

Physical Recreation



The Physical Recreation section of the Award encourages you to improve your health and fitness, whatever your starting point.

You could choose to do a team sport, solo sport or any healthy activity. It could be something you already do regularly, have tried before or something completely new to you. You'll build valuable team-skills and self-esteem—all while having great fun!



Photo credit: Glenn McCreath

"I am working hard to be what I want to be. Cricket has changed my life and I would like to be a professional player."

Zukisani Simanga,
South Africa

Example ideas

Here's a list of some Physical Recreation ideas that you could do or use as a starting point to create a programme of your own.

Ball sports

- Rugby
- Soccer
- Netball
- Volleyball
- Basketball
- Handball
- Cricket
- Baseball
- Softball
- Hockey
- Tennis
- Squash
- Table-tennis
- Futsal

Athletics

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

Winter sports

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

Water sports

- Canoeing
- Kayaking
- Swimming
- Water polo
- Sailing
- Surfing
- Windsurfing
- Kite boarding
- Water skiing
- Diving
- Synchronised swimming
- Rowing
- Paddleboarding

Martial arts

- Karate
- Aikido
- Judo
- Kickboxing
- Boxing
- Tae kwon do
- 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
- Trampolineing
- Wrestling
- Roller skating
- Skateboarding
- BMX
- Orienteering
- Badminton
- Ultimate Frisbee