



**IDEAS
FOR YOUR
HALF
TERM!**

Sam M Sports Captain

IDEAS



Run around your local park and record your distance each time to better !!!



Try play football with your family's or maybe tennis !!!



Let's do a scavenger hunt (see on next slide)



Try making a cool den outside in the garden or woods near you



Set up a family obstacle course using using things around your house like pillows and string

SCAVENGER HUNT



FIND A FLOWER



FIND A WATER
SOURCE



FIND AN OAK
TREE



FIND 10 WORMS



FIND 6 DOGS



FIND 3
DIFFERENT TYPES
OF LEAVES

**“If you can't run, then walk. And if you
can't walk, then crawl.**

Do what you have to do.

**Just keep moving forward and never, ever
give up.”**

— Dean Karnazes

