



### WALKING

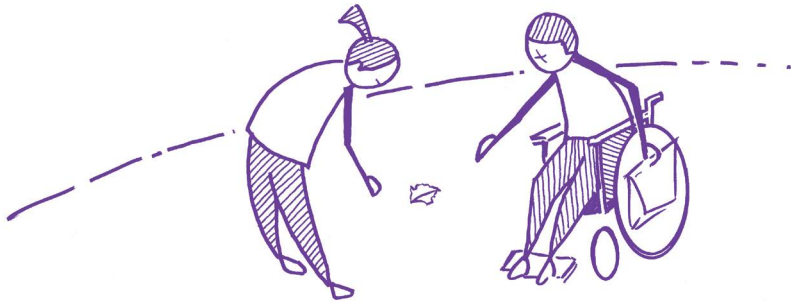
## Colour Hunt

### *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

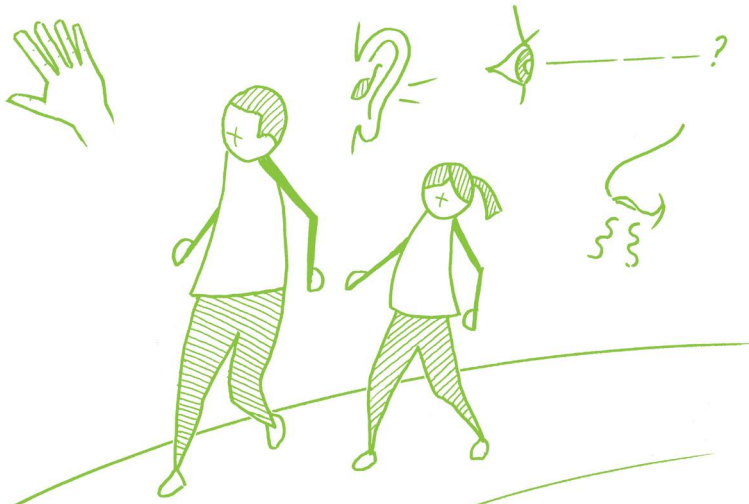
# One Kilometre Walk

#### *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*

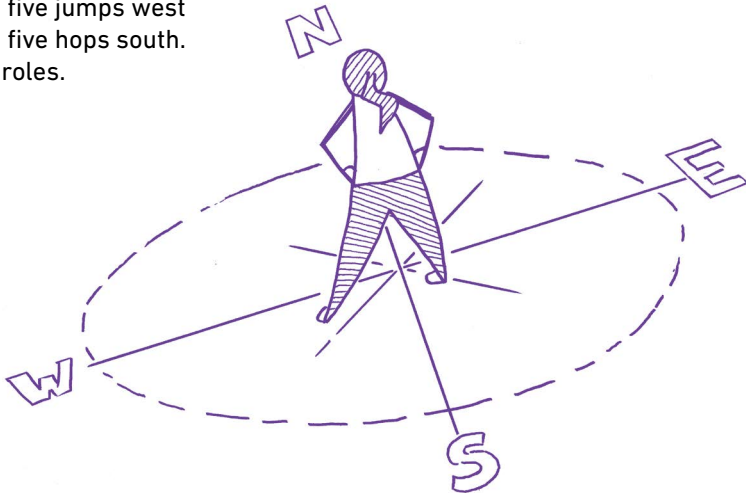
A page and a marker.

#### *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.

