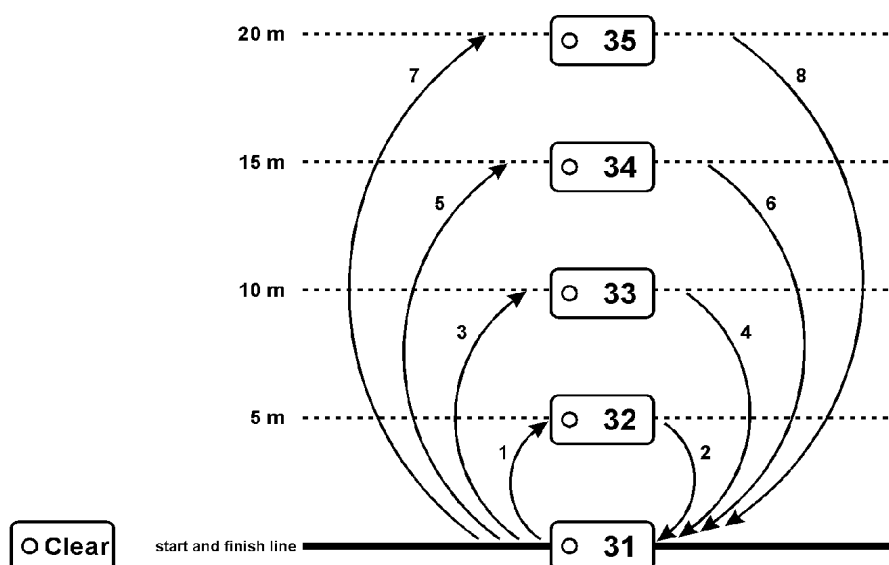


Japan test

★ *Characteristics and aims of the exercise*

The “Japan-test” is a known kind of exercise to check the sprint- and coordination abilities. With the use of SPORTident the demands on the power of concentration and the abilities are increased. The evaluation of the split times gives information on the specific training condition by evaluation of the drop in performance during the exercise. With the comparison of the run times a competition-like evaluation is possible.

★ *Arranging of the equipment*



- 1 SPORTident CLEAR-station
- 5 SPORTident control stations: 31, 32, 33, 34, 35
- 1 SPORTident printout-set for evaluation

The control stations 31 – 35 are to lay out on the ground according to the drawing and suitably fixed (adhesive tape).

★ *The course of the exercise*

Each athlete clears his SI-Card on his own. Start and finish times are taken by the athlete automatically. For the evaluation a paper-printout will be produced by the SPORTident printout-set.

★ *Special hints*

The clock-modules of the SPORTident control stations should be synchronized with the SPORTident TimeMaster before starting the exercise, as the time differences between the control points are small and therefore a high time synchronisation is necessary.

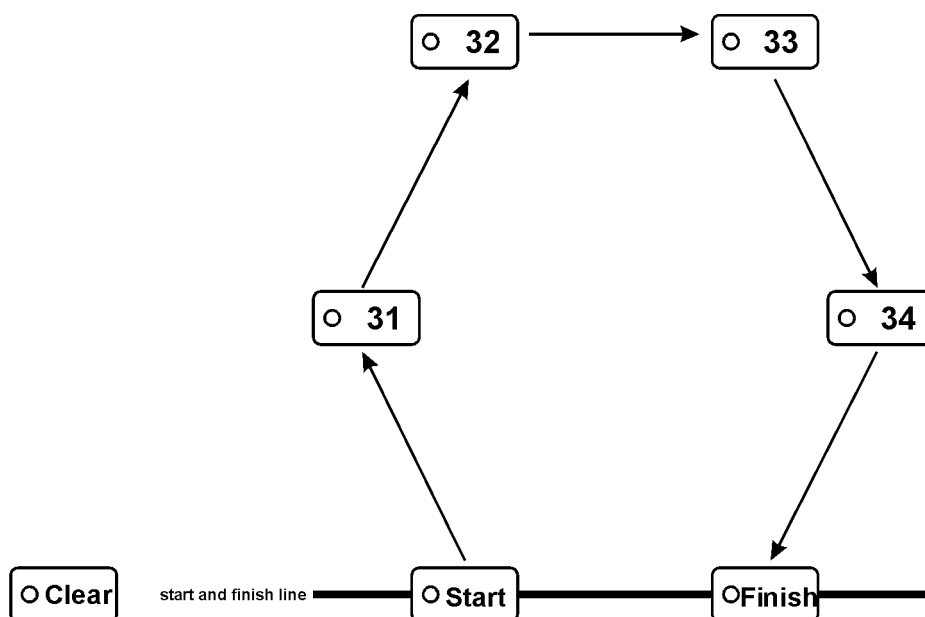
The exercise can be modified as “star-run” with a central station and several satellite stations set at different distances.

Stations-sprint

★ *Characteristics and aims of the exercise*

The exercise is a playing sprint-exercise to improve the abilities and concentration. For this a choice of round courses with SPORTident control stations as check-in points are arranged. The exercise can be any combined by inserting jump-, climb- and crawl-obstacles.

★ *Arranging of the equipment*



- 1 SPORTident CLEAR-station
- 1 SPORTident START-station
- 5 - 10 SPORTident control stations
- 1 SPORTident FINISH-station
(fixed on stands or on the ground)
- 1 SPORTident printout-set for evaluation

★ *The course of the exercise*

Each athlete clears his SI-Card on his own. Start and finish times of the exercise and during each sprint-race are done by the athlete automatically. For the evaluation a paper-printout will be produced by the SPORTident printout-set.

★ *Special hints*

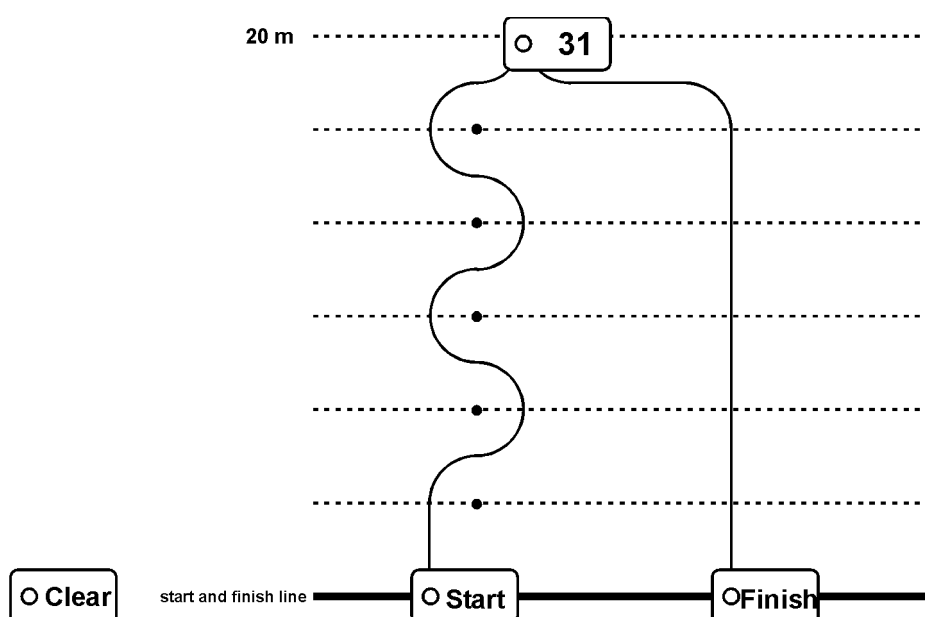
The clock-modules of the SPORTident control stations should be synchronized with the SPORTident TimeMaster before starting the exercise, as the time differences between the control points are small and therefore a high time synchronisation is necessary.

Slalom-race

* **Characteristics and aims of the exercise**

The exercise supports the development of agility. An evaluation criterion is the time-difference between the slalom-race towards and the return race in straight ahead sprint. The start-, intermediate and finish-punching at the SPORTident-station trains the power of concentration and the abilities. With the comparison of the run times a competition-like evaluation is possible.

* **Arranging of the equipment**



- 1 SPORTident CLEAR-station
- 1 SPORTident START-station
- 1 SPORTident control station: 31
- 1 SPORTident FINISH-station (on stands)
- 1 SPORTident printout-set for evaluation

* **The course of the exercise**

Each athlete clears his SI-Card on his own. Start and finish time as well the time at the control station are taken by the athlete automatically. For the evaluation a paper-printout will be produced by the SPORTident printout-set.

* **Special hints**

The clock-modules of the SPORTident control stations should be synchronized with the SPORTident TimeMaster before starting the exercise, as the time differences between the control points are small and therefore a high time synchronisation is necessary.

Guessing Game - Mathematics

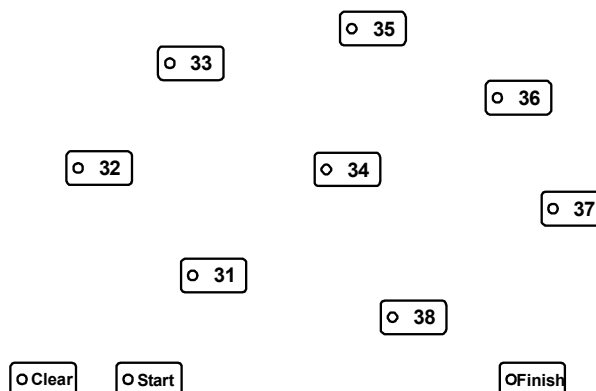
★ **Characteristics and aims of the exercise**

This orienteering goes like a „normal“ orienteering. The efficiency will be increased through simultaneous physical and intellectual occupation in varied exercises and different levels.

★ **Arranging of the equipment**

- 1 SPORTident clear station
- 8 SPORTident control stations:
31, 32, 33, 34, 35, 36, 37, 38
- 2 SPORTident stations: „Start“, „Finish“
- 1 SPORTident Printout-Set
for evaluation

- The control stations 31 – 38 will be placed and fixed on the ground as shown in the picture.
- The stations will be marked with small sheets with different arithmetic operations: 31 = + 6, 32 = : 7, 35 = x 7, 37 = - 5

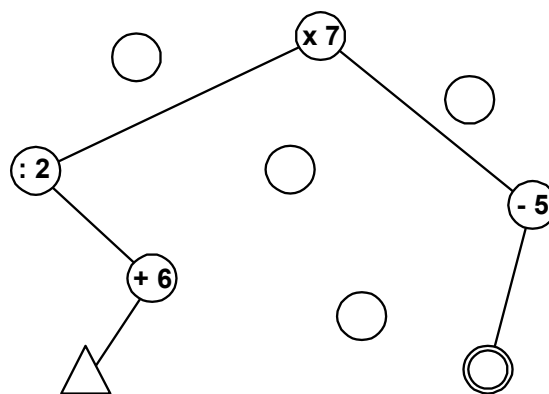


The course of the exercise

Every participant clears his own SI-card. Everybody takes the start- and finish time by oneself.

The pupils get a map with the course and a sheet with a number e.g. „4“ before the start. The pupils run to the first control point, punch and execute the arithmetic operation, in example +6. They remember their result ($4+6=10$) and run to the next control point, punch and execute the next operation ($10:2=5$) and so on.

In the finish they announce their result and get a printout with the passed course and the running time. The teacher has to check the final result from the arithmetic operation.



★ **Variation**

- a) Change the number and the level of difficulty of the arithmetic operations.
- b) Keep the order of operation rules - multiplication and division at first, addition and subtraction in the second step (difficult!)
- c) Short courses with maximum 3 controls. The pupils must remember the course and run without map (memory orienteering). If somebody forgets the order of controls or the result value he has to go back and start again.

★ **Special hints**

The teacher must prepare all possible results before the exercise. (in example 30 !)

Guessing Game – Find Words

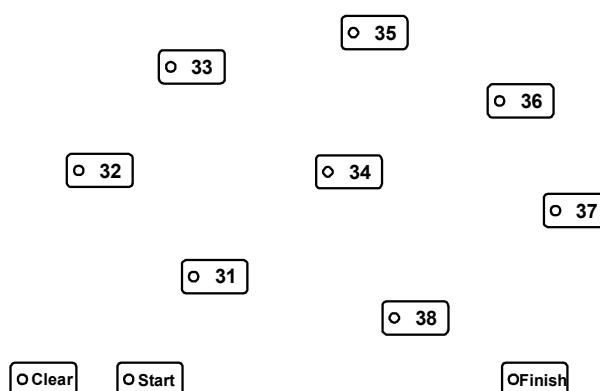
★ **Characteristics and aims of the exercise**

This orienteering guessing game is a variation of score orienteering. The efficiency will be increased through simultaneous physical and intellectual occupation in varied exercises and different levels.

★ **Arranging of the equipment**

- 1 SPORTident clear station
- 8 SPORTident control stations:
31, 32, 33, 34, 35, 36, 37, 38
- 2 SPORTident stations:
„Start“, „Finish“
- 1 SPORTident Printout-Set
for evaluation

- The control stations 31 – 38 will be placed and fixed on the ground as shown in the picture.
- The stations will be marked with small sheets with letters: 31 = **S**, 32 = **P**, 33 = **R**, 34 = **O**, 35 = **T**, 36 = **I**, 37 = **E**, 38 = **U**

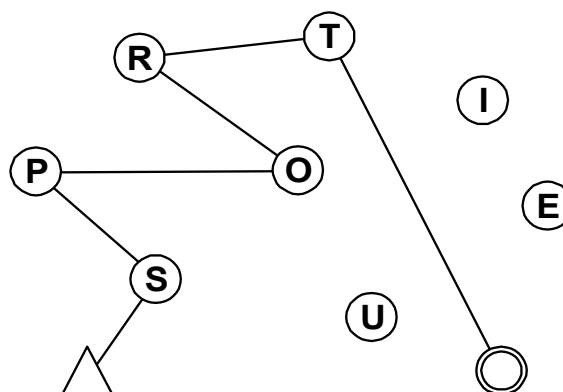


★ **The course of the exercise**

Every participant will clear his own SI-card. Then everybody takes the start- and finish time oneself.

The pupils get a map with all controls immediately before the start. On the map the course and the designation of the controls are shown.

After finishing the pupils get a printed sheet with the right text, in the example „S-P-O-R-T“ and their running time.



★ **Variations**

- a) Running with a map and with a predefined word.
- b) Running without map. Everybody has to create words with a given number of different letters.
- c) Like b) but before the start the position of the control points will be changed and stretched.

★ **Special hints**

- The internal clocks in the SPORTident stations should be synchronized before the beginning of the exercise. This is important because the running time between the control points is very short and a good synchronization between the clocks is necessary.
- Before the event the letters must be assigned to the numbers of the control stations with the PC software SI-Print.

Round-race

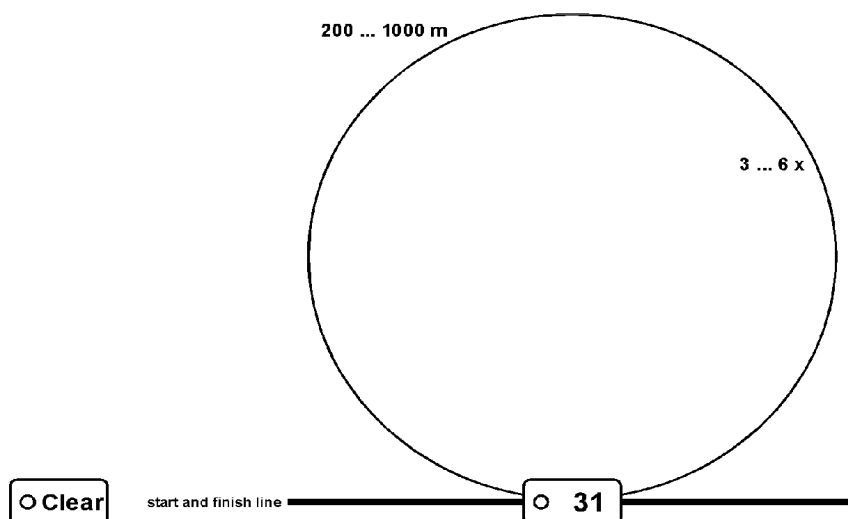
★ **Characteristics and aims of the exercise**

The exercise is to train the speed-feeling of the athletes. For that a defined race-course has to be run through several times. At every round-race the time-taking by the athlete is done automatically. The trainer gives the training-intensity.

Possible demands on the athletes are

- to run at a constant speed, or
- to increase the speed in each round

★ **Arranging of the equipment**



- 1 SPORTident CLEAR-station
- 1 SPORTident control station (on stands)
- 1 SPORTident printout-set for evaluation

★ **The course of the exercise**

Each athlete clears his SI-Card on his own. Start and finish times of the exercise and the time of each round-race are taken by the athlete automatically. For the evaluation a paper-printout will be produced by the SPORTident printout-set.

★ **Special hints**

To reach the aim of the exercise the athletes have to run during the exercise without their own watch. The difference between start time and the time of the next punch taken by one athlete must be at least 20 sec.