

UNIT 5: Recreational & outdoor Activities

VOCABULARY

Outdoor recreation or outdoor activity refers to recreation engaged in the open air, most commonly in natural settings. The activities that encompass outdoor recreation vary depending on the physical environment they are being carried out in. Outdoor recreation is typically done for purposes of physical exercise, general wellbeing, spiritual renewal, and an opportunity to partake in nature whilst doing so.



Air
Activities



Land
Activities



Water
Activities



Winter
Activities

AIR ACTIVITIES

BASE JUMPING: the sport of jumping with a parachute from a high place such as a building or a mountain.

BUNGEE JUMPING: a sport in which a person jumps from a high place, such as a bridge, with a bungee (long rope) tied to their feet.

HANG-GLIDING: a sport in which you fly while hanging from a frame like a large kite which you control with your body movements.

PARAGLIDING: a sport in which you wear a special structure like a parachute and jump from a mountain.

SKY DIVING: a sport in which you jump from a plane and fall for as long as you safely can before opening your parachute.

LAND ACTIVITIES

ABSEILING (BrE) / RAPPELLING (AmE): going down a steep cliff or rock while attached to a rope, pushing against the slope or rock with your feet.

BMX: the sport of racing BMX bicycles on rough ground.

CLIMBING: The activity of using one's hands, feet, or any other part of the body to ascend a steep topographical object.

CYCLING: The use of bicycles for transport, recreation, exercise or sport. For recreation, bicycles are used for at all ages. This activity involves touring and exploration or sightseeing by bicycle for leisure.

HIKING: Long, vigorous walks, usually on trails or footpaths in the countryside.

HORSE RIDING: It includes the use of horses for practical working purposes, transportation, recreational activities, artistic or cultural exercises, and competitive sport.

ORIENTEERING: This is a group of sports that require navigational skills using a map and compass to navigate from point to point in diverse and usually unfamiliar terrain whilst moving at speed. Participants are given a topographical map which they use to find control points.

PARKOUR: the sport of moving through a city by running, jumping and climbing under, around and through things.

PLOGGING: It is a combination of jogging with picking up litter. As a workout, it provides variation in body movements by adding bending, squatting and stretching to the main action of running, hiking, or walking.

SKATEBOARDING: the activity or sport of riding a skateboard

WATER ACTIVITIES

CANOEING: This activity involves paddling a canoe with a single-bladed paddle.

COASTEERING: This is a physical activity that encompasses movement along the intertidal zone of a rocky coastline on foot or by swimming, without the aid of boats, surf boards or other craft.

KAYAKING: The use of a kayak for moving over water. A kayak is a low-to-the-water, canoe-like boat in which the paddler sits facing forward, legs in front, using a double-bladed paddle to pull front-to-back on one side and then the other in rotation..

RAFTING: the sport or activity of travelling down a river on a raft.

SNORKELLING: The practice of swimming on or through a body of water while equipped with a diving mask, a shaped breathing tube, and usually swim fins. In cooler waters, a wetsuit may also be worn. Use of this equipment allows the person to observe underwater attractions for extended periods with relatively little effort and to breathe while face-down at the surface.

SCUBA DIVING: This is a type of underwater activity whereby people use breathing equipment that is completely independent of a surface air supply. Those doing this activity carry their own source of breathing gas, usually compressed air, affording them great independence and movement.

SURFING: This is a surface water sport in which an individual uses a board to ride on a moving wave of water. Suitable waves are primarily found on ocean shores, but can also be found in the open ocean, in lakes, in rivers or in wave pools.

WINTER ACTIVITIES

SKIING: moving over snow on skis.

SNOWBOARDING: the activity or sport of moving over snow using a snowboard.