

## Recreational and Outdoor Activities

**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.



Here are some examples:

1 \_\_\_\_\_

A controlled descent off a vertical drop, such as a rock face, by descending a fixed rope.

2 \_\_\_\_\_

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.

3 \_\_\_\_\_

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

4 \_\_\_\_\_

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

5 \_\_\_\_\_

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.

6 \_\_\_\_\_

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

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**7** \_\_\_\_\_

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

**8** \_\_\_\_\_

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.

**9** \_\_\_\_\_

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..

**10** \_\_\_\_\_

This is a means of transport using skis to glide on snow. Variations of purpose include basic transport, a recreational activity, or a competitive winter sport.

**11** \_\_\_\_\_

The practice of swimming on or through a body of water while equipped with a diving mask, a shaped breathing tube, and usually swimfins. 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.

**12** \_\_\_\_\_

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.

**13** \_\_\_\_\_

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.

**14** \_\_\_\_\_

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.

**15** \_\_\_\_\_

This is the recreational and competitive adventure sport of flying paragliders.