



**Physical Recreation** is great for both body and mind as well as being essential for a person's wellbeing. 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

**HERE ARE SOME IDEAS BUT IT IS NOT EXCLUSIVE TO THESE:**

**INDIVIDUAL SPORTS:** Running, Gym work, Hiking, Walking, Couch 2 5k, Cycling, Yoga, Pilates, Gymnastics, Weightlifting, Archery, Athletics, Golf, Horse Riding, Climbing, Parkour, Skating, Mountain biking, Orienteering, Mountaineering, Boxing, Roller blading, Trampolining, Handball (GAA)

**DANCE:** Jiving, Jazz, Hip Hop, Ballet, Flamenco, Irish Dancing, Salsa, Breakdancing, Ballroom.

**MARTIAL ARTS:** Ju Jitsu, Karate, Self-defence, Sumo, Tae Kwon Do, Tai Chi, Aikido, Judo.

**WATER SPORTS:** Surfing, Kayaking, Diving, Rowing, Swimming, Water polo, Sailing, Canoeing, Windsurfing, Water Skiing

**TEAM SPORTS:** Gaelic football, Camogie, Hurling, Basketball, Olympic Handball, Cricket, Football, Hockey, Netball, Volleyball, Tennis, Table tennis, Squash, Badminton, Rounders, Rugby, Ultimate Frisbee, Wheelchair basketball

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