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| **6 to 8 years** | Key Stage 1 | Beaver Scouts |
|  | ***Indoor*** | ***Outdoor*** |
|  | Desk top plans | Shape maps |
|  | Table top picture maps | Cone maps |
|  | Treasure Island | Star exercise |
|  | Route choice | Point to point |
|  | Map jigsaws | Map symbol relay |
|  | Map symbols | String course |
|  |  | Netball numbers |
|  |  |  |
| **8 to 11 years** | Key Stage 2 | Cub Scouts |
|  | ***Indoor*** | ***Outdoor*** |
|  | Desk top plans | Shape maps |
|  | Table top picture maps | Cone maps |
|  | Treasure Island | Star exercise |
|  | Route choice | Point to point |
|  | Map jigsaws | Route choice |
|  | Gym/classroom orienteering | Handrails |
|  | Introducing the compass | Score orienteering |
|  | Introducing contours | Short loops |
|  | Map symbols | Map symbol relay |
|  |  | Netball numbers |
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| **11 to 14 years** | Key Stage 3 | Scouts |
|  | ***Indoor*** | ***Outdoor*** |
|  | Drawing simple maps | Star exercise |
|  | Route choice | Point to point |
|  | Map jigsaws | Route choice |
|  | Gym/classroom orienteering | Handrails |
|  | Introducing the compass | Score orienteering |
|  | Introducing contours | Short loops |
|  | Map symbols | Compass games |
|  |  | Contour interpretation |
|  |  | Map symbol relay |
|  |  | Line exercise |
|  |  | Head to Head sprint |
|  |  | Odds and Evens relay |
|  |  | Pacing |
|  |  | Attack points |
|  |  | Relocation exercises |
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| **14 to 18 years** | Key Stages 4 and 5 | Explorer Scouts |
|  | ***Indoor*** | ***Outdoor*** |
|  | Drawing simple maps | Star exercise |
|  | Gym/classroom orienteering | Short loops |
|  | Introducing the compass | Route choice |
|  | Introducing contours | Handrails |
|  |  | Score orienteering |
|  |  | Compass games |
|  |  | Contour interpretation |
|  |  | Contour only maps |
|  |  | Line exercise |
|  |  | Head to Head sprint |
|  |  | Odds and Evens relay |
|  |  | Aiming off |
|  |  | Pacing |
|  |  | Attack points |
|  |  | Relocation exercises |
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