

Physical Activity & Outdoors



| Challenge | Points | Student | Whanau | Teacher |
|---|--------|---------|--------|---------|
| PAO1 - Discover a bush walk that you haven't yet explored. Take a picture of something of interest to you on the walk. | 5 | | | |
| PAO2 - Find and record 10 ways to help achieve peak physical performance. | 5 | | | |
| PAO3 - List 10 items you might need for an overnight tramp. Rank them in order from most important to least. Present this in a way of your choosing. | 5 | | | |
| PAO4 - Design a circuit for daily fitness. Include at least 10 exercises and complete this each day for a week. | 5 | | | |
| PAO5 - Develop a physical challenge activity for you and a friend or family member to achieve. E.g. Flexibility challenge, beep test, timed plank hold, pull up challenge etc. | 5 | | | |
| PAO6 - Train for and take part in a physical community event e.g. Weetbix Tryathlon, Round the Bays. | 10 | | | |
| PAO7 - Create a photographic diary of at least 5 different outdoor activities you have done this year. | 10 | | | |
| PAO8 - Photograph at least 5 native birds. You will need to research best places/feeding spots in order to see them. Present your photos with facts about each bird in a way of your choice. | 10 | | | |
| PAO9 -Participate in a community first aid course. | 10 | | | |
| PAO10 - Join a group whose focus is the outdoors. E.g. Scouts, guides, athletics, tramping club etc. Attend this group for at least a term. | 10 | | | |
| | /50 | | | |