

## **Examples of physical activities that participants can pick.**

### **Ball sports**

- Football
- Volleyball
- Basketball
- Netball
- Handball
- Cricket
- Golf
- Baseball
- Softball
- Hockey
- Tennis
- Squash
- Table tennis

### **Athletics**

- Running
- Jumping (high or long)
- Throwing (hammer, javelin, shot put)
- Biathlon, triathlon, heptathlon or decathlon

### **Water sports**

- Canoeing
- Kayaking
- Swimming
- Water polo
- Sailing
- Surfing
- Windsurfing
- Kite boarding
- Water skiing
- Diving
- Synchronized swimming
- Rowing
- Canoe polo
- Scuba diving

### **Winter sports**

- Skiing
- Snowboarding
- Luge
- Bobsleighbing
- Ice skating
- Ice hockey
- Curling

### **Martial arts**

- Karate
- Aikido
- Judo
- Kickboxing
- Boxing
- Taekwondo
- Kung fu
- Fencing
- Kendo

### **Animal sports**

- Horse riding
- Polo

### **Fitness activities**

- Aerobics
- Running
- Skipping
- Walking
- Weight training

### **Adventure sports**

- Rock climbing
- Mountaineering

- Parachuting
- Caving and pot holing
- Hang gliding
- Paragliding
- Kite surfing

### **Miscellaneous**

- Dancing
- Cycling
- Gymnastics
- Weightlifting
- Trampolining
- Wrestling
- Roller skating
- Skateboarding
- BMX
- Orienteering
- Badminton