



## **ACTIVITY IDEAS**

Athletics	Court/ Field Sports	<b>Dance/ Gymnastics</b>	<b>Gym/ Personal Programs</b>	
Discus	Badminton	Aerobics	Body Attack	
General athletics	Baseball	Ballet	Body Combat	
Hammer	Basketball	Ballroom	Cycling	
Long/ High / Triple Jump	Cricket	Capoeira	Jogging	
Javelin	Football	Contemporary	Keep Fit	
Jogging	Handball	Country	Personal Training	
Power walking	Hockey	Folk	Pilates	
Running	Lacrosse	Funk	Pump	
Shot Put	Netball	Gymnastics	Running	
Track & field	Polo	Нір Нор	Skipping	
Ultimate frisbee	Softball	Jazz	Spin	
Walking	Squash	Modern	Step	
	Table Tennis	National	Walking	
	Tennis	Tap	Weight Training	
	Volleyball		Yoga	
			Zumba	
			Bowling	

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Aikido
Boxing
Capoeira
Fencing
Judo
Jujitsu
Karate
Kendo
Kickboxing
Kung Fu
Ninjitsu
Tae Kwon Do
Wresting

## **Outdoor Recreation**

Abseiling
Archery
Cycling
Golf
Hiking
Horse Riding
Orienteering
Parkour
Rock Climbing
Rollerblading

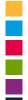
## **Snow/ Winter Activities**

Bobsled
Curling
Ice Hockey
Ice Skating
Luge
Skeleton
Ski Jumping
Skiing
Skiing – Cross Country

Sledding Snowboarding Speed Skating Speed Skiing Tobogganing

## **Water Sports**

Canoeing
Diving
Kayaking
Rowing
Sailing
Scuba Diving
Snorkelling
Surfing
Swimming
Water Polo
Water Skiing



The list is non-exhaustive. You can consult your Award Leader about activities you wish to do that do not appear on the