

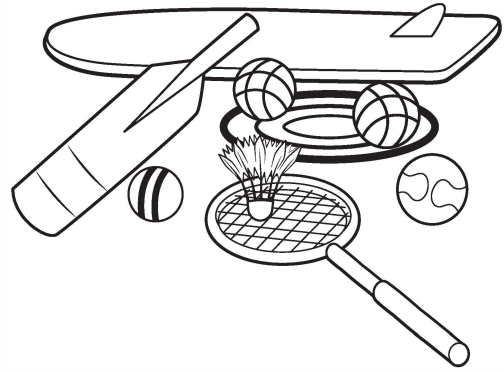


Enjoying outdoor activities – 2

Contributing to healthy and active communities

Being active in the great outdoors is an enjoyable way to bring together friends and family of different ages and abilities.

Suggest six activities you could enjoy with family and friends on a day out at the park or beach. Draw the equipment you would need for each.



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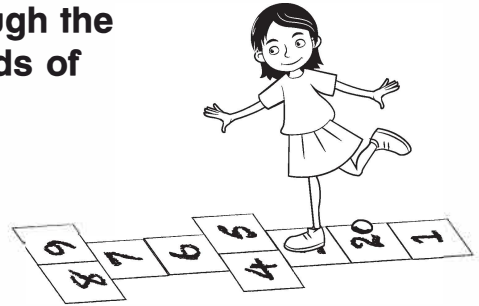


We are one, but we are many – 2

Contributing to healthy and active communities

In many cultures, games are passed down through the generations and often adapted to meet the needs of the changing society.

Ask a parent, grandparent or another older person about outdoor games he or she played in the past. Add one question of your own.



Name of person:	
What were some outdoor games you played when you were about my age?	
What equipment, if any, did you need to play them?	
Which games did you enjoy the most and why?	
How did you play the game?	