

Sport Orienteering in Educational Spaces as a Means of Developing Spatial Thinking

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Orienteering is an interdisciplinary educational practice that integrates physical activity, spatial-geographical thinking, and the development of decision-making skills. This paper examines the possibilities of applying orienteering in educational spaces, particularly in the context of preschool, school, and university education. It is demonstrated that the integration of orienteering elements into the educational process contributes not only to physical development and the formation of a healthy lifestyle but also to the enhancement of spatial thinking, map-reading skills, and analytical and social competencies. Based on practical examples, the paper substantiates that orienteering can become an effective tool for the practical application of geographical knowledge and for fostering a conscious interaction with the environment.