



Proud to deliver



### ACTIVITY IDEAS

#### Athletics

- Discus
- General athletics
- Hammer
- Long/ High / Triple Jump
- Javelin
- Jogging
- Power walking
- Running
- Shot Put
- Track & field
- Ultimate frisbee
- Walking

#### Court/ Field Sports

- Badminton
- Baseball
- Basketball
- Cricket
- Football
- Handball
- Hockey
- Lacrosse
- Netball
- Polo
- Softball
- Squash
- Table Tennis
- Tennis
- Volleyball

#### Dance/ Gymnastics

- Aerobics
- Ballet
- Ballroom
- Capoeira
- Contemporary
- Country
- Folk
- Funk
- Gymnastics
- Hip Hop
- Jazz
- Modern
- National
- Tap

#### Gym/ Personal Programs

- Body Attack
- Body Combat
- Cycling
- Jogging
- Keep Fit
- Personal Training
- Pilates
- Pump
- Running
- Skipping
- Spin
- Step
- Walking
- Weight Training
- Yoga
- Zumba
- Bowling

#### Martial Arts/ Self Defence

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

#### 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 list.