

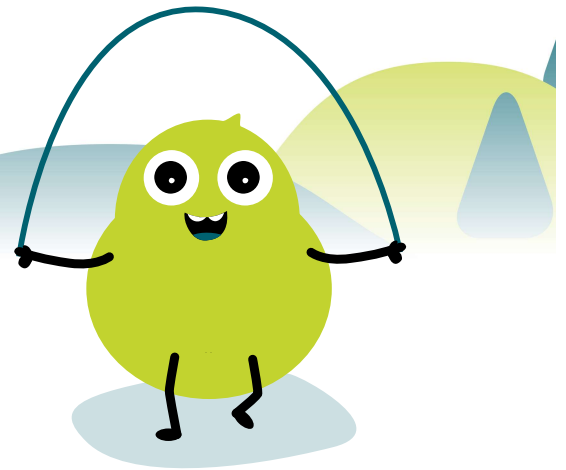
Take it home:

## OUTDOOR GYM

Doing physical exercise is important for pupils' growth and development and brings a lot of health benefits for everyone. This activity is designed to get pupils thinking about the different ways that people can exercise outdoors, as well as more unusual ways to keep fit outside.

🕒 45 mins

**Skill set:** Observant, organised, patient



### 🧰 Kit list

An outdoor environment (Including benches, steps and other objects)

Camera (and other recording equipment)

### 📄 Instructions

- 1 Familiarise the pupils with the activity. Set the scene by discussing great ways for people of all ages to exercise outdoors, like doing leg lifts from a park bench.
- 2 Allow pupils to use the internet or books to research different types of outdoor activity.
- 3 Encourage pupils to talk together about how to exercise using parts of your local area as an outdoor gym. Ensure that they think about safety.

Here are some questions to help:

- What can we use in the outdoor gym?
- What types of exercises can we do?
- How will these exercises help us to keep fit?

- 4 Help the pupils to record their survey in a table or similar.

### ⚠️ Watch out

- Ensure pupils wear appropriate clothing and sports shoes when exercising.
- Give pupils the opportunity to explain ideas to you before they test them out.
- Ensure that the area is safe and clean. Avoid hard or slippery surfaces.
- Ensure pupils try out activities that are appropriate to their age, size, fitness, and health.

### ➤ Next steps

Perhaps you could start an outdoor gym club? Inspire the pupils to design a poster to encourage people to join in.

This activity can be put towards a CREST SuperStar Award. There also are many other CREST SuperStar activities that you can try for free – simply follow this link for more information: [crestawards.org/crest-superstar](https://crestawards.org/crest-superstar).

