

Physical recreation is great for both body and mind as well as being essential for a person’s well-being. In this Challenge Area, participants can either seek to improve their ability in a physical activity they already do or can try out a new sport or exercise. Physical recreation should be set at an appropriate level for each individual’s capability. Activities can be undertaken on an individual basis, or as part of a team. In the case of a team sport, it is the individual effort and commitment that counts (social distancing and other appropriate COVID-19 measures should be followed).

Ideas

- Walking
- Hiking
- Running
- Kayaking
- Boxing
- Camogie
- Skateboarding
- Gym activities
- Street sports
- Tennis
- Cycling
- Physiotherapy
- Hurling
- Aerobics
- Yoga
- Zumba
- Rugby
- Tai chi
- Hockey
- Sailing
- Badminton
- Gaelic football
- Soccer
- Athletics
- Wheelchair basketball
- Online exercise classes
- All types of dancing e.g. tap, Irish, jazz.

Physical Recreation 13-week example: Running using a Couch to 5k app

(the time can be split up across the week to follow Couch to 5K programme)

1	2 x 30 min running sessions
2	2 x 30 min running sessions
3	2 x 30 min running sessions
4	2 x 30 min running sessions
5	2 x 30 min running sessions
6	2 x 30 min running sessions
7	2 x 30 min running sessions
8	2 x 30 min running sessions
9	2 x 30 min running sessions
10	2 x 30 min running sessions
11	2 x 30 min running sessions
12	Run 5k + stretch
13	Run 5k + stretch

A participant may undertake Physical Recreation activities without PAL supervision, however as the PAL is the default signature on the record sheet, the participant will need to provide evidence of the activity they carried out. This can be done through a third party supervisor (e.g. coach or gym staff) or they use of apps such as Fitbit, couch to 5km apps, Strava and MapMyRide, taking a screen shot of each session stats for their PAL. Encourage participants to reach for their own personal best. The above running sessions could be replaced/adapted to suit individual fitness levels or physical needs.

Baineann an corp agus an intinn maitheas as caitheamh aimsire fisiciúil agus tá sé riachtanach chun go mbeimid folláin. Sa Réimse Dúshlán seo, is féidir le rannpháirtithe a gcumas i ngníomhaíocht fhisiciúil a fheabhsú nó cineál nua spóirt nó aclaíochta a thriail. Ba chóir an caitheamh aimsire fisiciúil a shocrú ar leibhéal a bheidh oiriúnach do chumas an rannpháirtí. Is féidir tabhairt faoi ghníomhaíochtaí ar bhonn aonair, nó mar fhoireann. I gcás spóirt foirne, is iad iarracht agus obair an duine féin a áireofar (ba chóir scaradh sóisialta agus aon bheart COVID-19 eile a chur san áireamh).

Smaointe

- Siúl
- Fánaíocht
- Rith
- Cadhcáil
- Dornálaíocht
- Camógaíocht
- Clárscátáil
- Gníomhaíochtaí traenála
- Spóirt sráide
- Leadóg
- Rothaíocht
- Fisiteiripe
- Iománaíocht
- Aeróbaic
- Ióga
- Zumba
- Rugbaí
- Tai chi
- Haca
- Seoltóireacht
- Badmantan
- Peil Ghaelach
- Sacar
- Lúthchleasaíocht
- Cispheil chathaoir rotha
- Ranganna aclaíochta ar líne
- Gach cineál damhsa m.sh. cniogrinche, rince Gaelach, rince snagcheoil.

Sampla de chaitheamh aimsire pearsanta in imeacht 13 seachtaine: Rith - úsáid feidhmchlár ón Tolg to 5K

(is féidir an t-am a roinnt idir laethanta na seachtaine chun cloí le clár Tolg to 5K)

1	2 x 30 nóim seisiún reatha
2	2 x 30 nóim seisiún reatha
3	2 x 30 nóim seisiún reatha
4	2 x 30 nóim seisiún reatha
5	2 x 30 nóim seisiún reatha
6	2 x 30 nóim seisiún reatha
7	2 x 30 nóim seisiún reatha
8	2 x 30 nóim seisiún reatha
9	2 x 30 nóim seisiún reatha
10	2 x 30 nóim seisiún reatha
11	2 x 30 nóim seisiún reatha
12	Rith 5k + bain síneadh asat féin
13	Rith 5k + bain síneadh asat féin

Is féidir le rannpháirtithe tabhairt faoi Chaitheamh Aimsire gan mhaoirseacht ó PAL, ach de bhrí gurb é an PAL a shíníonn an leathanach taifid, ní mór do rannpháirtithe cruthúnas éigin ar an obair a rinne siad a thabhairt don PAL. Is féidir é seo a dhéanamh le maor tríú páirtí (m.sh. oiliúnóir nó foireann spórtlann chorpacmhainne) nó le feidhmchláir ar nós Fitbit, feidhmchláir Ón Tolg go 5k, Strava agus MapMyRide, ansin gabháil scáileáin a thógáil de staitisticí gach seisiúin dá PAL. Spreag na rannpháirtithe chun tréaniarracht a dhéanamh. D'fhéadfaí na seisiúin reatha thuas a oiriúnú do leibhéal aonair aclaíochta nó do riachtanais fhisiciúla nó gníomhaíocht eile a roghnú ina n-áit.