

**Physical recreation** is great for both body and mind as well as being essential for a person's well-being. In this Challenge Area, participants can either seek to improve their ability in a physical activity they already do or can try out a new sport or exercise. Physical recreation should be set at an appropriate level for each individual's capability. Activities can be undertaken on an individual basis, or as part of a team. In the case of a team sport, it is the individual effort and commitment that counts.

**Here are some Ideas but it is not exclusive to these:**

**Individual Sports:**

Running  
Gym work  
Hiking  
Walking  
Couch 2 5k  
Cycling  
Yoga  
Pilates  
Gymnastics  
Weightlifting  
Archery  
Athletics  
Golf  
Horse Riding  
Climbing  
Parkour  
Skating  
Mountain biking  
Orienteering  
Mountaineering

Boxing  
Roller blading  
Trampolining  
Handball (Gaa)

**Dance:**

Jiving  
Jazz  
Hip Hop  
Ballet  
Flamenco  
Irish Dancing  
Salsa  
Breakdancing  
Ballroom

**Martial Arts:**

Ju Jitsu  
Karate  
Self-defence  
Sumo

Tae Kwon Do  
Tai Chi  
Aikido  
Judo

**Water sports:**

Surfing  
Kayaking  
Diving  
Rowing  
Swimming  
Water polo  
Sailing  
Canoeing  
Windsurfing  
Water Skiing

**Team Sports:**

Gaelic football  
Camogie  
Hurling

Basketball  
Olympic Handball  
Cricket  
Football  
Hockey  
Netball  
Volleyball  
Tennis  
Table tennis  
Squash  
Badminton  
Rounders  
Rugby  
Ultimate Frisby  
Wheelchair  
basketball

A participant may undertake Physical Recreation activities without PAL supervision, however as the PAL is the default signature on the record sheet, the participant will need to provide evidence of the activity they carried out. This can be done through a third-party supervisor (e.g. coach or gym staff) or they use of apps such as Fitbit, couch to 5km apps, Strava and MapMyRide, taking a screen shot of each session stats for their PAL. Encourage participants to reach for their own personal best. The above running sessions could be replaced/adapted to suit individual fitness levels or physical needs.