



CATEGORY C: CLASS 4 & 5
WEEK: 2 ACTIVITIES







WEEK: 2 ACTIVITY

THEME: ATHLETIC ADVENTURE



Day	Name of the Activity	Description	Material Required	Resources	Type of Submission : Image
1	Backyard Obstacle Course	<p>Gather materials like chairs, ropes, and cushions.</p> <p>Design course with challenges like crawling and balancing.</p> <p>Test for safety, invite participants to navigate, and award prizes. Take a photo and submit via google form.</p>	Chairs Cushions Ropes Hula hoops Buckets Any other household items for obstacles		








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2	DIY Sports Equipment 	Brainstorm ideas with parents and gather materials. Construct equipment like mini soccer goals or agility ladders. Test functionality, enjoy backyard games, and share making video and submit via google form.	Plastic bottles Cardboard Duct tape Any other recyclable materials	 	






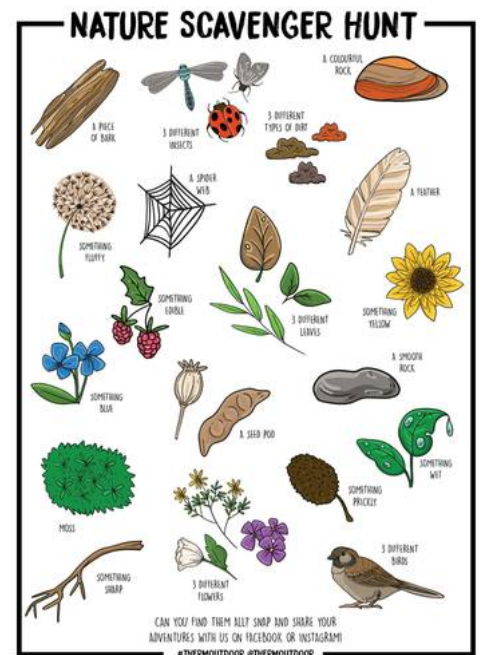
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<p style="font-size: 48px; color: green; text-align: center;">3</p> 	<h3 style="text-align: center;">Nature Scavenger Hunt</h3>	<p style="text-align: center;">  </p> <p>Prepare a nature scavenger hunt list with items like leaves, rocks, flowers, and animal tracks. Head outdoors with a list and a pencil to mark off found items in a backyard, park, or nature trail. Document discoveries by drawing pictures or writing descriptions, Take a photo and submit via google form</p>	<p style="text-align: center;">List of items commonly found in nature</p> <p style="text-align: center;">Pencil or pen</p>	<p style="text-align: center;">  </p>	





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SUMMER

CAMP



Day	Name of the Activity	Description	Material Required	Resources	Type of Submission : Image
4	Outdoor Yoga Session	Find a peaceful outdoor spot for yoga, bring mats, and play calming music. Warm up with stretches and breathing exercises, then practice beginner-friendly poses focusing on flexibility and balance. Finish with relaxation techniques like meditation, reflect on the experience, Take a photo and submit via google form.	Yoga mats or towels Optional props like blocks or straps Calming music or nature sounds		





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Day	Name of the Activity	Description	Material Required	Resources	Type of Submission: Video
5	Outdoor Adventure Relay Race	Design a relay race course with running, crawling, jumping, and balancing challenges. Form teams, assign starting points, and define stations where tasks must be completed. Start the race, rotate through stations, Take a video and submit via google form.	Various outdoor challenges (e.g., buckets, agility cones, puzzles)	CLICK HERE CLICK HERE	

