

OUTDOOR ACTIVITIES.

- 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.
 - **Describe** and explain briefly the **activity** 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.
 - Describe the main objective of **Orienteering**. Download an orienteering map from any area in Madrid and highlight its elements. Explain each one of them.
 - Explain the different elements of a **compass** and the main guidelines for its use.

 - Locate a green area (park, pathway, training area, etc...) near your house:
 - Add a map of this area and describe briefly how it is.
 - Mark, highlight the areas where you think we can develop physical activities.
 - Create a circuit or track with different drills or activities (measure the distance) and define the activity and rest periods along with the intensity. What are physical qualities involved?
- *The duration of the whole circuit must be between 22 and 35 minutes.