

Set your sights on...

Physical activity

from **MODERATE**
to **HIGH**
INTENSITY



THE RAPIDS
This active game consists of going slalom (S) around water bottles while performing a pre-set task.
15 to 30min


JUMP ROPE CHALLENGE
Ask your campers to meet nine skipping rope challenges.
30min and +


NAWATOBI
From Japan to Quebec, discover this wild high-intensity sport.
15min and +


FLAG RUGBY
A sport to discover, one that can be adapted to different age groups.
10 to 20min


DANCE AROUND THE WORLD
Discover international folk dances, one movement at a time
30min and +


BASEBALL 5
Develops your motor skills without a glove or a bat. This activity can be adapted to all ages.
30 to 60min


LET'S GET MOVING
Let you get your campers moving in different ways.


SECRETS OF OLYMPIA (SPRINTER)
This activity lets participants discover, through experience, how to perform an effective sprint start.
15min and +




TRICKS AND TRIPS

- Take advantage of the waiting times with your group to be active.
- Take the temperature into account during the activity. If it's very hot, opt for one of the lower-intensity activities.
- Allow between 1 and 1.5 hours after a meal before undertaking high-intensity physical activity.
- Adapts the intensity to the needs and abilities of each camper.

