

Physical Activity



Did you know?

Physical activity includes everything you do on a daily basis from walking to school and household chores - anything that gets your body moving!

JUNGLE TREK

Start to think about what it might be like to trek through the jungle. Your task is to get from one side of the jungle, all the way through to the other side so you can be rescued. Perform all these actions to ensure you can get out safely!

- Crawling through tight spaces
- Climbing up trees
- Wading through shallow water
- Swimming through deep water
- Shake your body to dry yourself
- Running away from an animal
- Tuck into a small shape to hide from an animal
- Swinging from vine to vine
- Jump to reach some fruit from a high branch
- Dodge some falling rocks
- Throw your bag across a river
- Collect wood for a fire
- Collect leaves and bushes for shelter

**ULTIMATE
ACTIVITY CAMPS**