

PHYSICAL RECREATION

Physical recreation is about being physically active, which is great for both body and mind and 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.

The physical activity 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 for **Physical Recreation** but it is not exclusive to these:

Individual:

- Running
- Gym work
- Hiking
- Walking
- Physiotherapy
- Couch 2 5k
- Parkrun
- Cycling
- Yoga
- Pilates
- Gymnastics
- Weightlifting
- Archery
- BMX
- Athletics
- Golf
- CrossFit
- Horse Riding
- Climbing
- Skating
- Mountain biking
- Orienteering
- Mountaineering
- Boxing
- Roller blading
- Handball (GAA)
- Exercise class

Team Sports:

- Gaelic football
- Hurling / Camogie
- Basketball
- Tennis
- Olympic Handball
- Cricket
- Soccer
- Hockey
- Netball
- Volleyball
- Table tennis
- Padel
- Squash
- Badminton
- Rounders
- Rugby
- Ultimate Frisby
- Wheelchair sport

Martial Arts:

- Jujitsu
- Karate
- Self-defence
- Sumo
- Tae Kwon Do
- Tai Chi Aikido
- Judo

Dance:

- Irish Dancing
- Social dancing
- Jazz
- Hip Hop
- Ballet
- Flamenco
- Salsa
- Breakdancing
- Ballroom

Water sports:

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

Challenge Partners:

Gaisce has a wide range of challenge partners that young people can engage with to complete their challenge areas or get ideas: [Gaisce Challenge Partner - Gaisce](#)