnus Danielson,
magnus.danielson@graniten.com
Kartan ritad av Göran Andersson,
goran.andersson.ra@gmail.com



Teckenförklaring

- Plint, stor
- Pallplint
- Mjukplint
- Bänk
- Tjockmatta
- Matta, 3 x 1,3m
- Matta, 2 x 1m
- Kon
- Träd
- Bom
- Unor
- Tunnel
- Minimål
- Innebandymål
- Bomsadel
- Nät

0 1 2 3 4 5 m

Sfruttare le potenzialità di programmi come google maps o similari

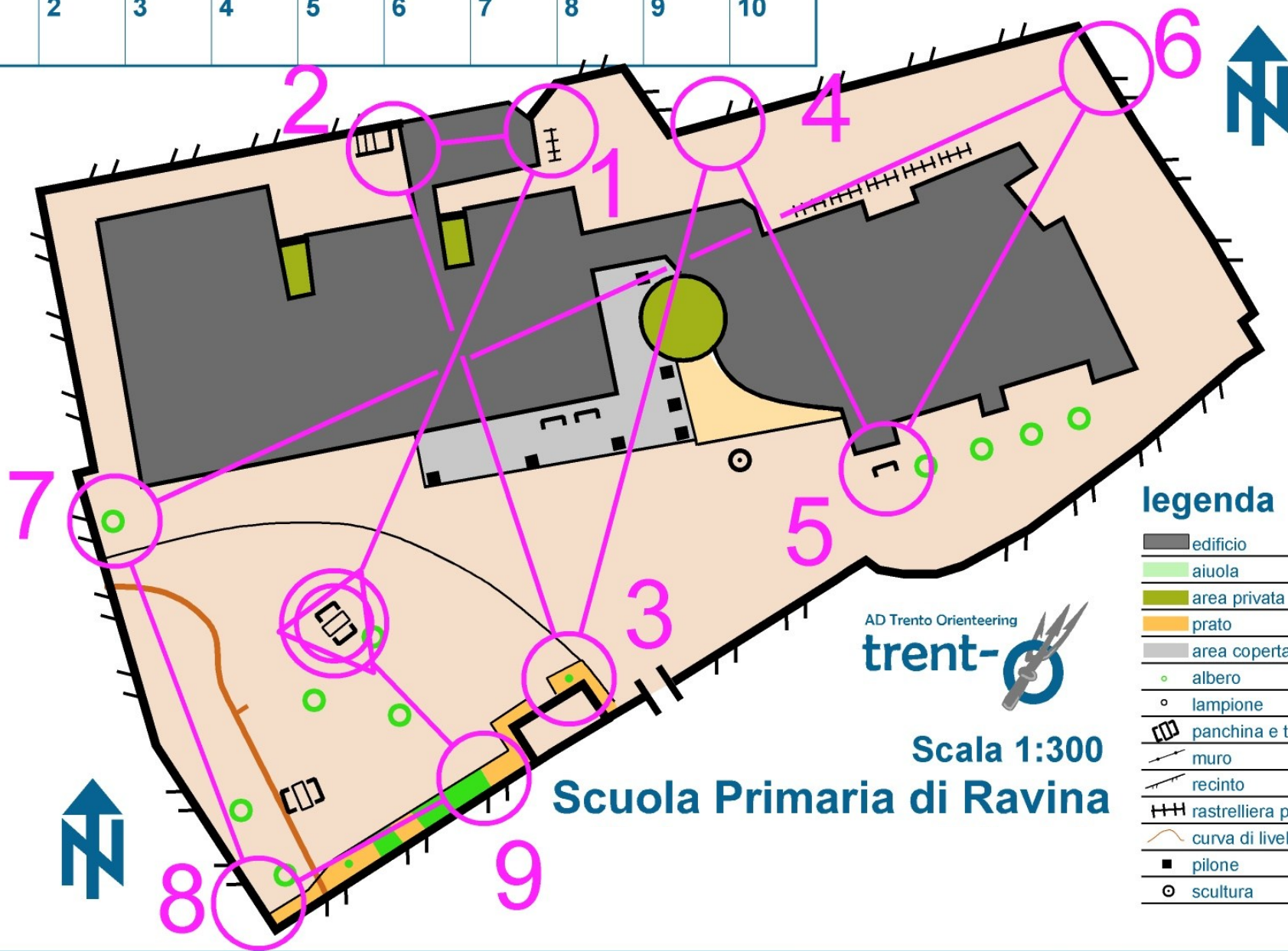


o sfruttare le potenzialità di alcuni programmi specifici, ma gratuiti nel caso aveste già una mappa della zona



<https://purple-pen.org/>

1	2	3	4	5	6	7	8	9	10
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legenda

	edificio
	aiuola
	area privata
	prato
	area coperta
	albero
	lampione
	panchina e tavolo
	muro
	recinto
	rastrelliera per bici
	curva di livello
	pilone
	scultura

Corso IPRASE - Piné

Ex Colonie Mantovane loc. Bedolè

SCALA 1:1500

LEGENDA

	curve di livello
	colore, conca, depressione
	ruvo di terra, muretto di terra, piccola depressione
	fossa, canale, fossa
	ruvo attraversabile, ruvo non attraversabile
	strada, strada grande
	area selciata, muretto, muretto di sassi
	griglia o buca recedente, traliccio corrente
	strada principale, strada con sottopassaggio
	strada secondaria, strada non pavimentata
	strada campestre, sentiero, strada
	muretto, muro non attraversabile
	ruvo, ruvo piccolo
	ruvo attraversabile, ruvo non attraversabile
	vallone, porticato
	lago, corso d'acqua, canale
	fontana, sorgente
	oggetti particolari
	terreno aperto, bosco
	area privata, zona verde
	vegetazione fitta, vegetazione non fitta
	vegetazione fitta, aspetto grigio
	alberi scuri, alberi vegetazione

Prof_Colonie_Piné				
Tutti i punti	9 punti			
31				
32				
33				
34				
35				
36				
37				
38				
39				



Lavoro
pratico a
conclusione
di questa
mattinata di
formazione

Orienteering e nuove tecnologie

Usynligo



iORIENTEERING

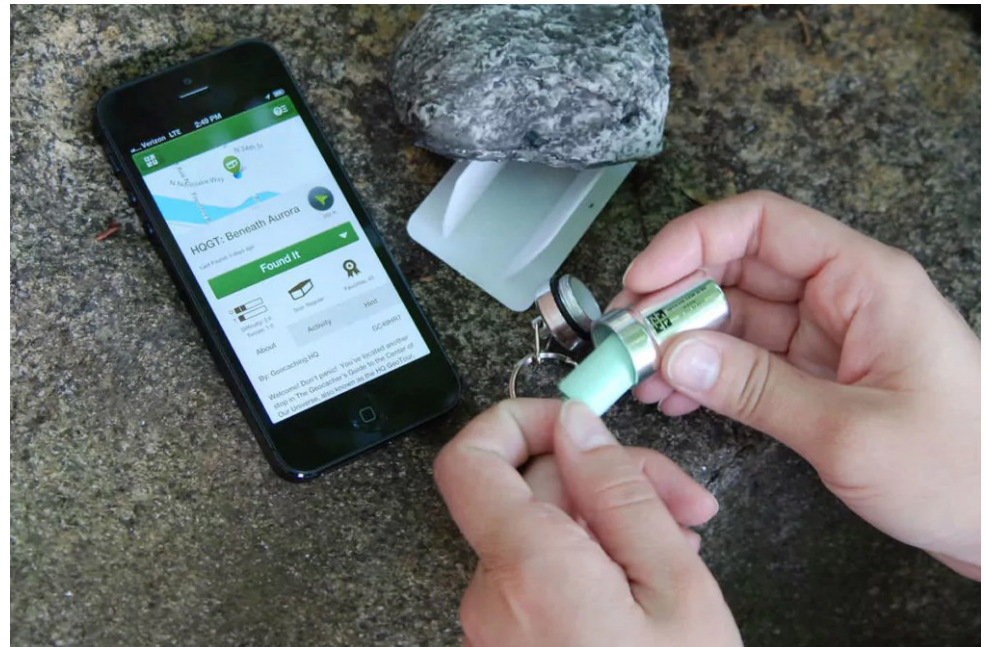


Orienteering e nuove tecnologie



GEOCACHING

Creiamo con i ragazzi un punto con questa
applicazione, scoprendo angoli nascosti del
nostro territorio e
facendone scoprire
di nuovi ai turisti





Orienteering e nuove tecnologie



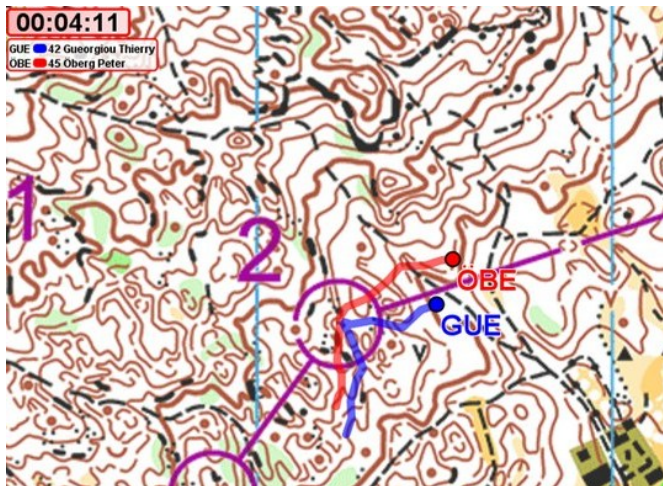
(1.1)



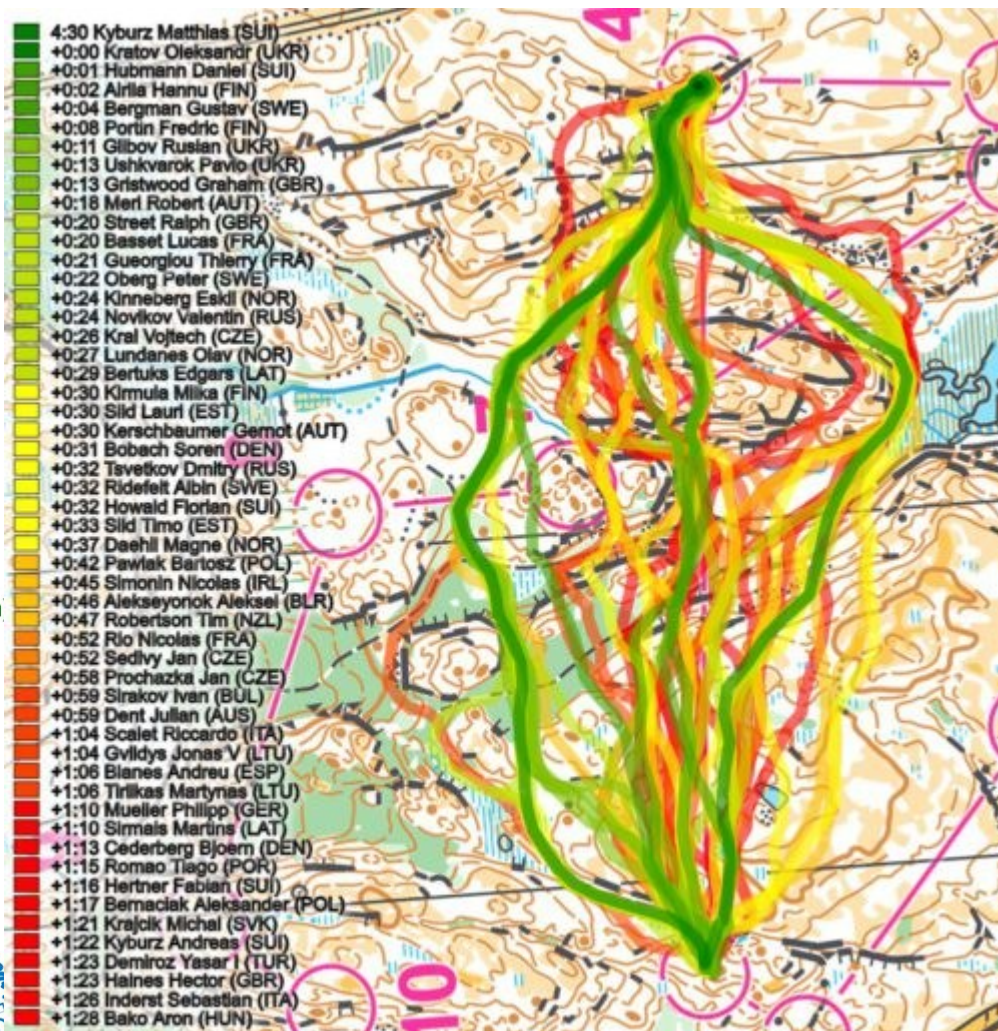
1
(1.1)

<https://temposim.yq.cz/tempo.cgi>

ORIENTEERING IN TV



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 della federazione svizzera

<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