



### WALKING

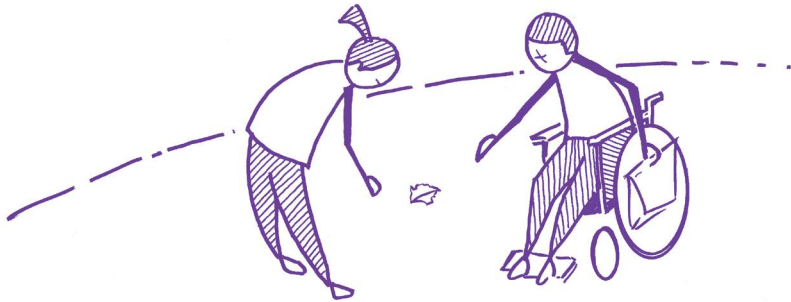
## Colour Hunt

### *Equipment Needed*

A sandwich bag.

### *How to play*

Choose two of your favourite colours. Walking around your home, garden or neighbourhood, find small objects of your chosen colours and place them into your bag. Ensure you respect the local environment.



Adapted from [PSSI Outdoor and Adventure - Walking Activities and Outdoor Challenges p.2](#)



## Level 1 Activities

### WALKING

# One Kilometre Walk

#### *Equipment Needed*

No equipment needed.

#### *How to play*

Go for a one kilometre walk with someone from your home. Talk about what you see, hear, smell and touch along the way.





## Level 1 Activities

### ORIENTEERING

## Compass Directions

#### *Equipment Needed*

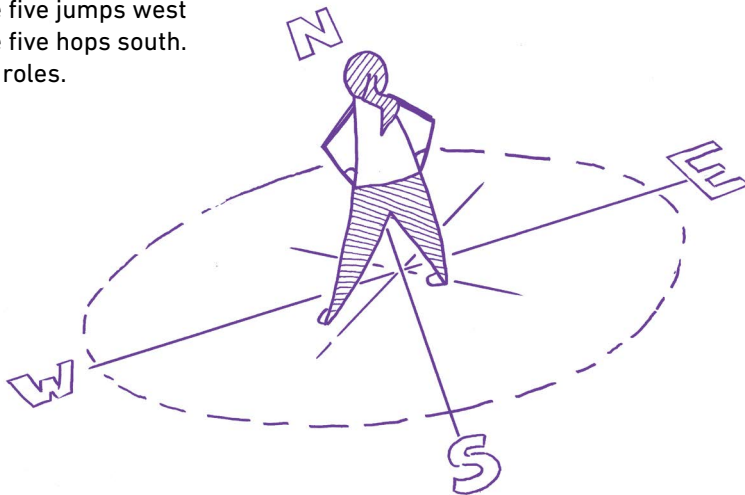
A page and a marker.

#### *How to play*

Write a big letter N on the page. Stick the page on a wall in a room in your home. This is the North wall. Practise spinning around like a compass and pointing out where the other walls of West, East and South are. Someone at home gives directions to guide you, for example-

- Face north
- Skip five steps east
- Take five jumps west
- Take five hops south.

Swap roles.



Adapted from  [PSSI Outdoor and Adventure - JI/SI Lesson 1 pg.2](#)



## Level 1 Activities

### ORIENTEERING

# Hide the Teddy

#### *Equipment Needed*

Your favourite teddy or small toy.

#### *How to play*

Hide your favourite teddy or small toy somewhere in your home. Give directions to someone at home to help them to find it. You may only use the following instructions

- Steps left
- Steps right
- Straight ahead
- Backwards.

Swap r





## Level 1 Activities

### CO-OPERATIVE CHALLENGES

# Balloon in the Air

#### *Equipment Needed*

A balloon or a large ball.

#### *How to play*

Invite someone at home to play with you. Pass the ball or balloon to each other, trying to keep it from touching the ground. You may use your hands, knees, feet or head to strike the balloon rather than catch it.





## Level 1 Activities

### CO-OPERATIVE CHALLENGES

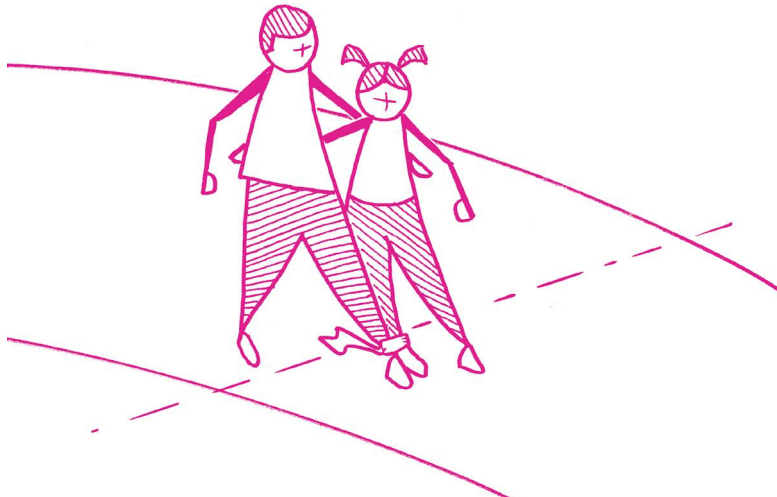
# Three-Legged Walk

#### *Equipment Needed*

A scarf or a belt.

#### *How to play*

Invite someone at home to stand next to you on your left side. Ensure both of you are facing the same direction. Tie a scarf or belt around your left leg and their right leg, at the ankle. You must work together to walk across the playing area. Try to both take your steps at the same time.





### WALKING

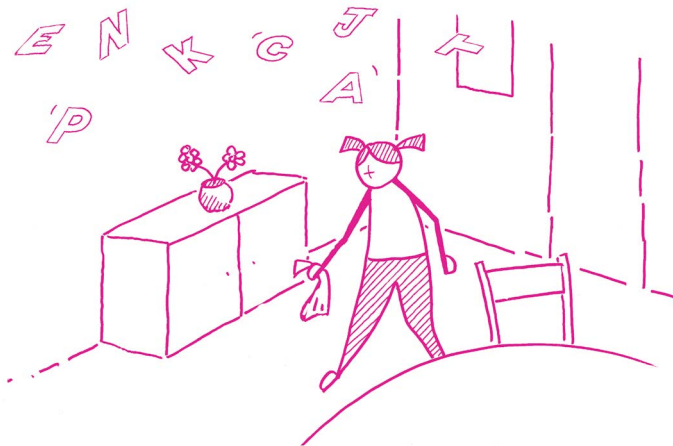
## Scavenger Hunt

#### *Equipment Needed*

A sandwich bag.

#### *How to play*

Choose ten letters from the alphabet. Walk around inside or outside your home and collect small objects with names beginning with each letter. Store these objects in your sandwich bag. Invite someone at home to pick different letters and try the activity.



Adapted from [PSSI Outdoor and Adventure - Walking Activities and Outdoor Challenges p.3](#)



**WALKING**

**Walking I Spy**

*Equipment Needed*

No equipment needed.

*How to play*

Go for a two kilometre walk with someone from home. Play I Spy as you walk. Person A chooses an object that they see and calls out “I spy with my little eye something beginning with \_\_\_” (letter, for example A,B,C). Person B has three attempts to guess this object. Swap roles.







## Level 2 Activities

### ORIENTEERING

# Slimy Snake Walk

#### *Equipment Needed*

A blank page and a pencil.

#### *How to play*

In your garden or a safe outdoor space, imagine you are a snake and you have a long slimy body trailing behind you. Walk around the space remembering exactly where you stepped. Draw a map of the space on your page. On the map, draw the trail of slime you left behind from your snake walk. Invite someone from home to use your map to walk the same slime trail.



Adapted from  [PSSI Outdoor and Adventure - 1st/2nd class, Lesson 3, pg. 2](#)



## Level 2 Activities

### ORIENTEERING

# Treasure Hunt

#### *Equipment Needed*

Six small objects to hide, a blank page.

#### *How to play*

List the objects on a page. Hide the objects around your home or garden. Invite someone at home to go on a treasure hunt to find the objects. Guide them by telling them when they are hot (close to the treasure) or cold (far from the treasure). When they have found everything, swap roles.





## Level 2 Activities

### CO-OPERATIVE CHALLENGES

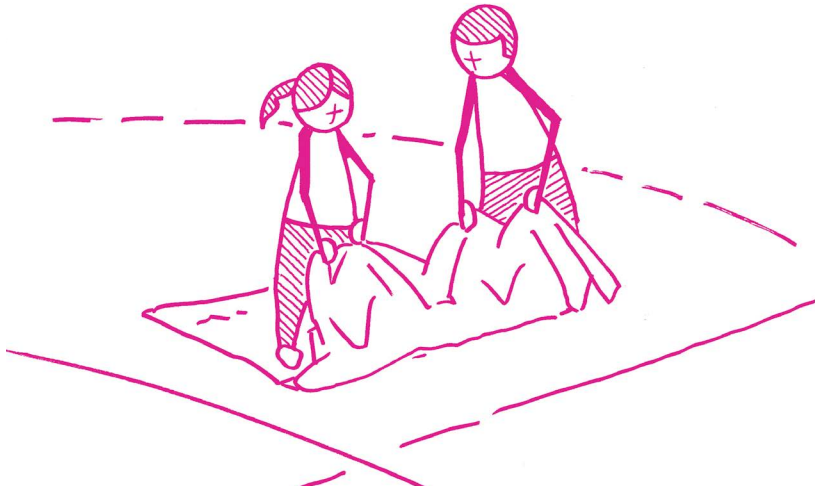
# Turn the Sheet

#### *Equipment Needed*

A bed sheet or a blanket.

#### *How to play*

Invite someone at home to try this challenge with you. Place the sheet flat on the ground. Both participants stand on the sheet. Try to turn the sheet over to the other side, without either person stepping off the sheet onto the ground.



Adapted from [PSSI Outdoor and Adventure - Walking Activities and Outdoor Challenges p.8](#)



## Level 2 Activities

### CO-OPERATIVE CHALLENGES

# The Floor is Lava


#### *Equipment Needed*

Two cushions or pillows to stand on.

#### *How to play*

Invite someone at home to play this game with you. Set a start point and a finish point across a space in the playing area. Working with your partner you must cross the space together without touching the floor, using only the two cushions to stand on. Two people can stand on one cushion but if a foot touches the floor, you must both complete an action such as five jumping jacks or five bunny hops.



Adapted from  [PSSI Outdoor and Adventure - Walking Activities and Outdoor Challenges p.8](#)



## Level 3 Activities

### WALKING

## Local Walk

#### *Equipment Needed*

No equipment needed.

#### *How to play*

Choose a space in your local area that is safe to walk. Pick four features or locations in that space such as buildings, monuments, trees or streets that you would like to walk to. Make a plan of how to walk to all of them in one trip. Time how long it takes you. Estimate the distance and number of steps you have walked.





## Level 3 Activities

### WALKING

# Alphabet Twos

#### *Equipment Needed*

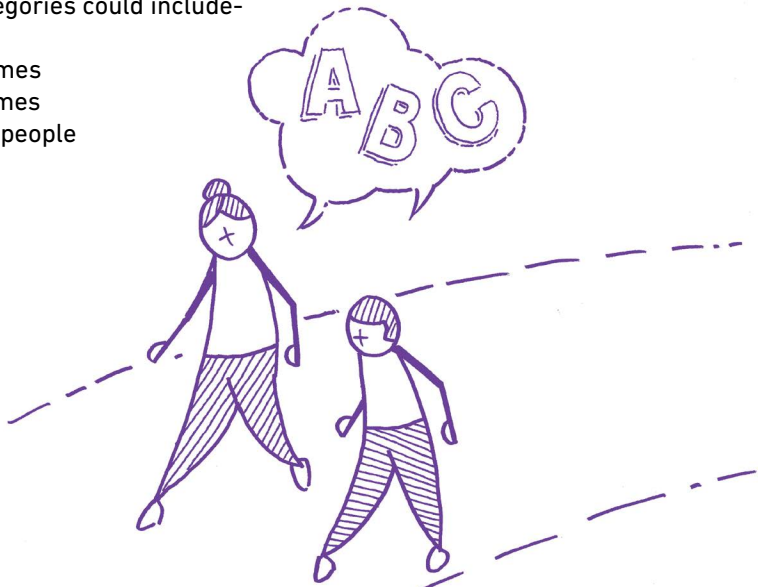
No equipment needed.

#### *How to play*

Go for a three kilometre walk with someone from home. Have a game of Alphabet Twos as you walk. Choose a category such as countries. The first person names a country beginning with A, the other person also names a country beginning with A. Continue onto countries beginning with B, C, D moving through the alphabet.

Other categories could include-

- Foods
- Boys names
- Girls names
- Famous people





## Level 3 Activities

### ORIENTEERING

## Obstacle Course Orienteering

### *Equipment Needed*

Objects and toys to act as obstacles, a blank page and a pencil, a stopwatch.

### *How to play*

Design an obstacle course in your garden or in a safe space inside your home. The course should have five obstacles to jump over, crawl under or run around. Draw a map, mark each obstacle on it and specify the path to follow. Invite someone at home to complete your course using the map. Use a stopwatch to time them. Try to beat their score.





## Level 3 Activities

### ORIENTEERING

## Class Challenge

#### *Equipment Needed*

A blank page, a pencil and a stopwatch.

#### *How to play*

Draw a map of your school grounds from a birds eye view. Mark in all the features on the map such as cars, football pitches, basketball hoops, and walls. Design a course for one of your school-friends to race. Include a starting point, five points to reach on the course and a finishing point. Submit your Race Map to your teacher and challenge your class to complete your course in the fastest time possible.







## Level 3 Activities

### CO-OPERATIVE CHALLENGES

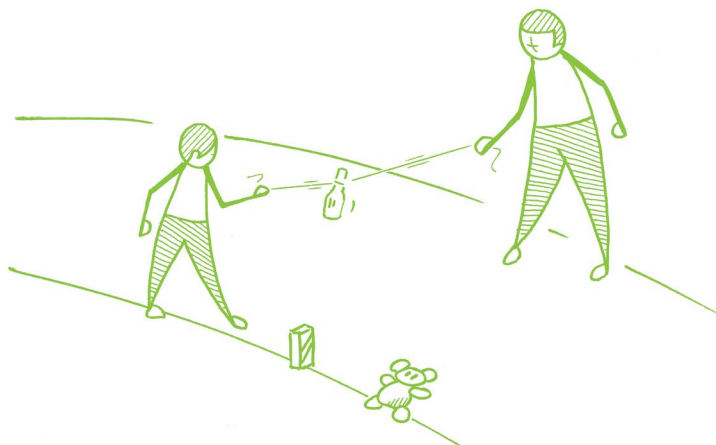
# String Pick Up

#### *Equipment Needed*

A long length of thin rope or string, three objects such as a plastic bottle, a teddy bear and a milk carton.

#### *How to play*

Invite someone at home to help you complete the challenge. Place the objects five metres away from your start line. Each person holds an end of the string. Run out to the objects and pick one up using only the string to wrap around it tightly. Keep your two hands on the string throughout the challenge. Carry the object back to the start point without letting it fall. Repeat for the other two objects.





## CO-OPERATIVE CHALLENGES

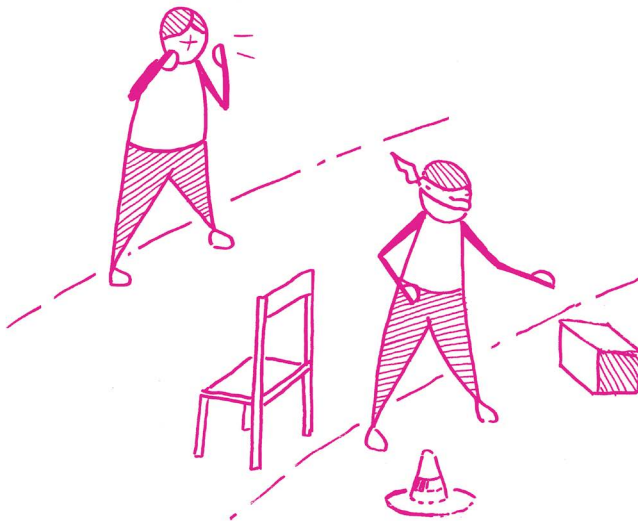
### Blindfold Walk

#### *Equipment Needed*

A scarf or a tie to use as a blindfold. Obstacles such as a bag, a box and a chair.

#### *How to play*

Invite someone at home to help you complete the challenge. In a safe indoor or outdoor space, mark a start point and a finish point. Place your chosen obstacles on the ground between these two points. Tie a blindfold over your eyes. Listen closely to the other person's directions as they guide you around the obstacles. To complete the challenge, you must reach the finish point without bumping into anything. Swap roles.



Adapted from [PSSI Outdoor and Adventure - Walking Activities and Outdoor Challenges p.9](#)