

## **OUTDOOR ACTIVITIES.**

1. - Ask some of your partners who took part in the activity and find the answer to the following questions:

- Where did we go to do the activity? Write a brief description of the area and mention the main **natural features**?
- Find some pictures of the landscape.
- What **activities** we practiced? (4).
- **Describe** and explain briefly the **activities** we did. You can also add some pictures.
- Related to each of the activities we practiced; write the main **safety considerations** we must follow to prevent accidents.
- Identify the main **physical qualities** involved in each of the activities. Find other sports where those qualities have an important role.
- Considering the physical qualities try to summarize the **benefits** of this activities.