



# Health & Well-being

## // Activities & Games



## WILDERNESS WORKOUTS

### Overview

**These activities encourage increased physical activity and develop physical literacy including improved balance.**

### PART 1 MORE ACTIVITIES ON FOLLOWING PAGE

### What to do...

#### Fox and Rabbits

- 1 Explain to your learners that they are going to become 'rabbits' for the game.
- 2 Ask each learner in their head, silently choose another member of the group to become their 'fox' and one learner to be their 'warren' (a rabbit's home). This information is kept secret, only the 'rabbit' knows who their fox and warren are.
- 3 The aim of the game is for the whole group to silently walk around whilst trying to keep their 'warren' between them and their 'fox' at all times.

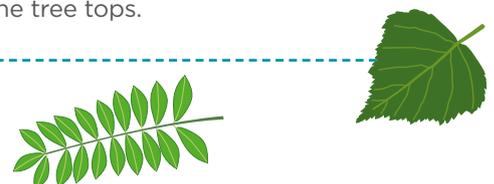
- 4 There will be constant movement and flux as each learner is focussed on their own position in relation to others.
- 5 If learners start to run or move too fast, it will become complicated so walking (albeit speedily) is best.
- 6 There are no winners or losers - the game ends when everyone has had enough.

#### Squirrel Balance

- 1 Locate a suitable fallen tree trunk/large branch that is big enough for your learners to walk along.
- 2 Discuss how canopy living animals such as squirrels are adapted to climb and move around for survival, e.g. they have claws for gripping and tails for balance.
- 3 Ask how humans balance and which parts of their body are utilised?
- 4 Invite your learners to try their balance skills by walking carefully from one end of the tree trunk/branch to the other without falling off.
- 5 Allow enough time for each learner to complete the challenge, encouraging them to get back on if they fall off.

#### Animal Yoga

- 1 With the whole group in a circle, facing inwards, ask each learner, one at a time, to say the name of an animal that they can relate to.
- 2 Ask the learner to make up their own pose that represents the animal they chose.
- 3 Invite the rest of the group to try the pose with their eyes closed.
- 4 While your learners hold their pose, ask them to imagine that they are the animal. For example, if they were a bird they could imagine themselves flying over the tree tops.





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### PART 2 HERE ARE MORE ACTIVITIES

#### What to do...

##### Nature Gym

- 1 Create a green gym trail or call out actions from a list of physical activities.
- 2 These could include:
  - X number of shuttle runs between trees, bushes or similar markers
  - X number of jumps over sticks or driftwood – star, straddle
  - X number of rotations around a fixed point, e.g. rock or tree
  - X number of stretch ups from floor to above head, holding a straight stick in both hands
  - X number of body twists with hands at either end of a suitable stick
  - X number of jumps off a log, tree stump or rock
  - X number of crawls under a branch or bush
  - X number of moving a stick/stone from point A to point B
  - X number of climbs over a stump, log, rock
- 3 Make sure you warm up first and cool down after!

##### Water Cycle Tai Chi

- 1 Ask the group where you might find water, e.g. the sea, ocean, rivers, lakes, from the tap, sewers, vegetables and in our bodies.
- 2 Explain that the earth has a limited amount of water. That water keeps going around and around continuously in what we call the 'Water Cycle'. We are drinking the same water today that was on earth when the dinosaurs existed.

- 3 Ask your learners to name and describe the different parts of the water cycle and how it works.
- 4 Start by asking what happens to water in the sea when the sun heats it up?
- 5 The main parts of the cycle are:
  - Evaporation (and plant Transpiration)
  - Condensation
  - Precipitation
  - Collection/Storage
- 7 There are many more elements that can be added to the cycle to increase its complexity for learners requiring a higher level of information.
- 8 Ask your learners to spread out and stand in a spot at least 2 arm lengths away from nearest person, facing you.
- 9 Explain that they are going to silently act out the water cycle in synchronised Tai Chi movements.



**Evaporation** – ask your learners to crouch on the ground and then slowly release and uncurl. Make their hands look like they are pulling something up, stand up and stretch up as the water vapour evaporates from the sea up into the clouds.

**Clouds** – standing legs together and arms at their side, learners should slowly puff themselves out and make themselves as big as possible, move their legs slightly apart, arms making an 'o' shape with their cheeks puffed out. The cloud has reached its capacity and is as big and heavy as possible. The cloud can no longer contain its load so it starts to rain.

**Rain** – standing tall, arms straight up in the air, learners should wiggle their fingers like rain falling. Instruct your learners to bring their hands all the way down to the ground, just as the rain falls from the sky to the ground - its way into streams and rivers.

**River** – with their hands together out in front of them, ask your learners to move their arms from side to side as the river meanders through the valley on its way to the sea.

**Sea** – standing with their arms stretched out to the side, ask your learners to make Mexican wave movements back and forth to show the motion of the sea.

- 10 Repeat the cycle.

**EXTEND THE ACTIVITY** by asking your learners to get into pairs, with one teaching the other the movements for the cycle and then swapping over.



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## PART 3 HERE ARE MORE ACTIVITIES

### What to do...

#### Water Cycle Game

- 1 The game is played like a version of 'tag'.
- 2 Choose one learner (or more depending on the size of the group) to play the part of the sun.
- 3 Ask two or more learners to hold hands in a circle to represent a cloud.
- 4 If you have a large group, you can have a couple of clouds.
- 5 The rest of the group represent water droplets.
- 6 It is useful if the learners wear markers to show what they are.
- 7 The sun runs around and tries to tag the water droplets.
- 8 When a water droplet is tagged it evaporates and runs to a cloud.
- 9 Once there it condenses by entering - standing in the middle of the circle formed by the cloud learners.
- 10 When enough learners have condensed into the cloud, the cloud becomes too heavy. The clouds can no longer hold them in and the cloud bursts - precipitation!
- 11 There is no winner or loser in this game - it's just fun to get squished together in the cloud and see how many learners the sun can tag before precipitation happens.

