



Sabato 20 settembre 2025

CORSO DI AGGIORNAMENTO PER DOCENTI

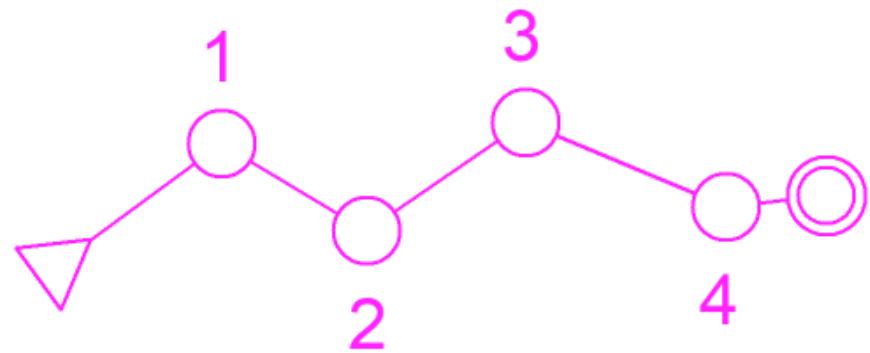
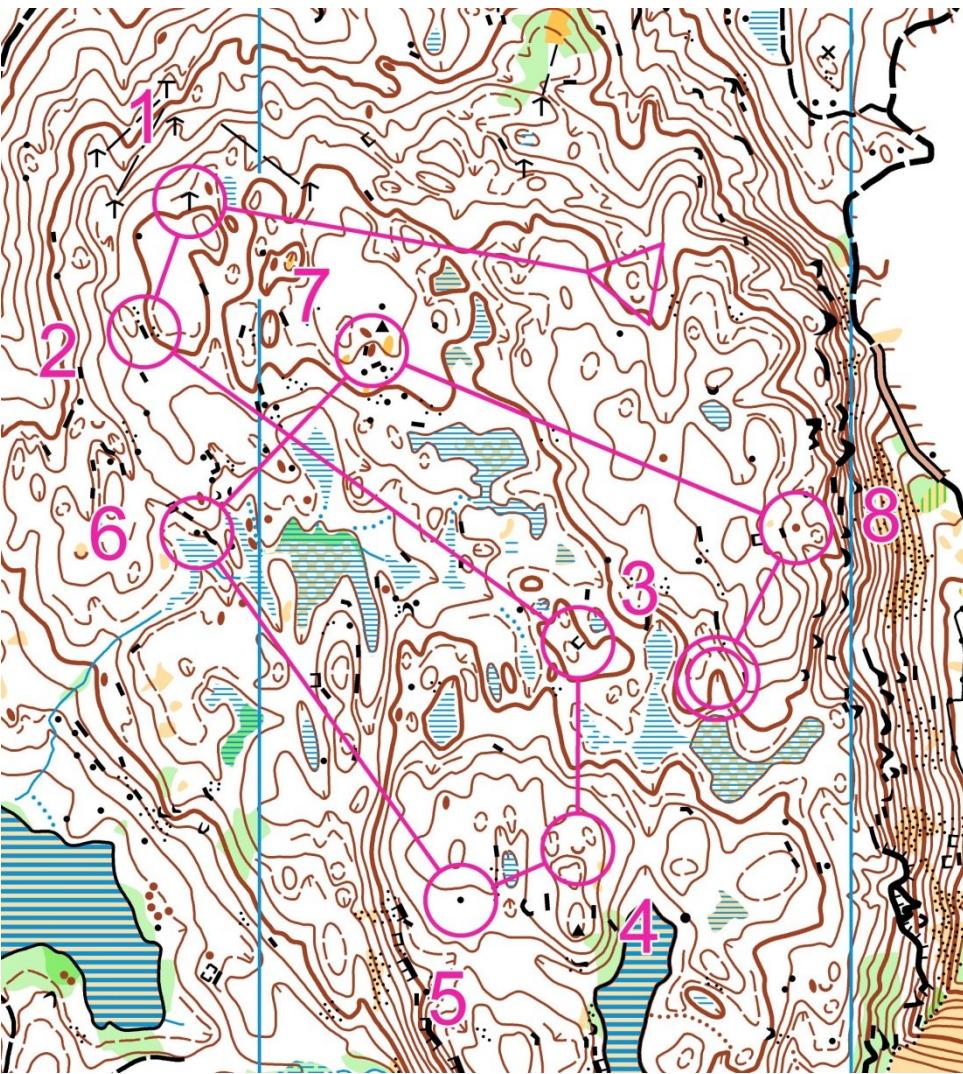
**MAPPE, BUSSOLA
E INCLUSIONE
NUOVE VIE PER
LA DIDATTICA CON
L'ORIENTEERING**



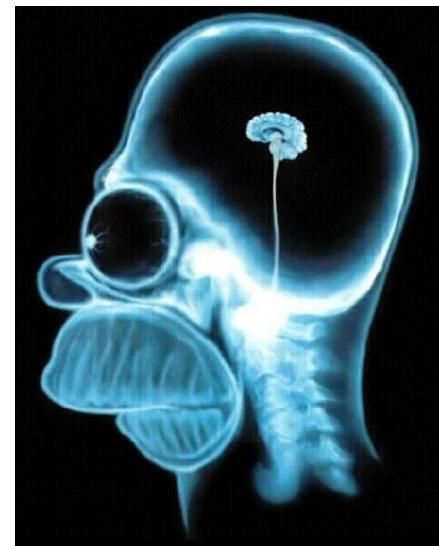
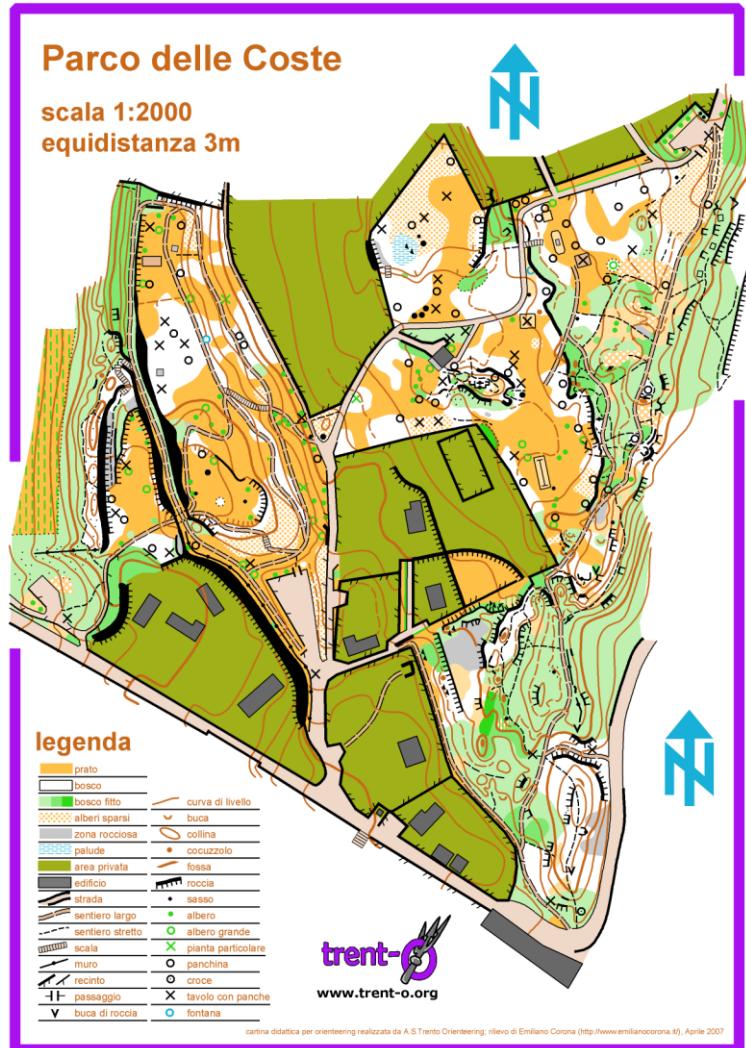
FEDERAZIONE
ITALIANA
SPORT
ORIENTAMENTO

**Comitato
TRENTINO**

L'ORIENTEERING



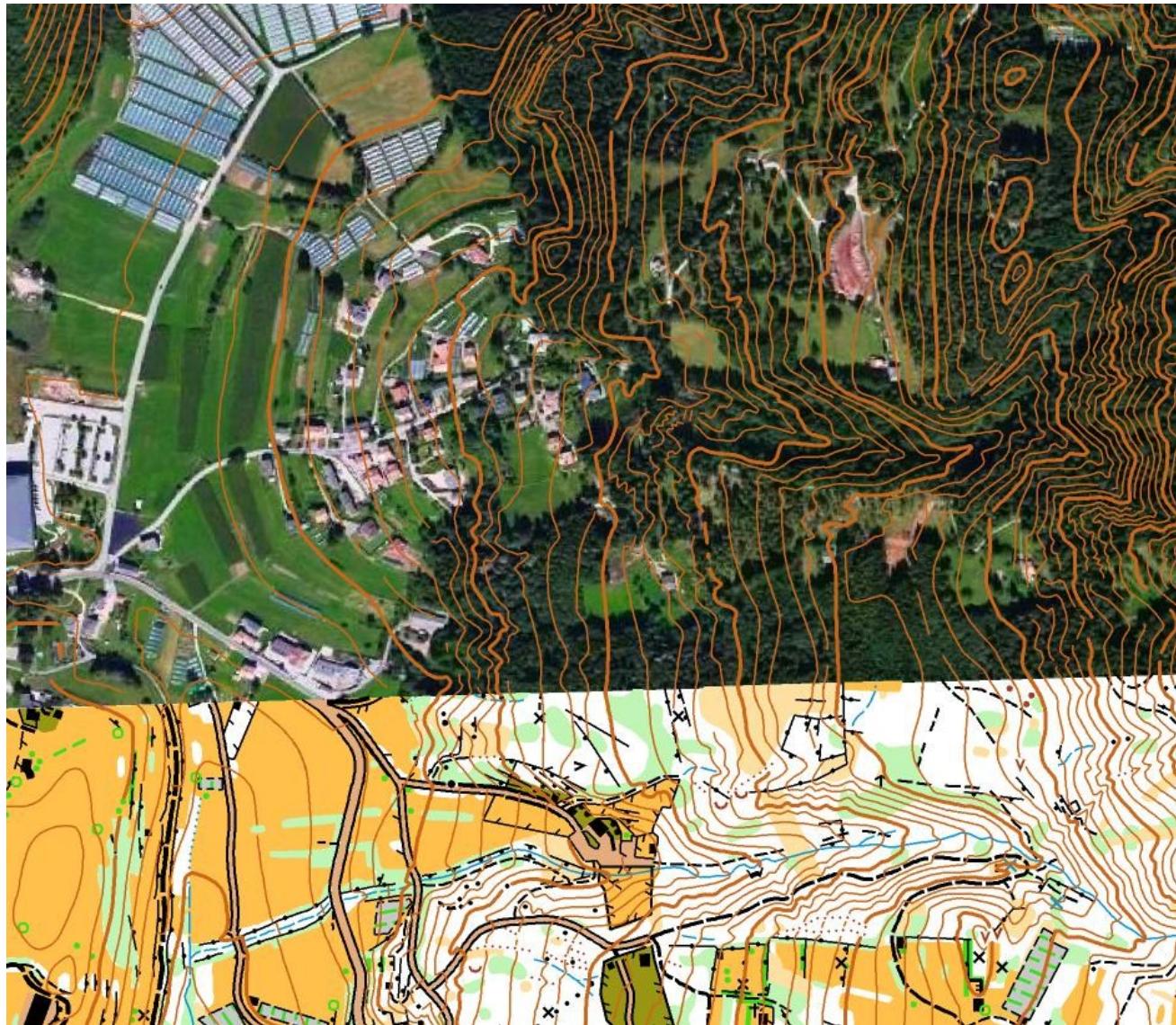
COSA SERVE PER FARE ORIENTEERING?



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

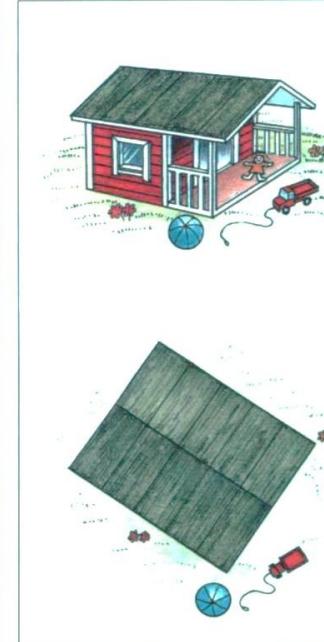
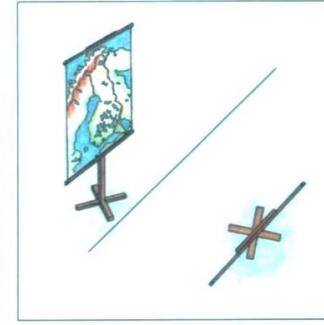
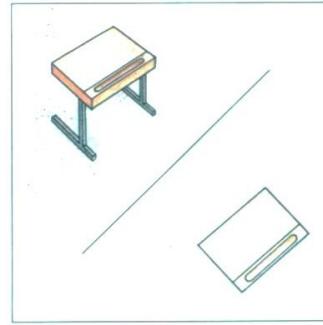
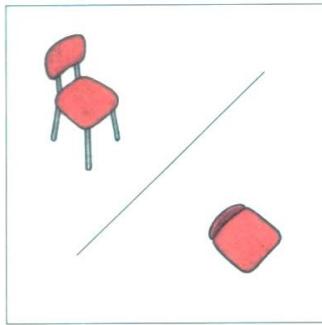
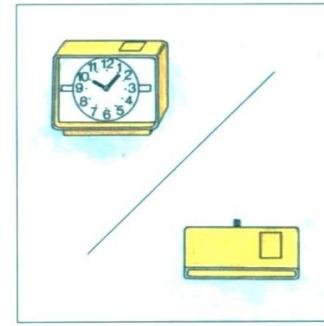
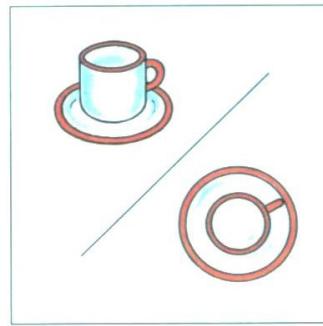
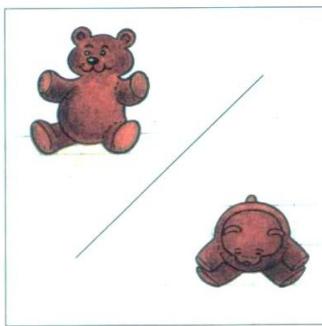


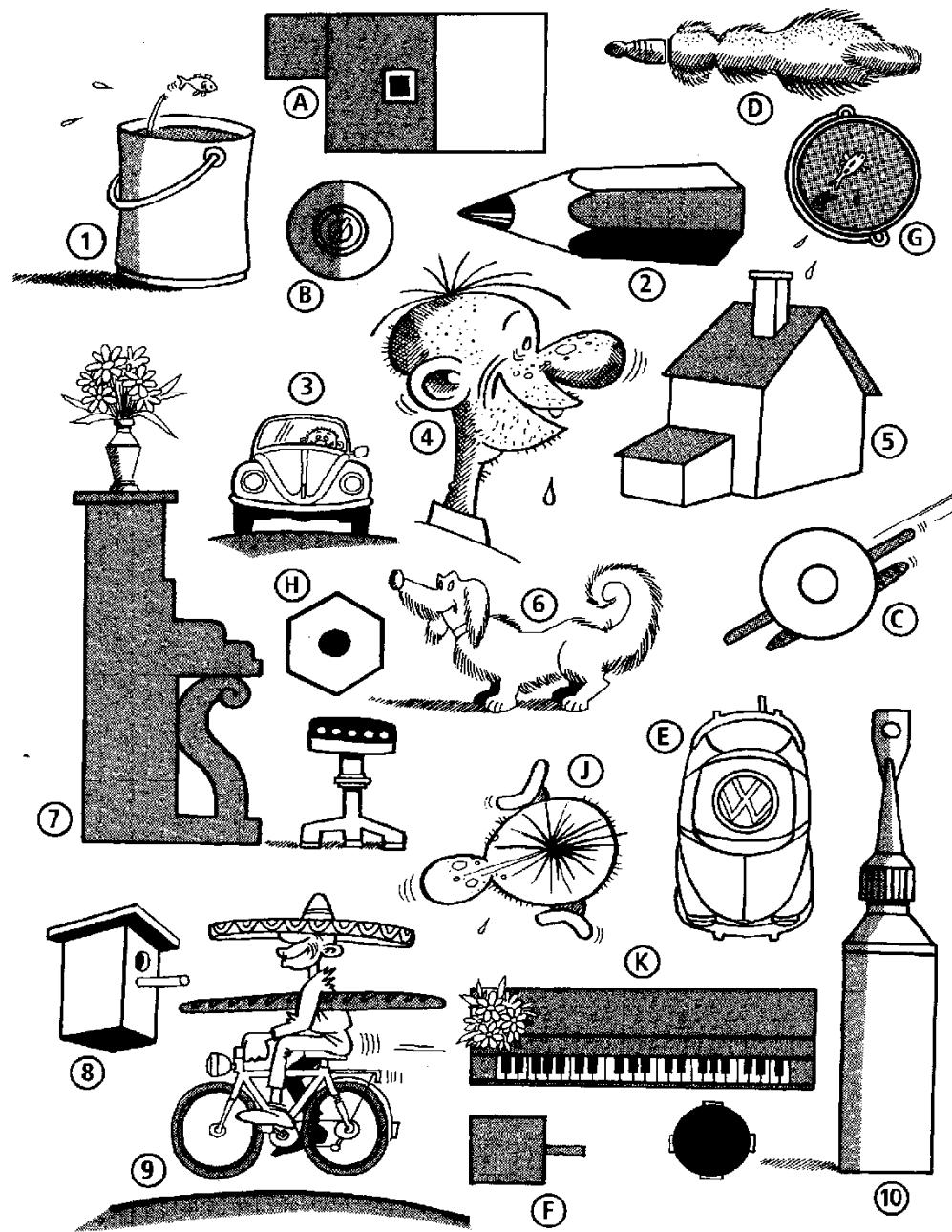
Che cosa è una mappa?

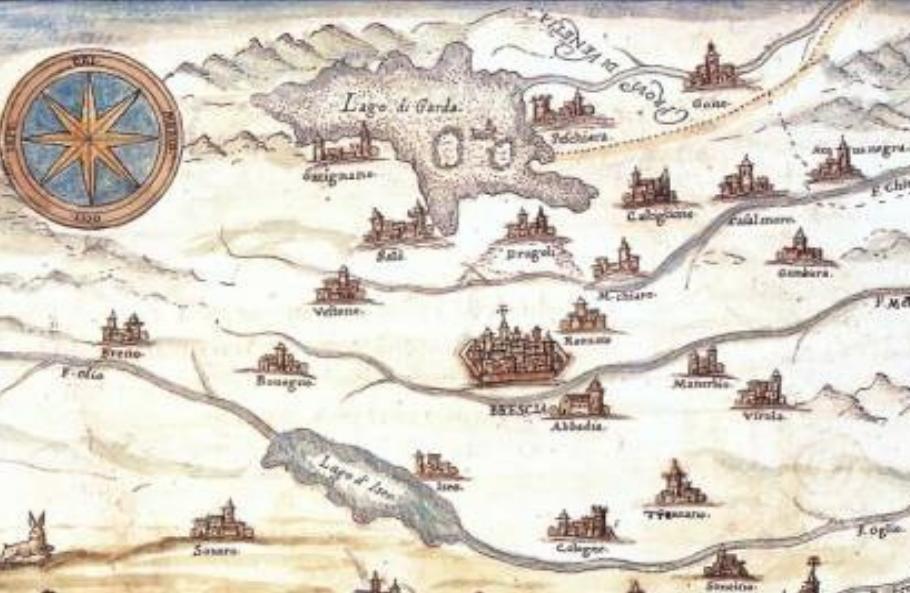


Immaginate di vedere le cose dall'alto



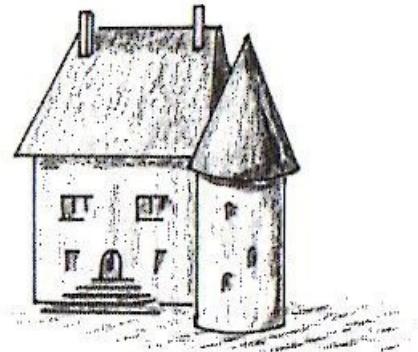






4

Veduta aerea e carta
Luftbild und Karte
Vue aérienne et carte

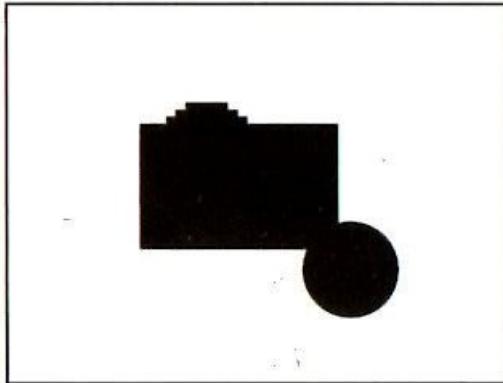


Quale pianta corrisponde a questa casa?

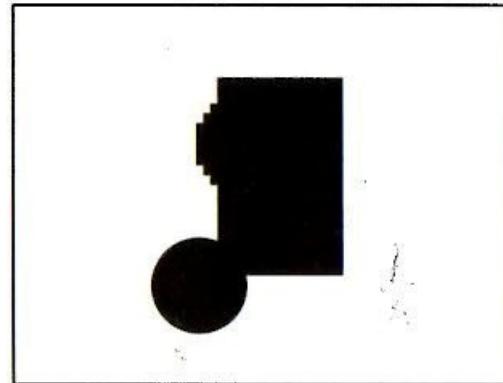
Welcher Grundriss gehört zu diesem Haus?

Quel plan correspond à cette maison?

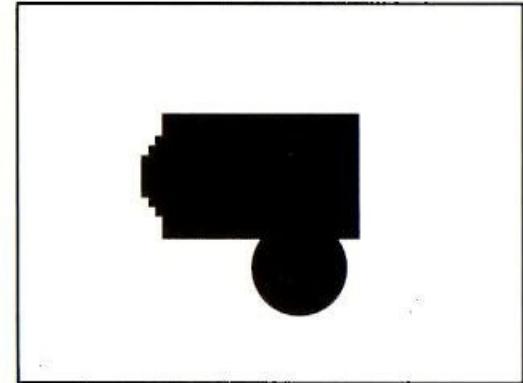
a



b



c



6

Veduta aerea e carta
Luftbild und Karte
Vue aérienne et carte

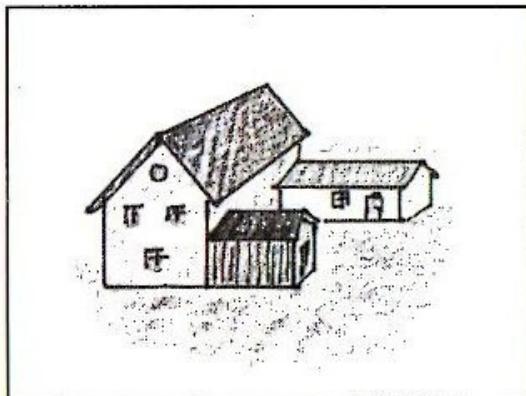


Quale casa corrisponde a questa pianta?

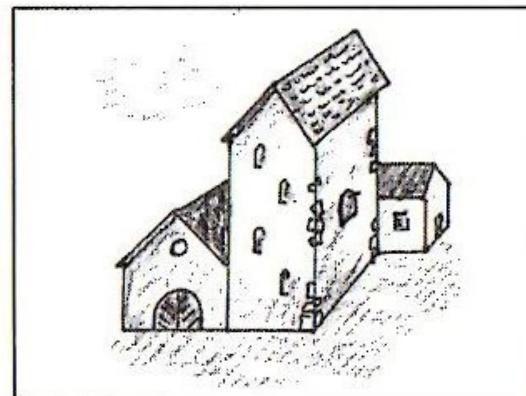
Welches Haus gehört zu diesem Grundriss?

Quelle maison correspond à ce plan?

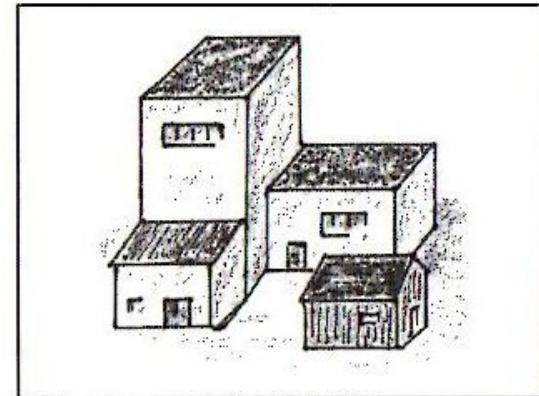
a



b



c



Villa Sant'Ignazio

Laste - Trento (TN)

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

AB Trento Orienteering
trent-o



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.

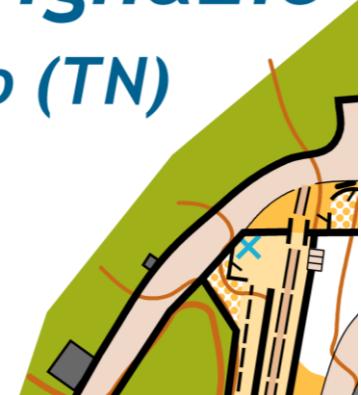


La riduzione in scala

Villa Sant'Ignazio

Laste - Trento (TN)

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

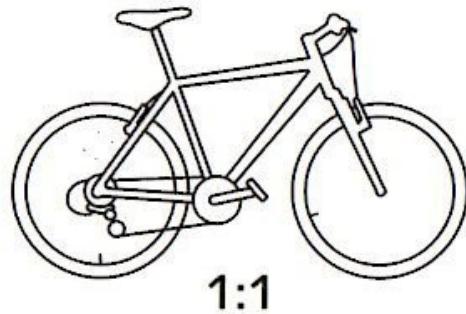


4

Scala e distanze

Distanzen und Massstab

Distance et échelle

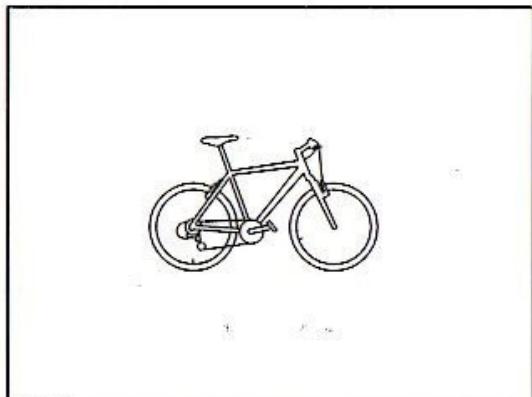


Quale rampichino è disegnato in scala 1:2 ?

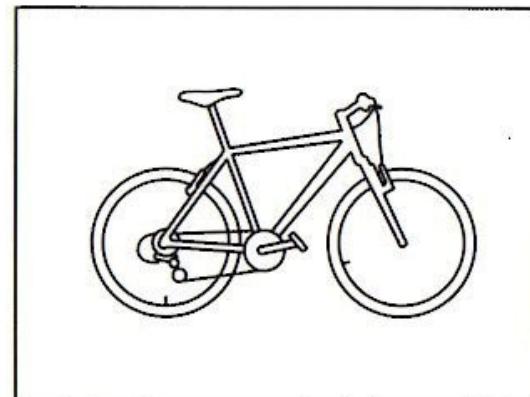
Welches Mountain Bike ist im Massstab 1:2 gezeichnet?

Quel VTT est dessiné à l'échelle 1:2?

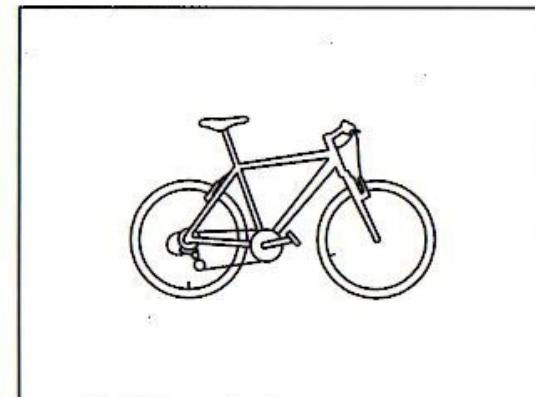
a



b



c



La riduzione in scala



Orientare correttamente la mappa

Disponi tre oggetti

sul tuo banco

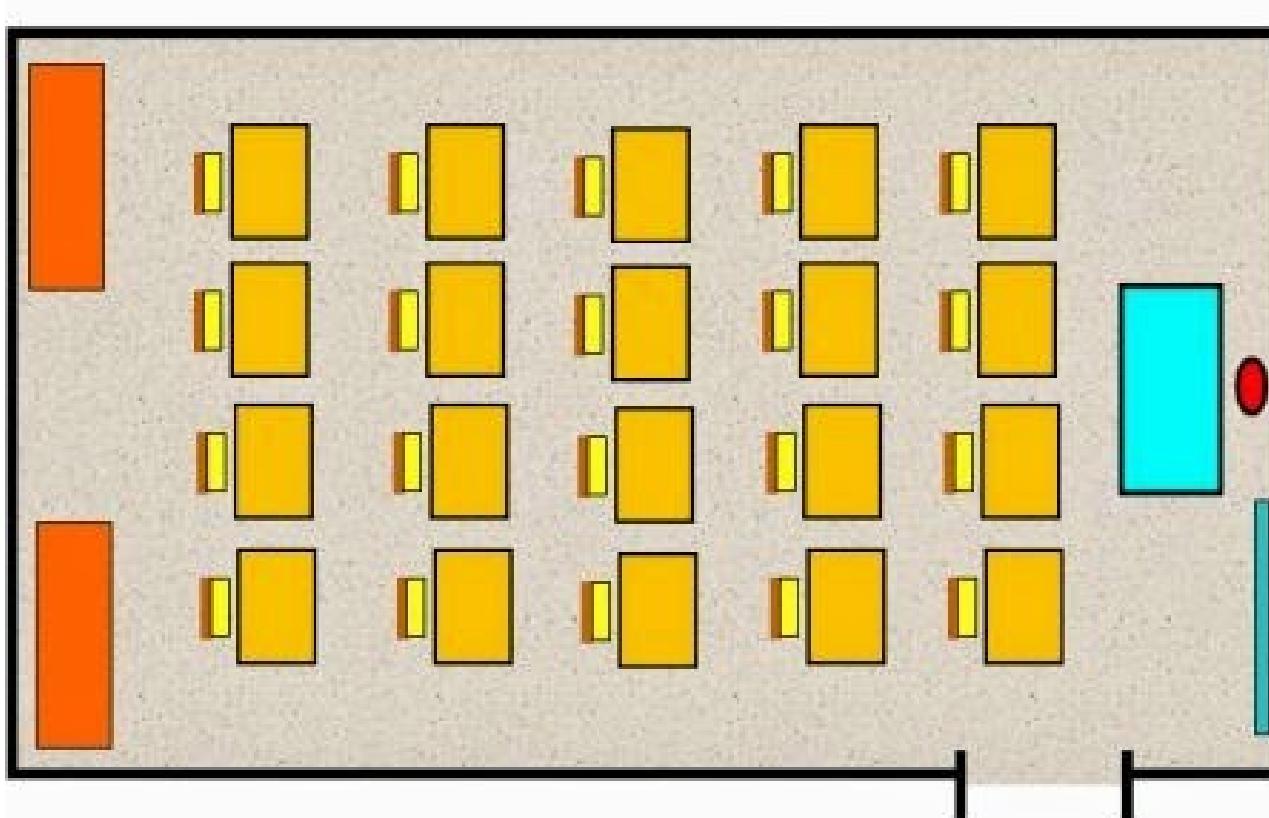
e prova a disegnarli

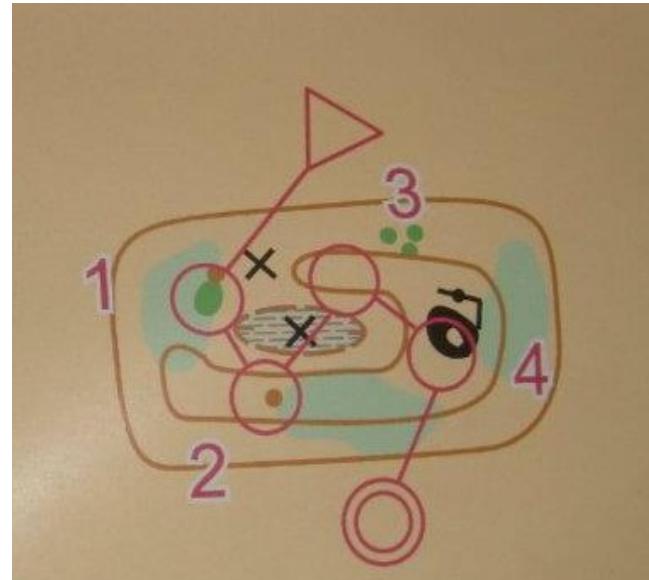


Orientare correttamente la mappa



Provare a disegnare assieme la mappa della classe





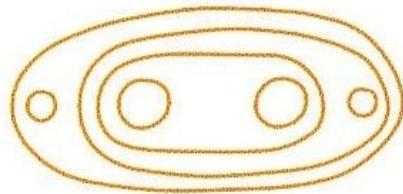
Curve di livello ed equidistanza

5

Terreno e curve di livello

Gelände und Höhenkurven

Relief et courbes de niveau

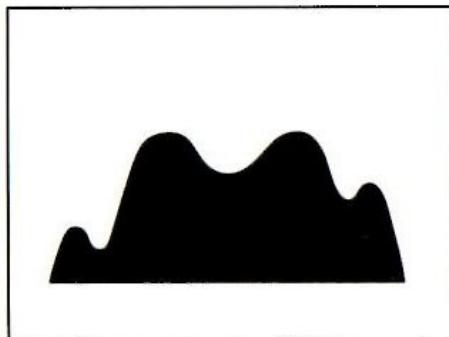


Quale profilo corrisponde a queste curve di livello?

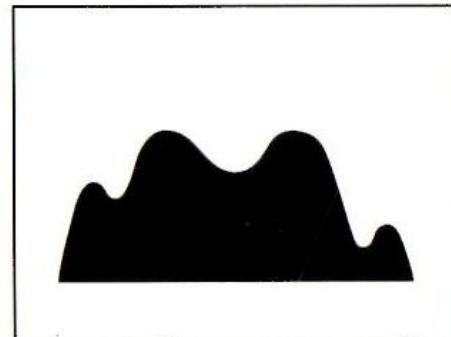
Welche Silhouette passt zu diesem Höhenkurvenbild?

Quel profil correspond à ces courbes de niveau?

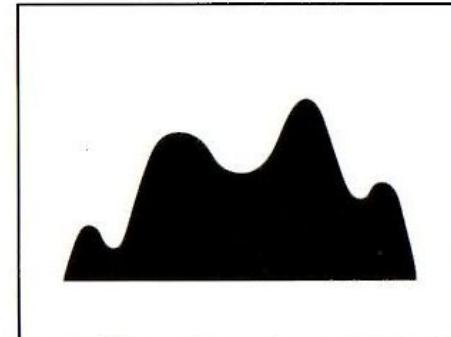
a



b



c



Curve di livello ed equidistanza

9

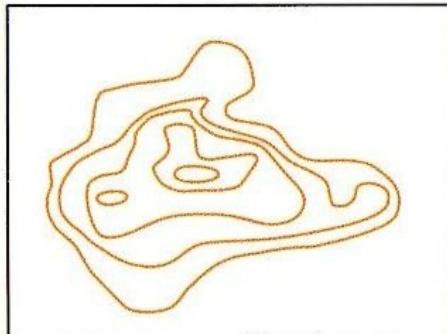
Terreno e curve di livello
Gelände und Höhenkurven
Relief et courbes de niveau

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

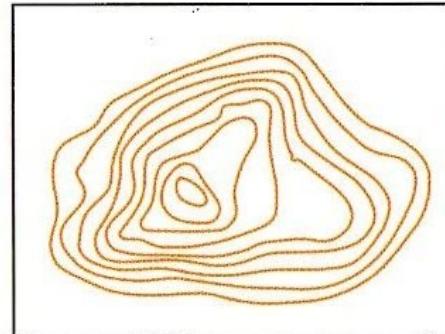
Welches ist der höchste Hügel, wenn alle Karten die gleiche Äquidistanz haben?

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

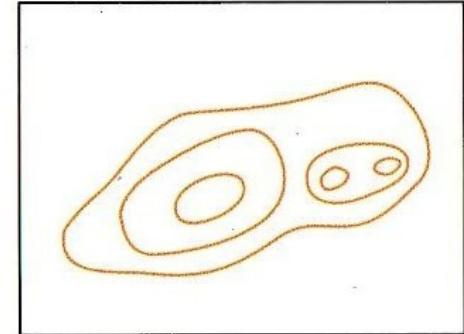
a



b



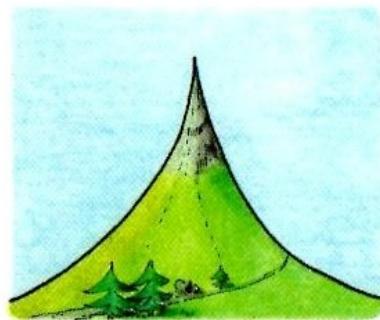
c



Curve di livello ed equidistanza

3

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

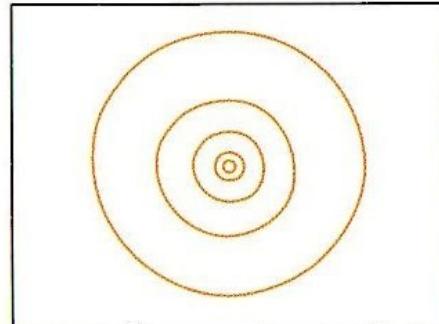


Quali curve di livello corrispondono a questa veduta?

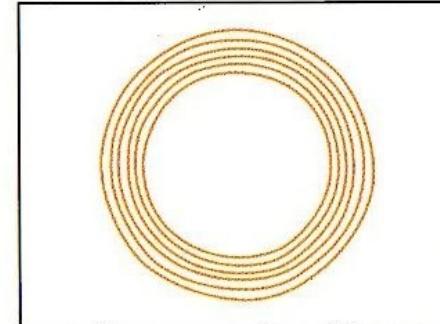
Welches Höhenkurvenbild gehört zu dieser Ansicht?

Quelles courbes de niveau correspondent à cette vue?

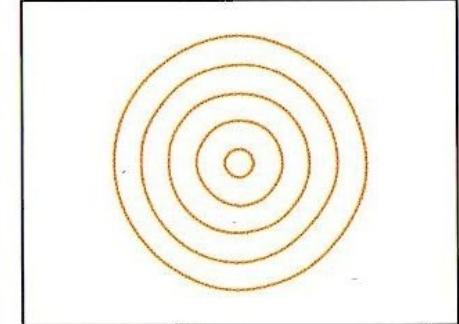
a



b



c



Sestola - Percorso facile

Scala 1:4.000 - Equidistanza 2,5m



Comune di Sestola

Sestola - Percorso difficile

Scala 1:4.000 - Equidistanza 2,5m

Sestola - Percorso intermedio

Scala 1:4.000 - Equidistanza 2,5m



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BOSCO

VERDE

BOSCO FITTO



ALBERO ISOLATO



GIALLO

AREE APERTE: PRATI o RADURE



NERO

MURO



RECINTO



OGGETTI PARTICOLARI

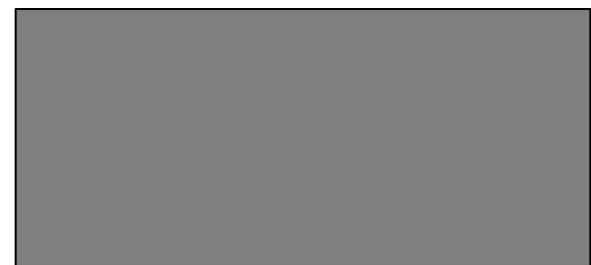


○

✗



EDIFICI

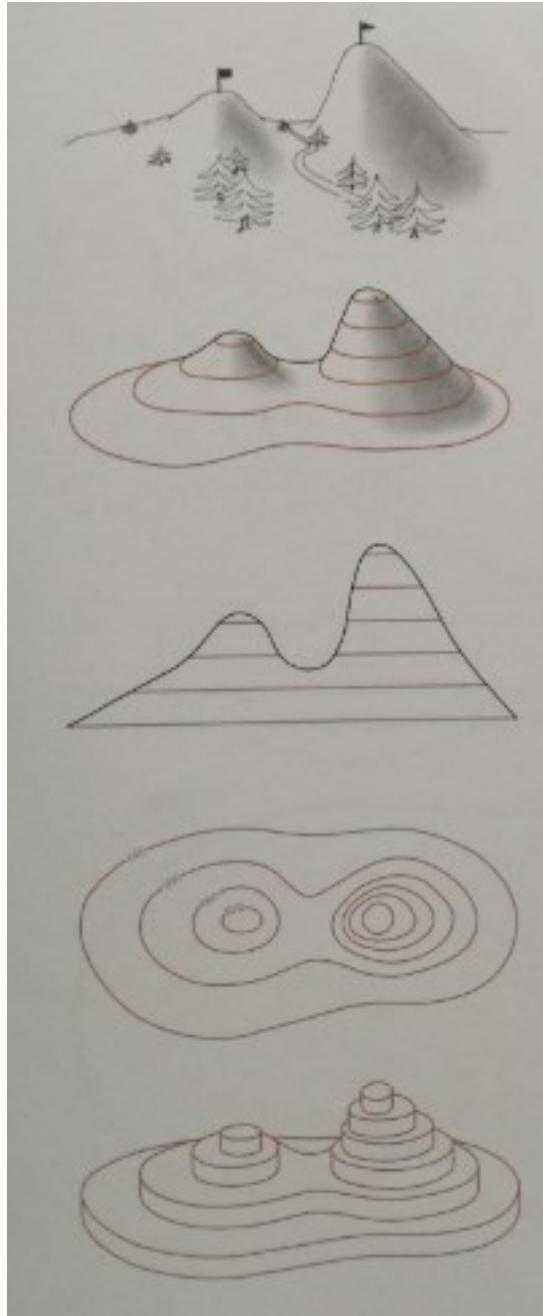


ROSA

AREE PAVIMENTATE o STRADE



MARRONE

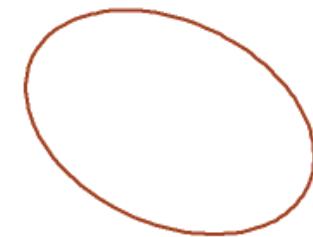


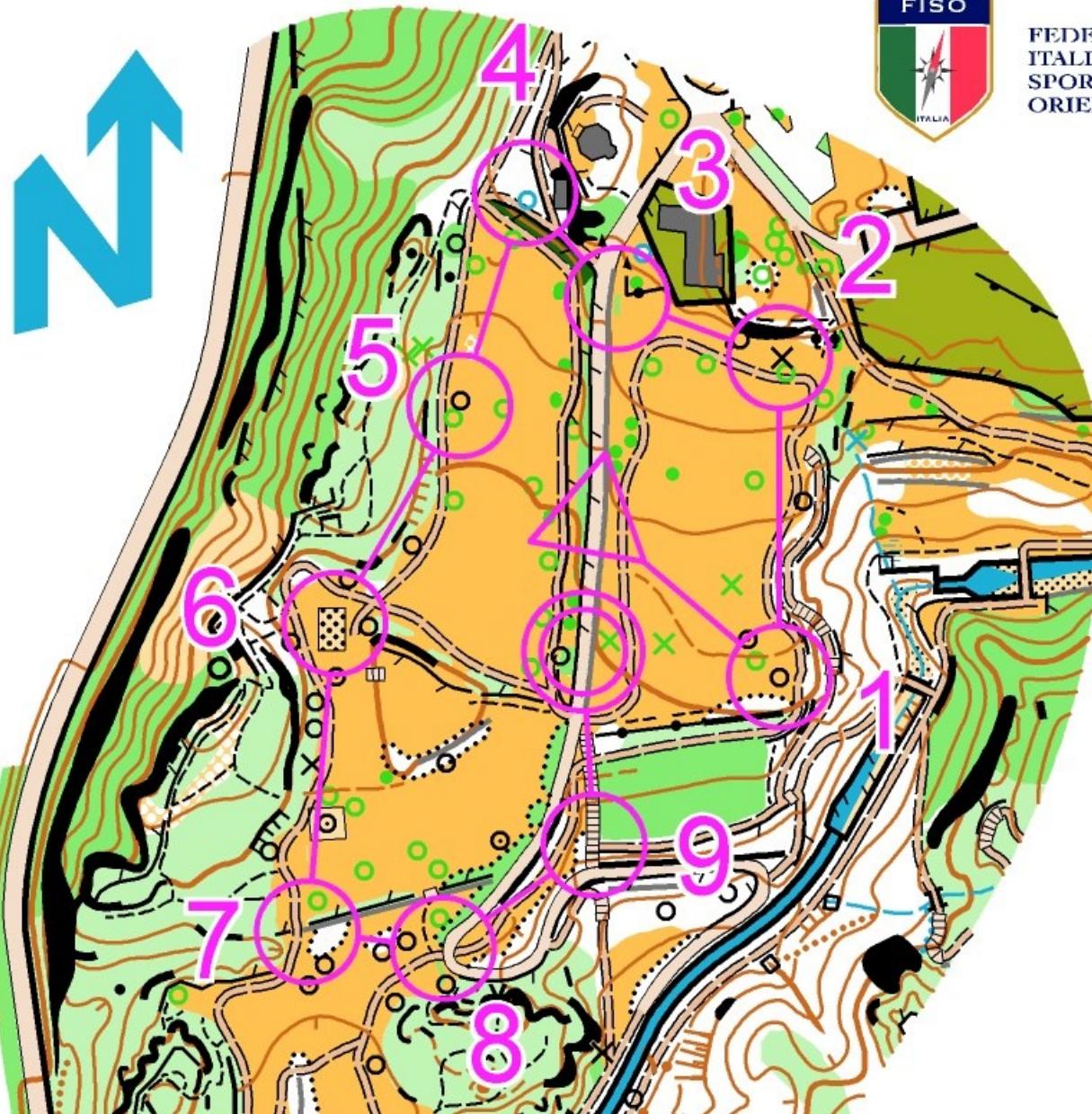
Curve di livello

Forme del terreno



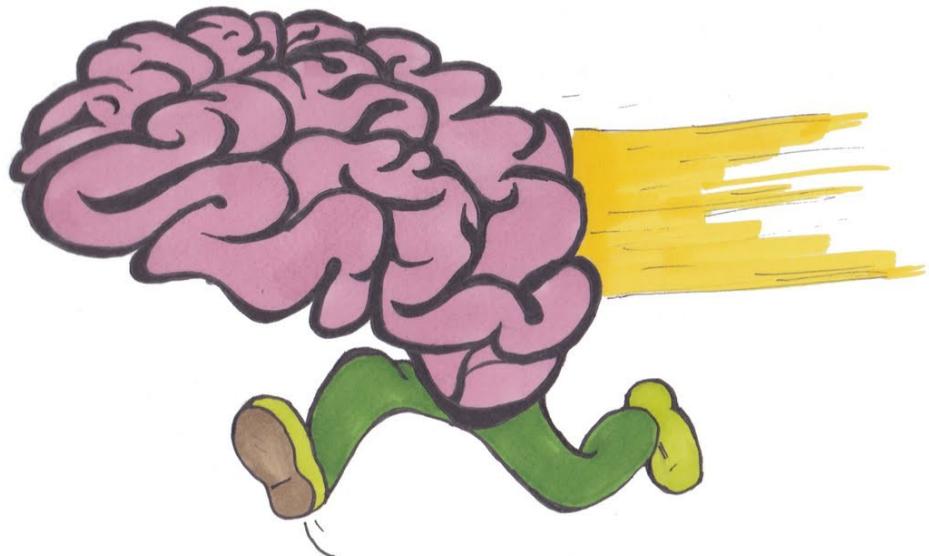
Colline





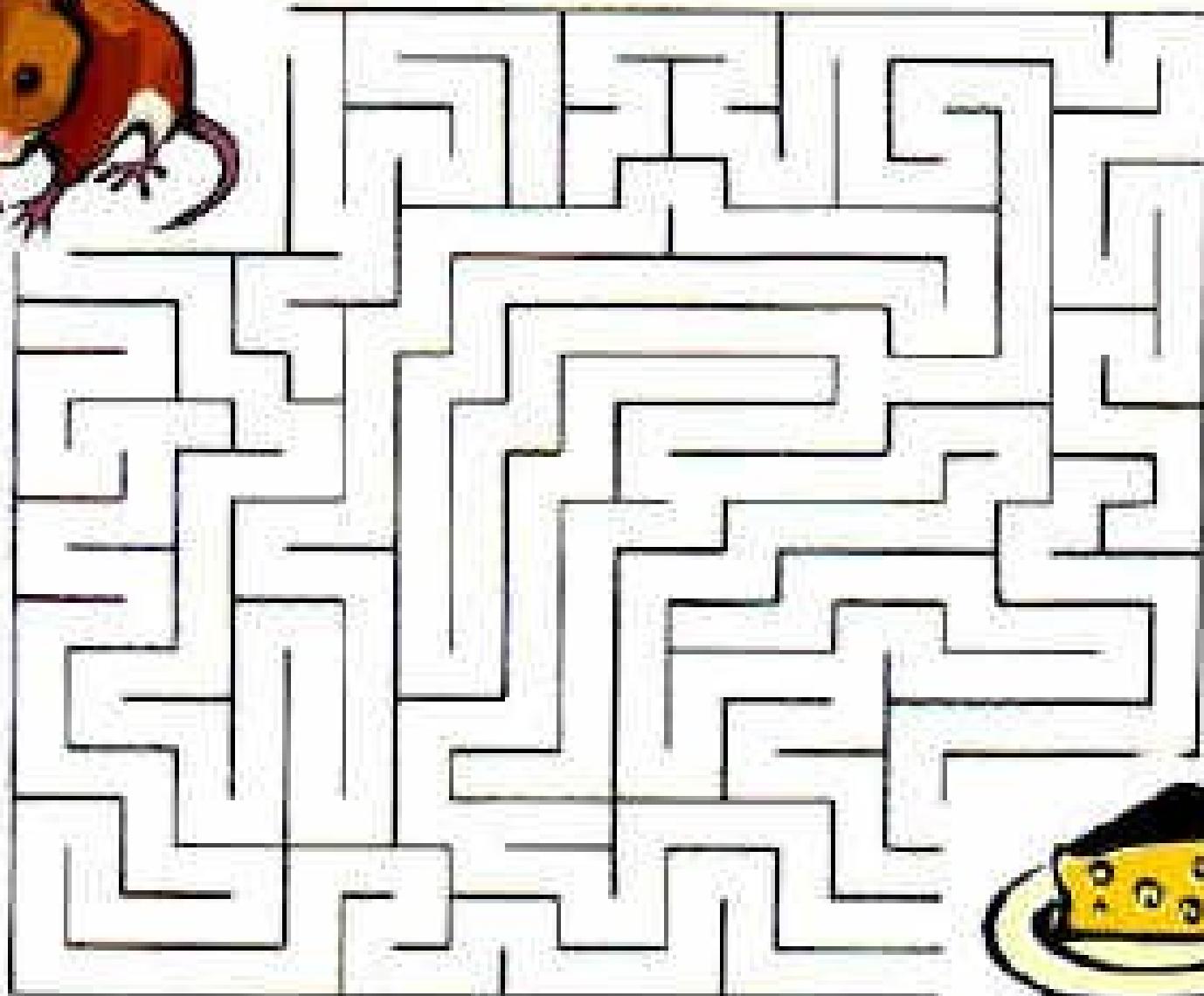
FEDERAZIONE
ITALIANA
SPORT
ORIENTAMENTO

**Corri veloce,
ma...**

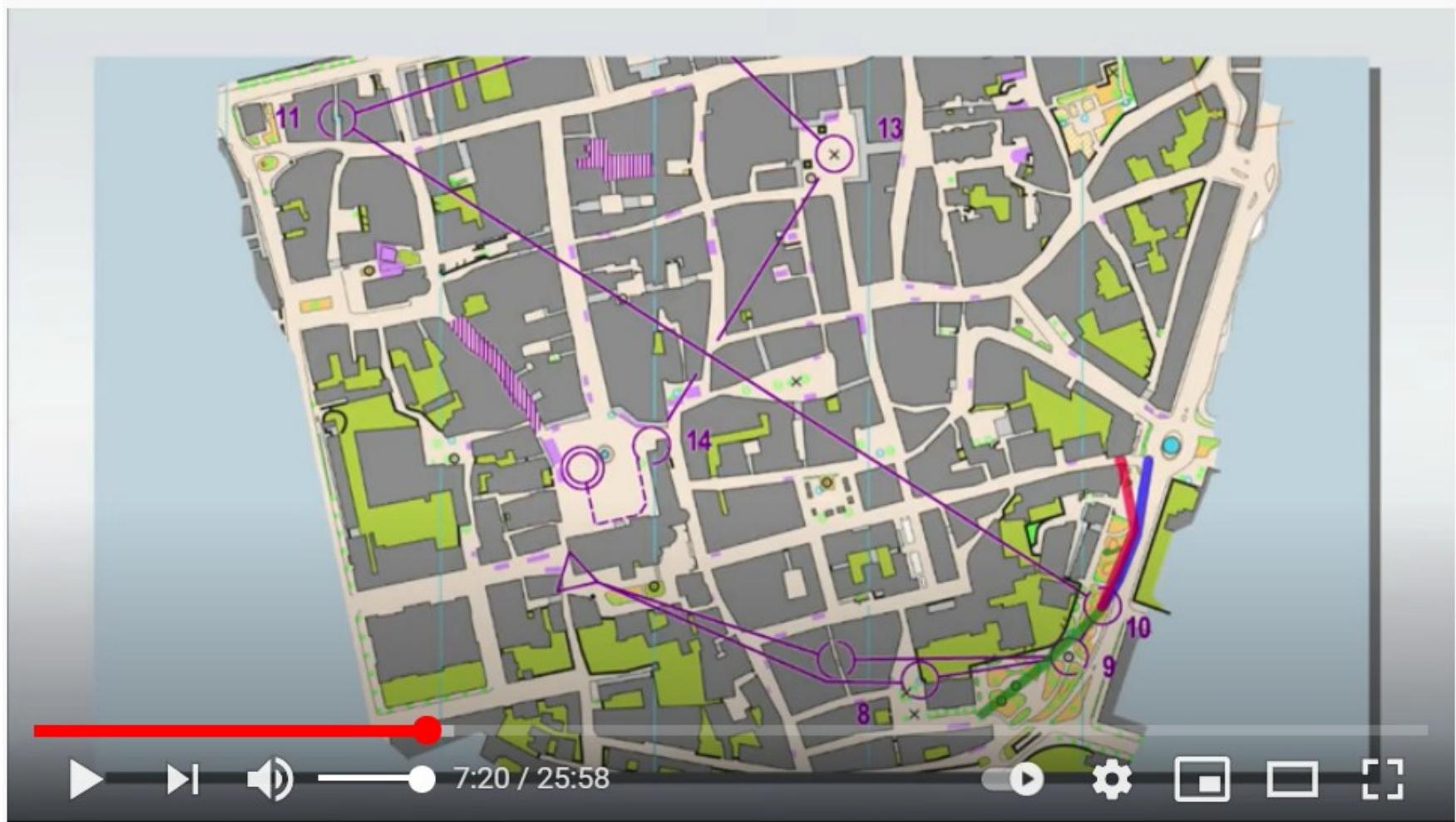


Pensa più veloce!!





Le scelte di percorso



World Orienteering Championships 2014 Sprint Relay

5.938 visualizzazioni • 3 set 2014

27

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CONDIVIDI

SALVA

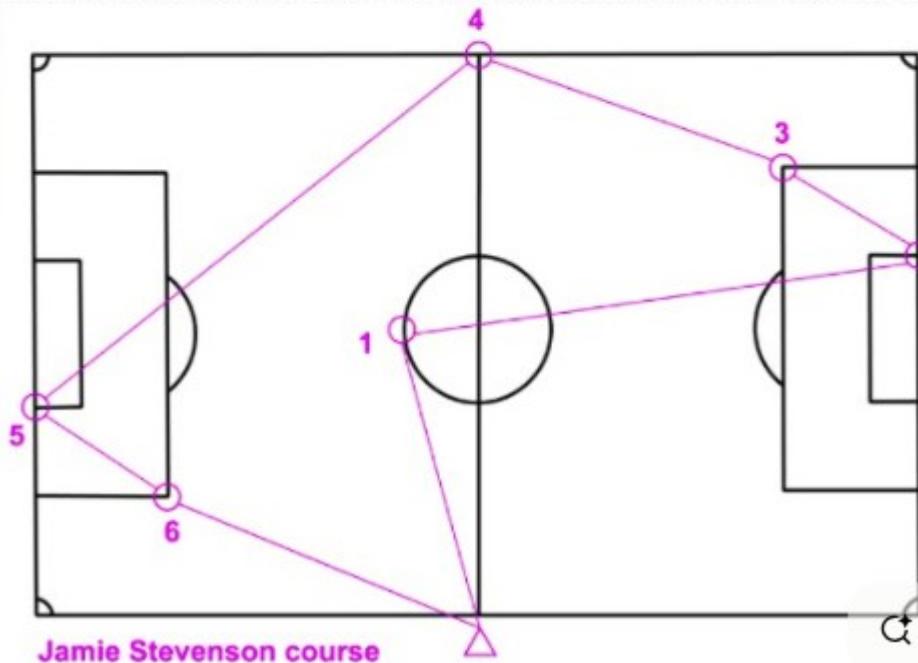
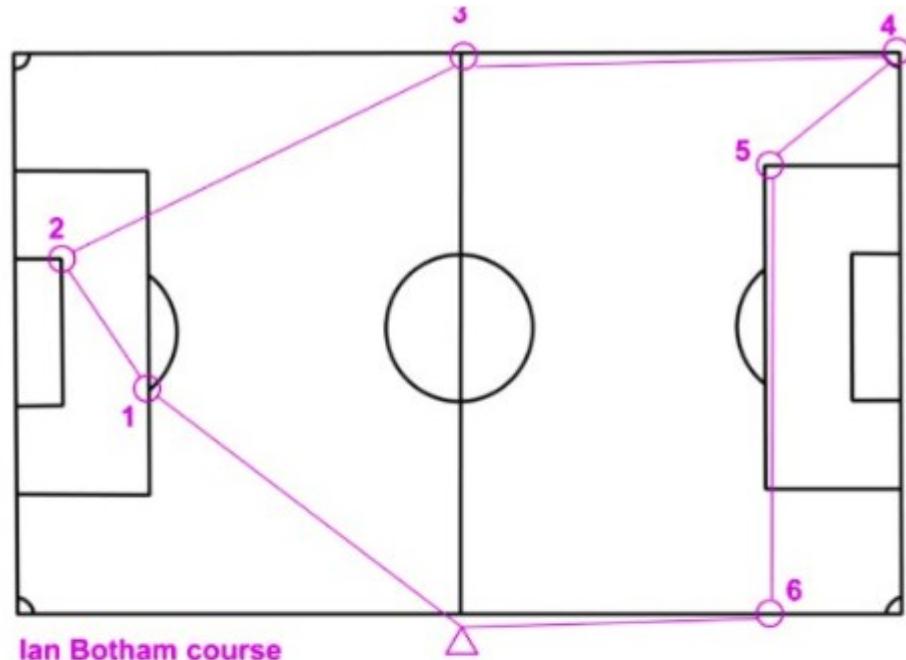
...

Le scelte di percorso



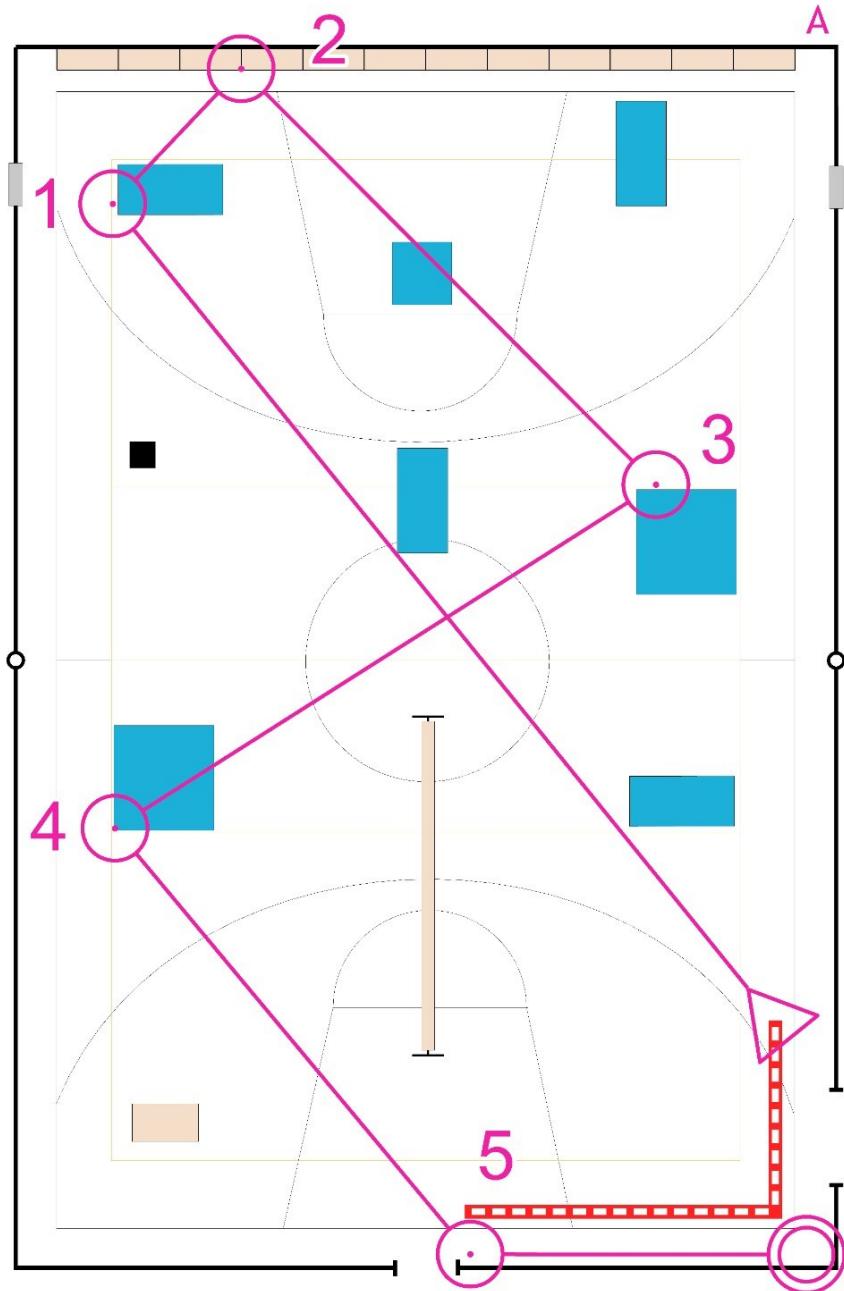
https://www.youtube.com/watch?v=bAw7nUs9VUI&ab_channel=IOFOrienteeringYoutube

Proposte giochi di mini orienteering in palestra

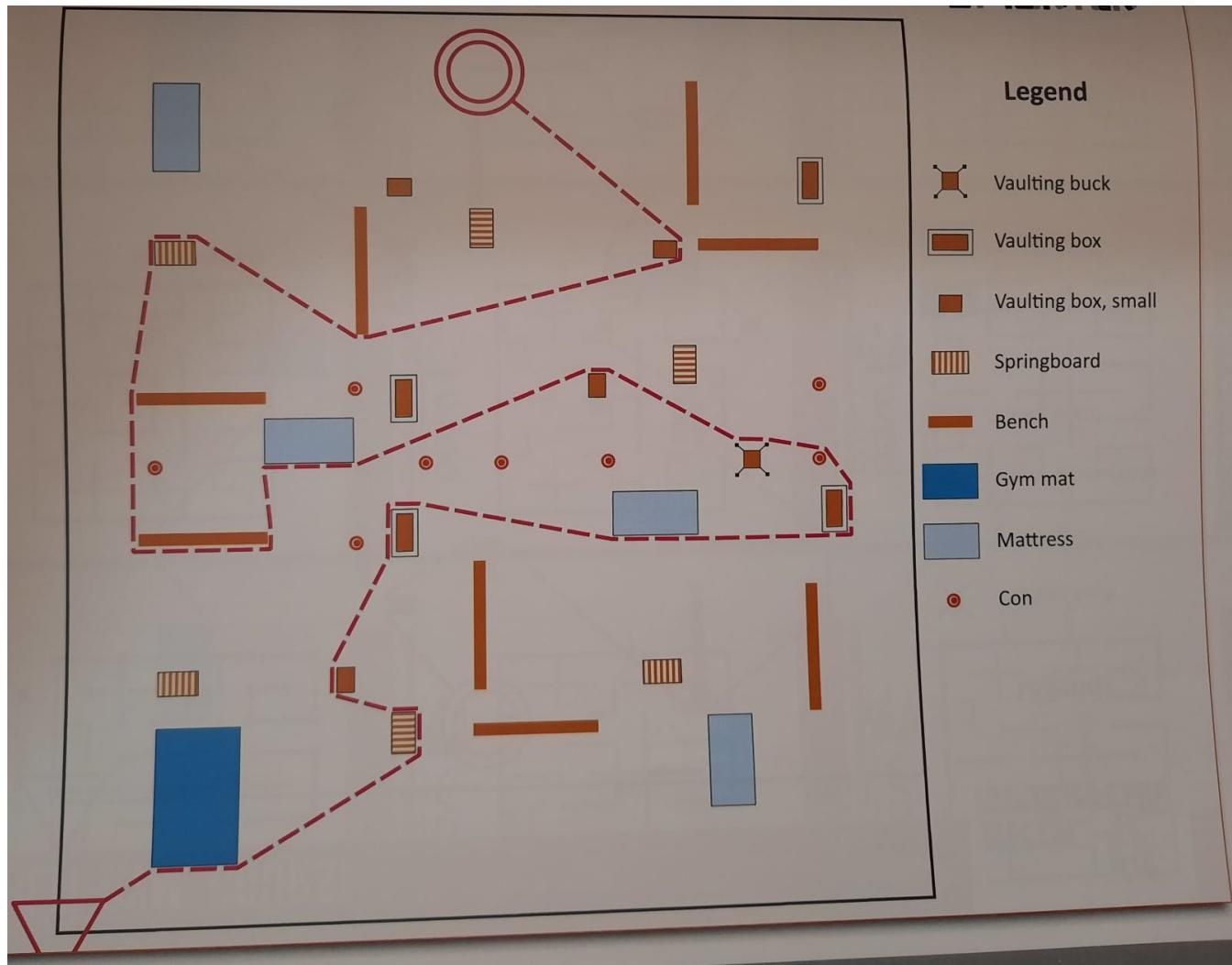


Orienteering in palestra:

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



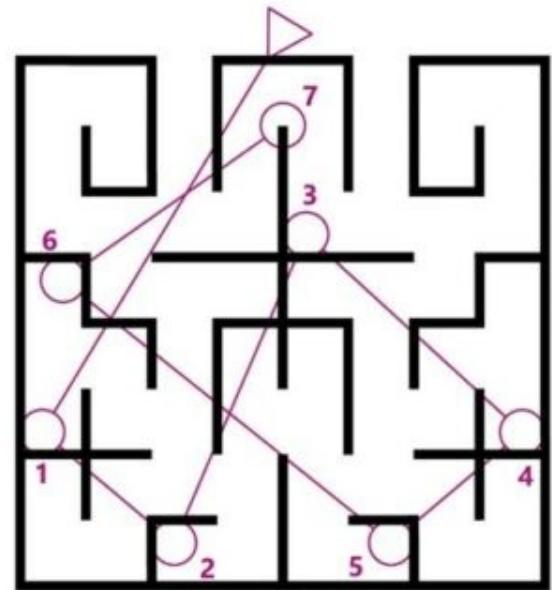
Orienteering in palestra



Il Labirinto



MAZE RACE A

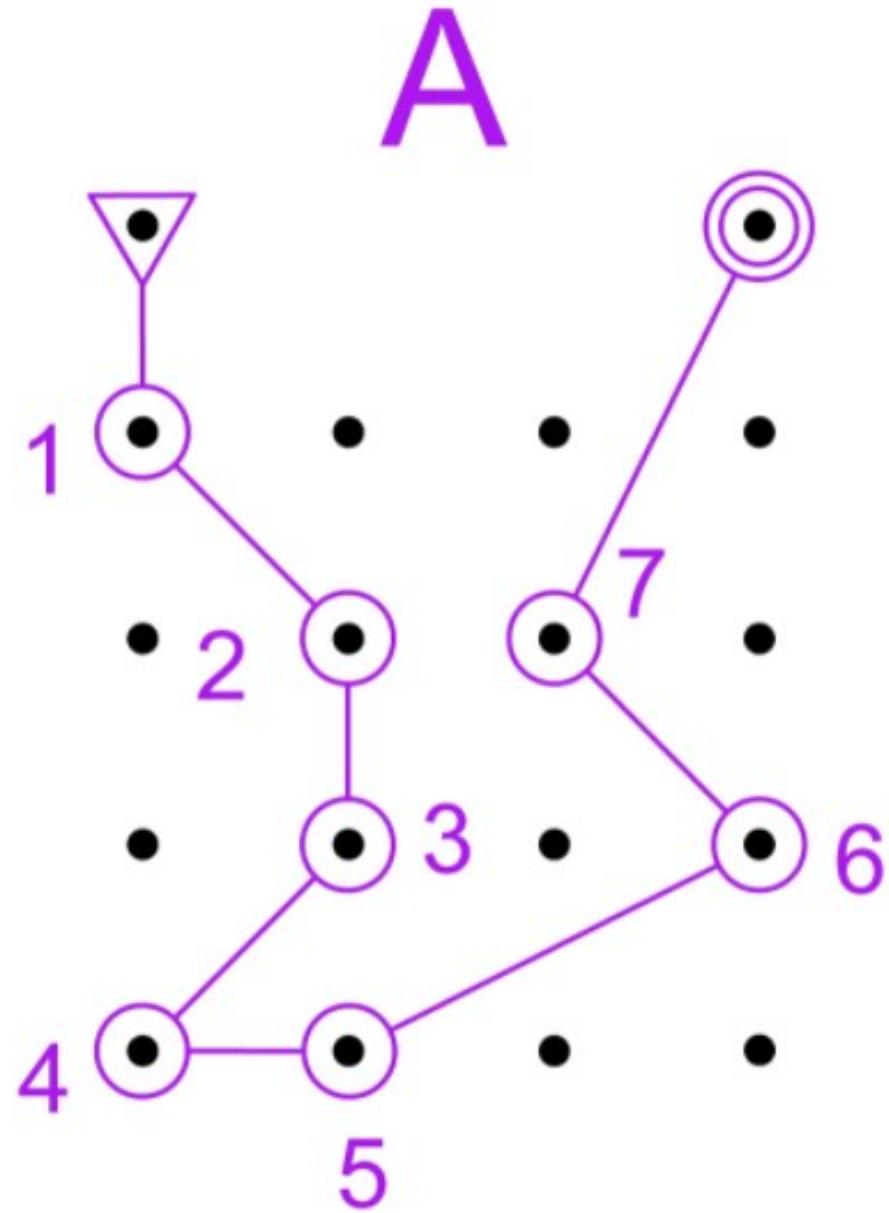


World MAZE Race



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



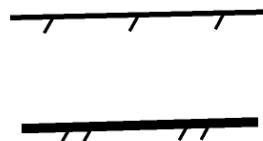
Bosco



Bosco fitto



Edificio

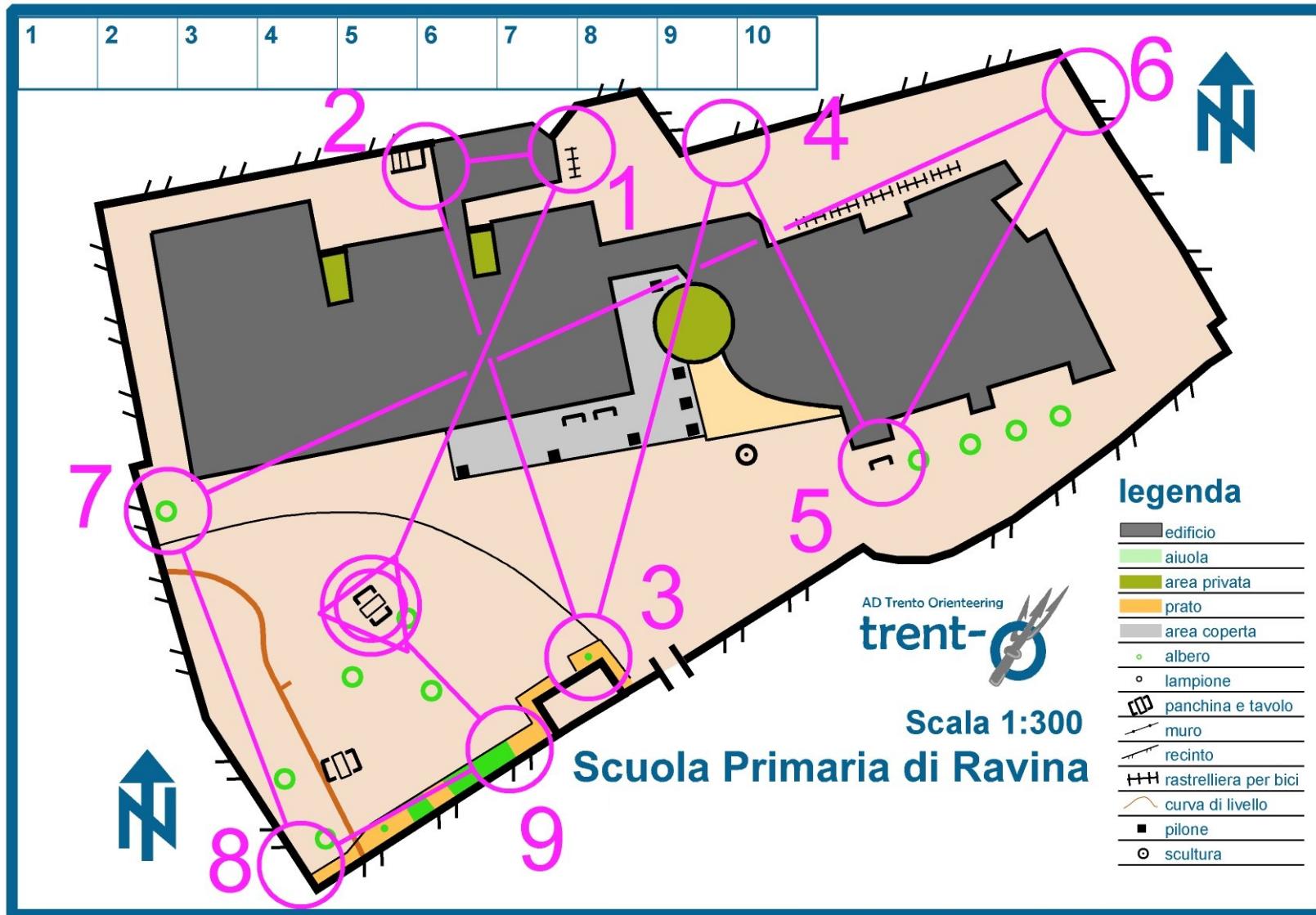


Recinto

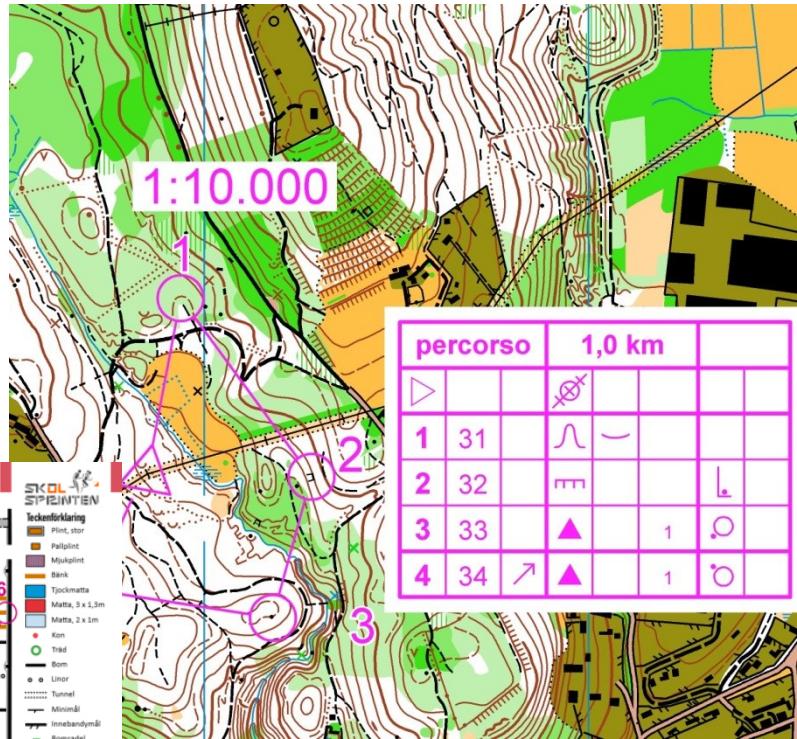
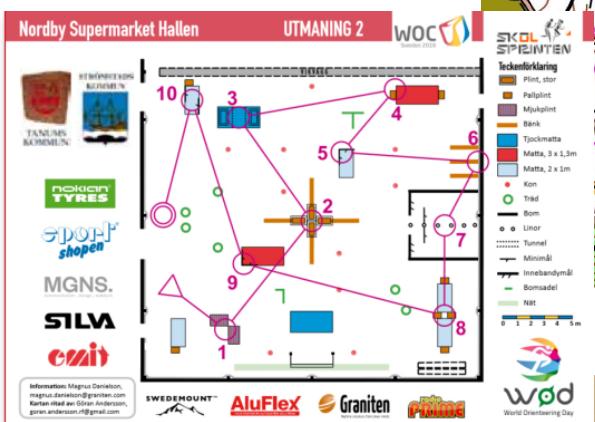
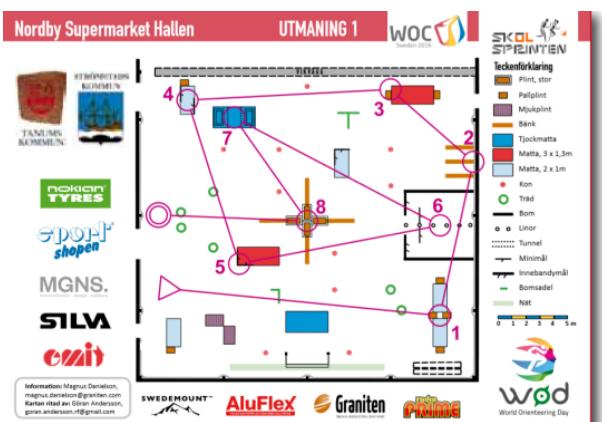
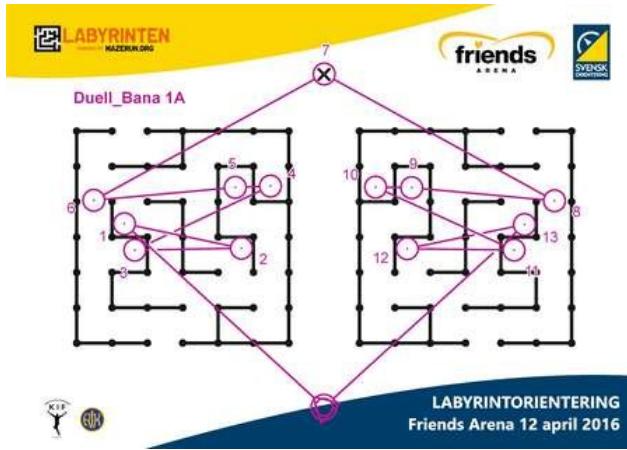


Collina

Orienteering in cortile







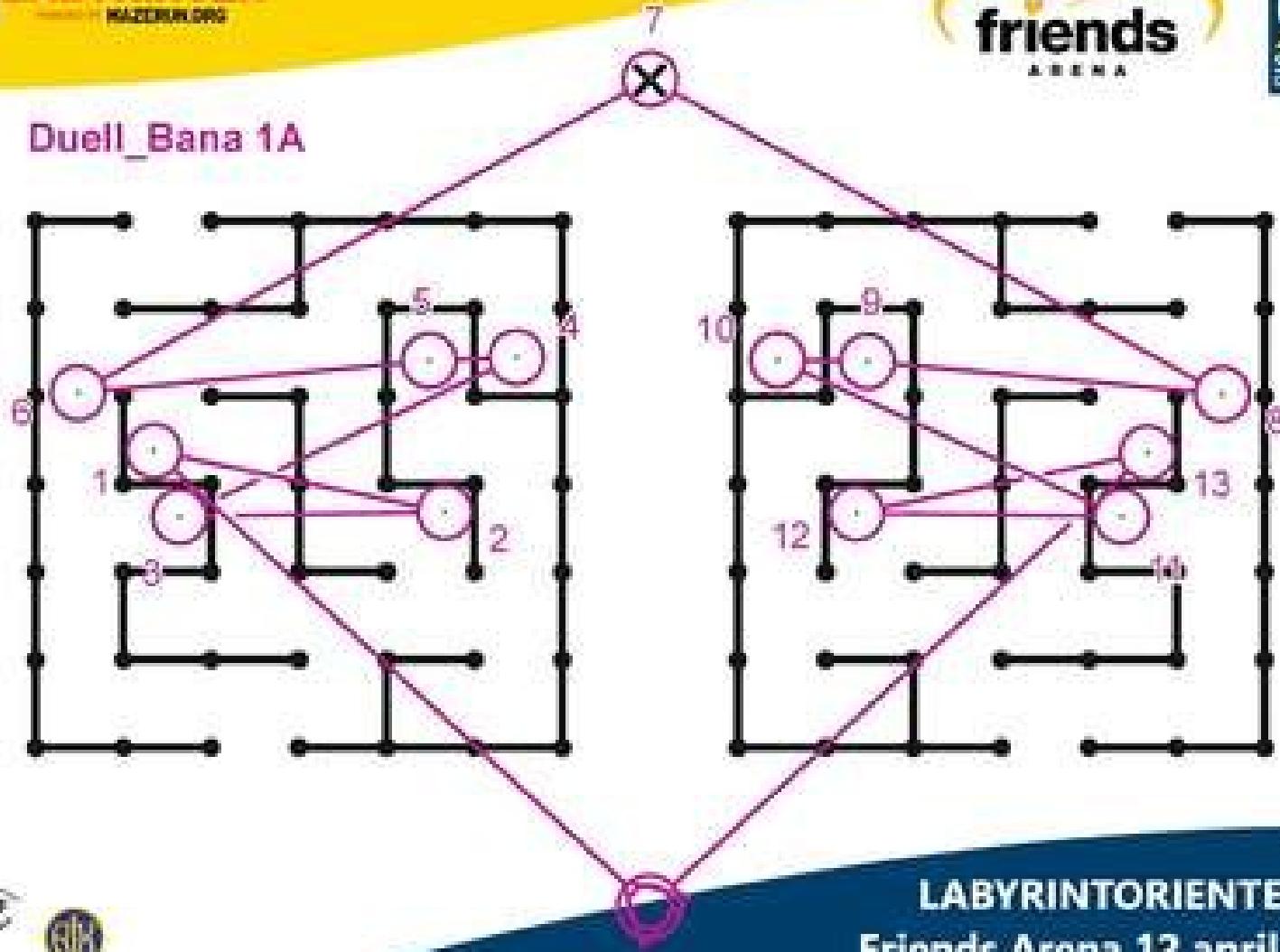


LABYRINTEN
MÄSTARRUTTEN

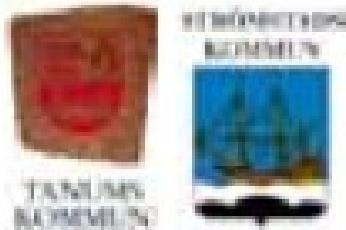
friends
ARENA



Duell_Bana 1A



LABYRINTORIENTERING
Friends Arena 12 april 2016



nokian
TYRES

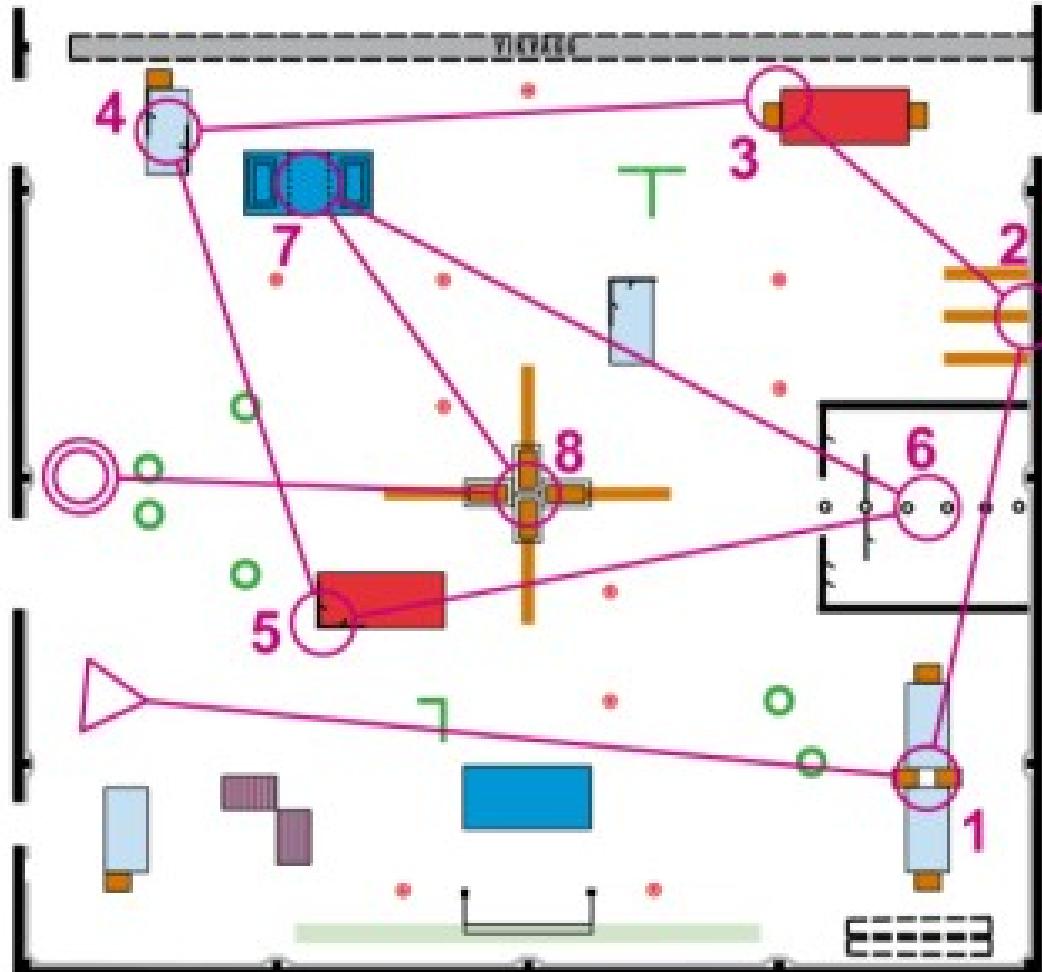
EDOF
shopen

MGNS.
marknadsföring, design, utveckling

SILVA

emt

Information: Magnus Danielsson,
magnus.danielsson@graniten.com
Kartan ritad av Göran Andersson,
goran.andersson.rit@gmail.com



SWEDEMOUNT

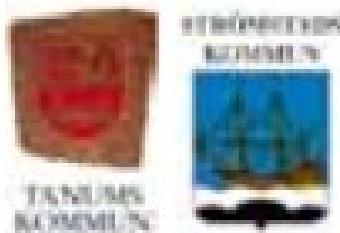
AluFlex

Graniten
Naturstein aus Norwegen

radio PRIME

Teckenförklaring	
Flint, stor	
Palflint	
Mjukflint	
Bänk	
Tjockmatta	
Matta, 3 x 1,3m	
Matta, 2 x 1m	
Kon	
Träd	
Bom	
Linor	
Tunnel	
Minimäla	
Innebandymål	
Bomsadel	
Nät	
0	5 m

WOD
World Orienteering Day



**sporT
shopen**

MGNS.
marknadsföring - design - service

STIMA

enit

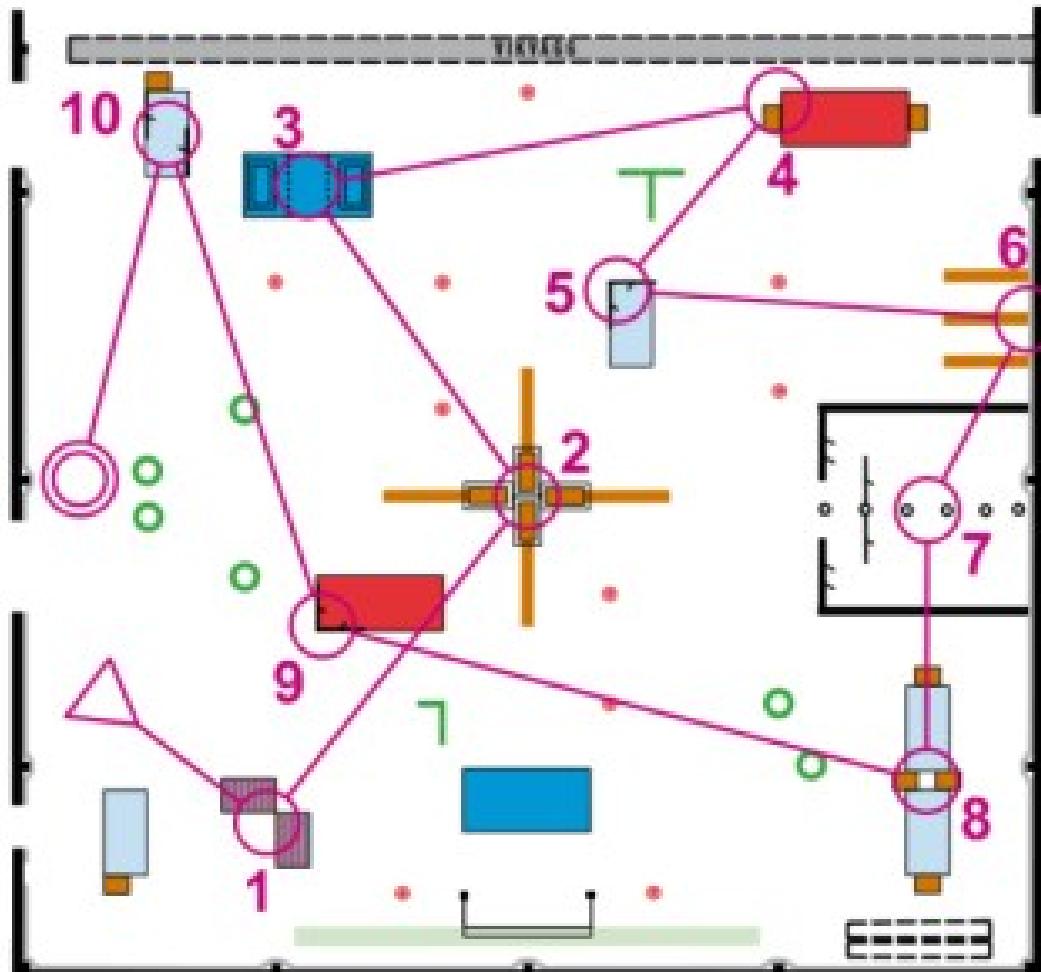
Information: Magnus Danielson,
magnus.danielson@graniten.com
Kartan ritad av: Göran Andersson,
goran.andersson.r@gmail.com

SWEDEMOUNT

AluFlex

Graniten
Svenska Granitindustriens Förening

radio PRIME



Teckenförklaring	
	Plint, stor
	Palplint
	Mjukplint
	Bank
	Tjockmatta
	Matta, 3 x 1,5m
	Matta, 2 x 1m
●	Kon
○	Träd
—	Bom
○ ○	Linor
-----	Tunnel
—	Minimål
—	Innebandymål
—	Bomsadel
—	Nät
0 1 2 3 4 5 m	



WOD
World Orienteering Day

Sfruttare le potenzialità di programmi come google maps o similari

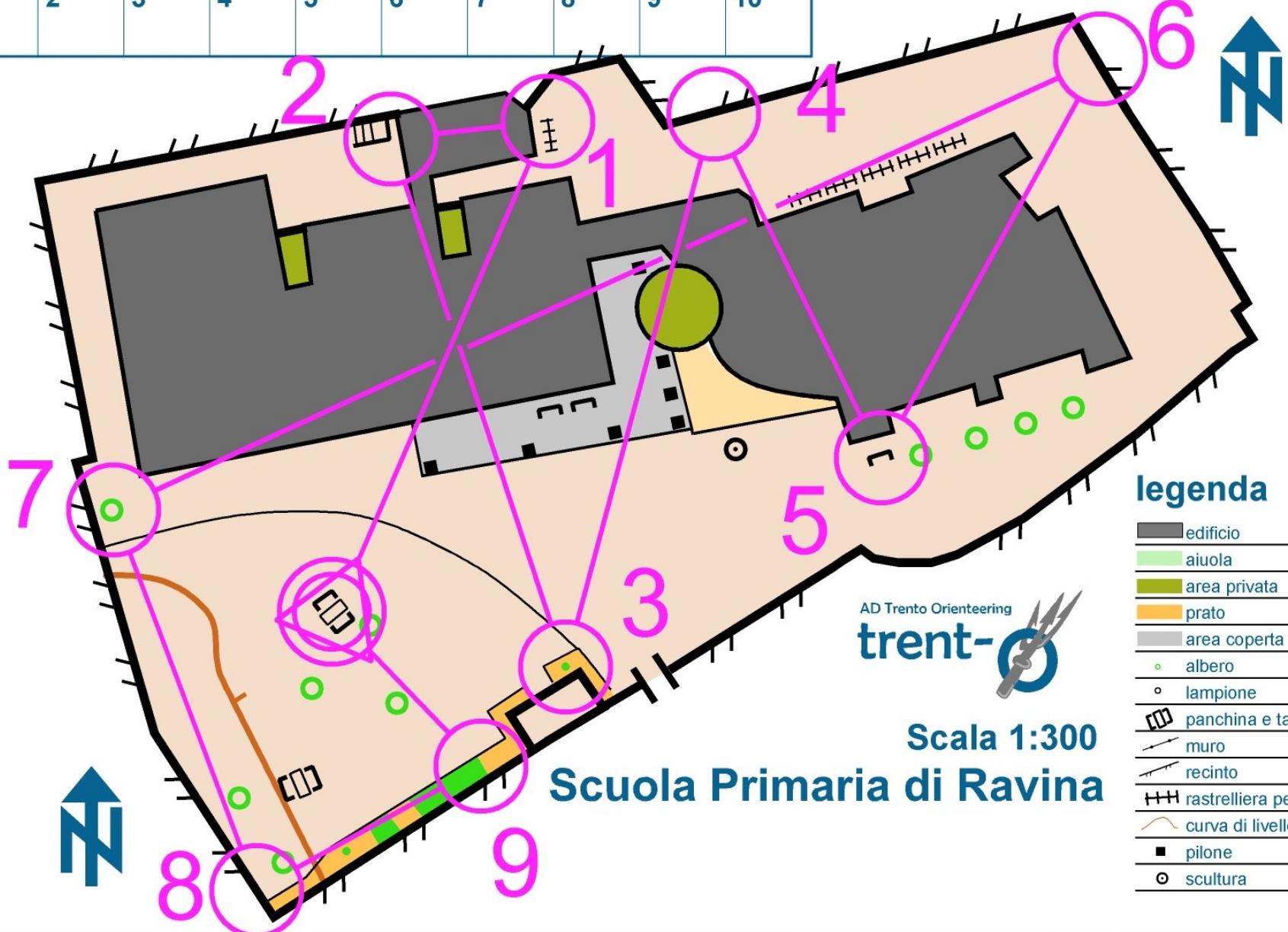


o sfruttare le potenzialità di alcuni programmi specifici, ma gratuiti nel caso aveste già una mappa della zona



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

1 2 3 4 5 6 7 8 9 10



Corso IPRASE - Piné

Ex Colonie Mantovane loc. Bedolé

Prof_Colonie_Piné		
Tutti i punti	9 punti	
31	▲	○
32	△	—
33	↗	—
34	↖	—
35	✗	—
36	↗	↗
37	■	—
38	☒	—
39	↖	—

LEGENDA



SCALA 1:1500



Lavoro
pratico a
conclusione
di questa
mattinata di
formazione

Orienteering e nuove tecnologie

Usynligo



iORIENTEERING

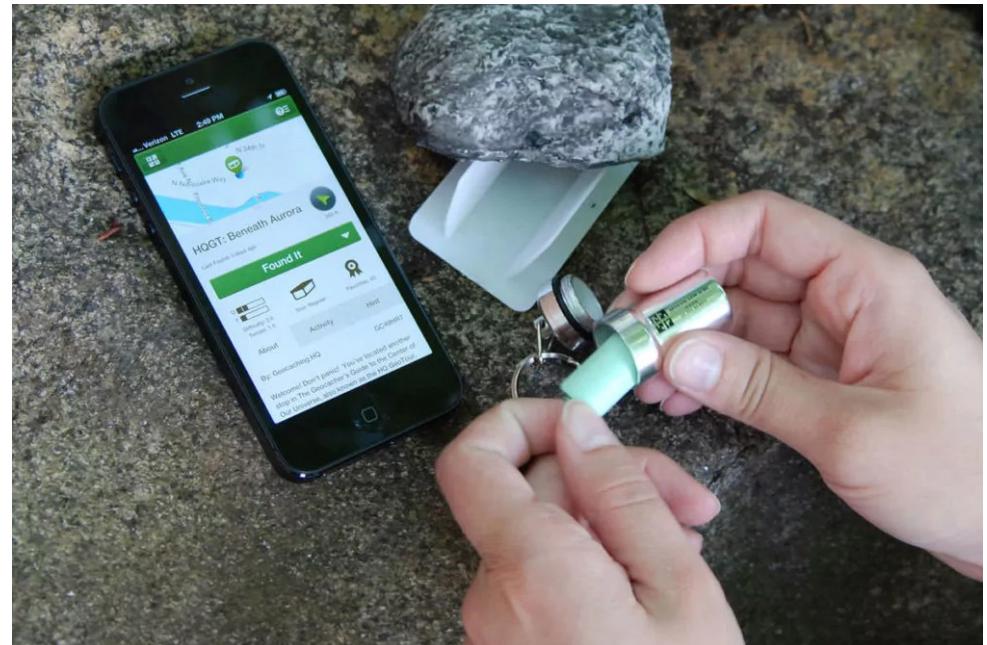


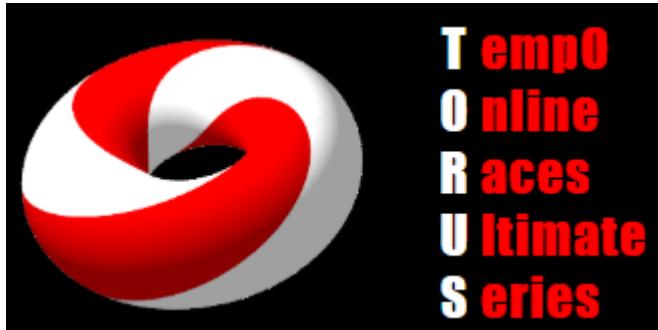
Orienteering e nuove tecnologie



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

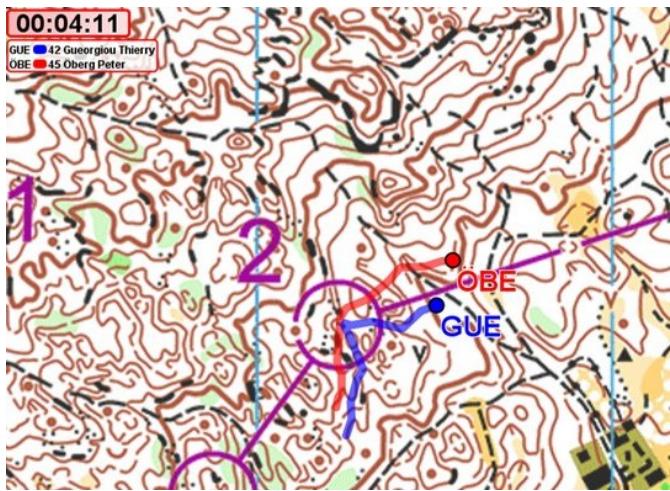


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(1.1)

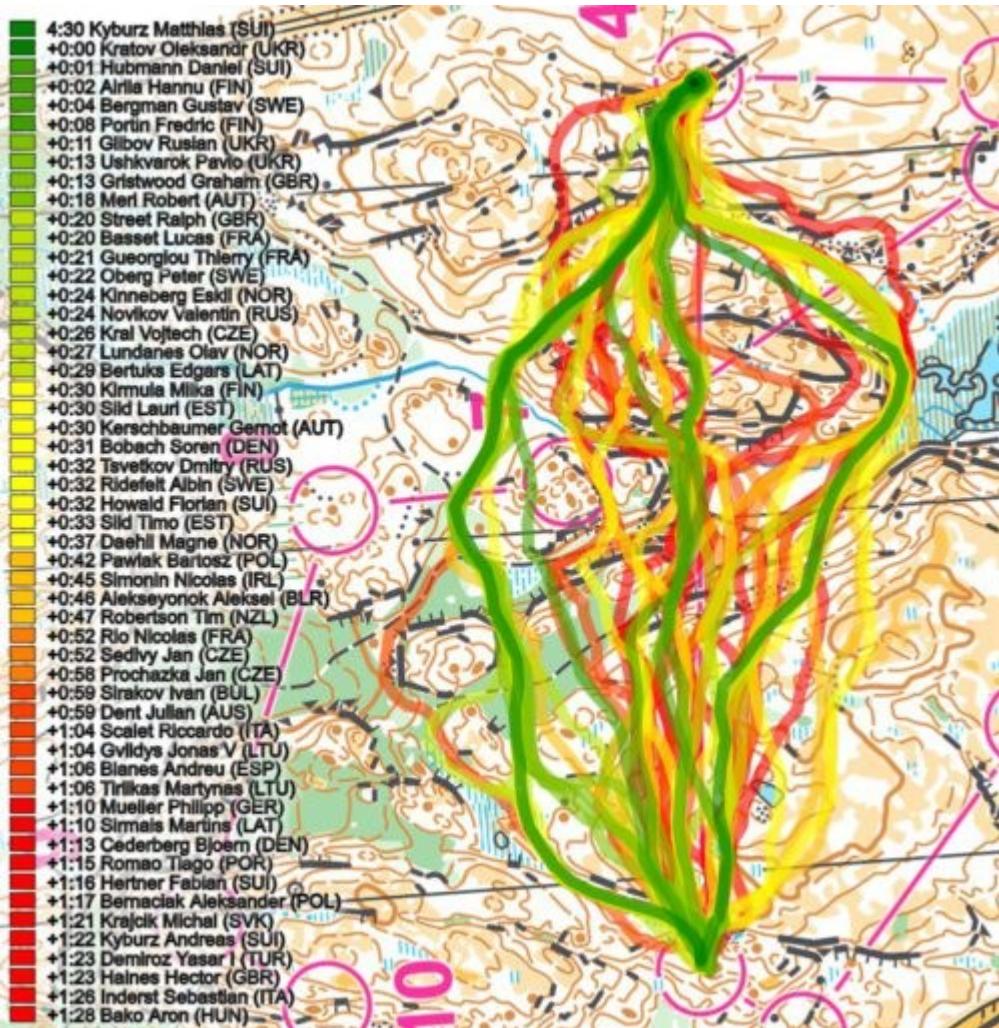


<https://temposim.yq.cz/tempo.cgi>

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 SCOOL 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