



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

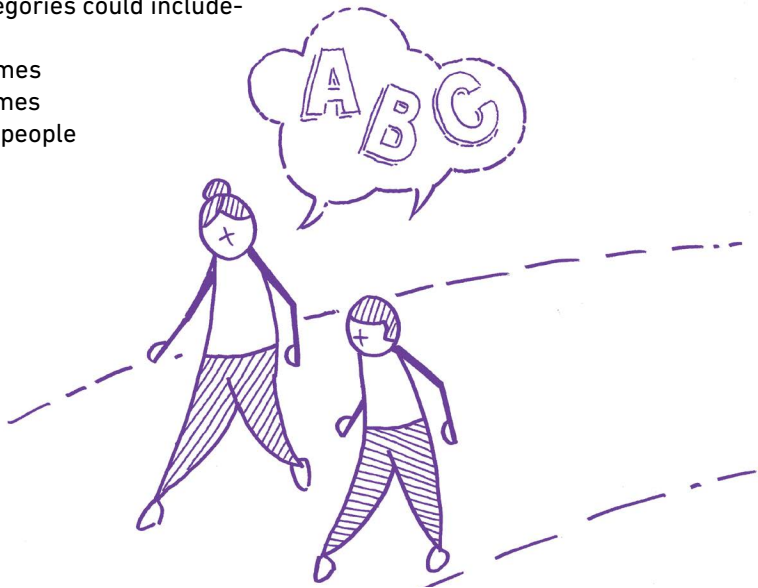
No equipment needed.

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

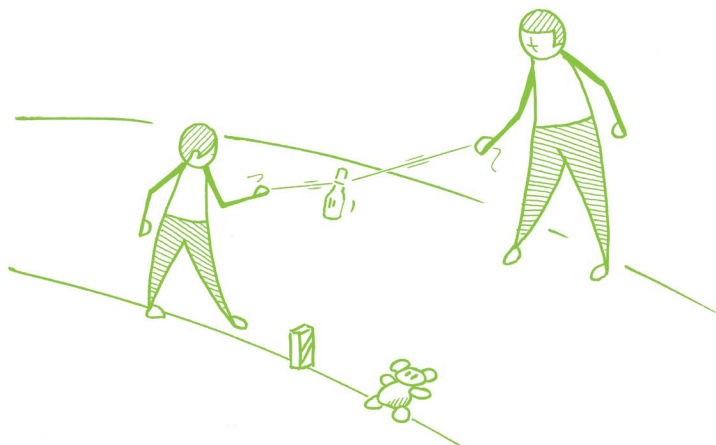
String Pick Up

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

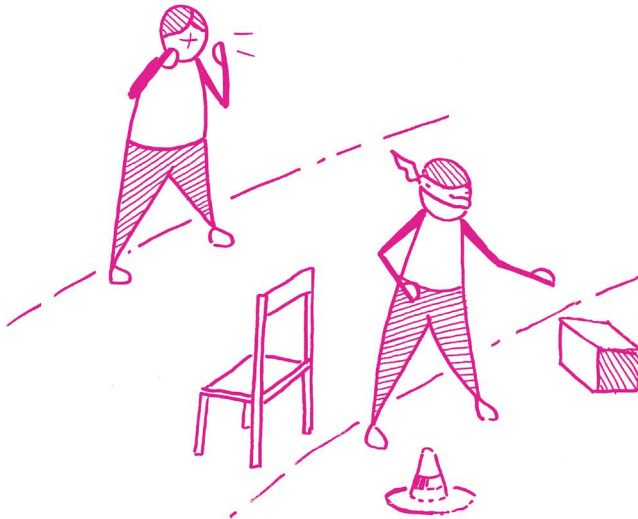
Blindfold Walk

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](#)