Home Learning: Outdoor Adventurous Activities

1. Create a map of your garden, or a space within your home. Remember to include a key to show what the symbols in your map mean.

2. Compose a set of warm-up exercises to show your family and friends. Remember: the purpose of a warm-up is to raise your heart rate and loosen your joints. It is also meant to be fun!

3. Can you find different equipment around your house to create an obstacle course? This could be anything from cushions to spoons! Then, set up a small obstacle course to be completed by your family members. How could this course be made trickier?

4. **Point of contact game.** Gather your family and friends round and make a small team. You will be the teacher. You must instruct your team to have a specified number of specific body parts in contact with the floor. They must hold their position for five seconds. Who will be the winner?

   For example: All three points on the floor. This would be similar to the artic fox position in yoga.

5. What is the history of Outdoor Adventures? Research this sport and create a timeline to show other children your age the history of orienteering.

   This website may help you: http://orienteering.org/about-the-iof/history/

6. What is sportsmanship? Create a display poster to explain what it is. Remember to show the different qualities a good sportsperson should display.

   Create your poster for children who are the same age as you.