

Title: Outdoor game

Objectives:

- getting to know the values of nature;
- improving the technique of nordic walking;
- promoting the outdoor activities;
- improving soft skills.

Equipment: nordic walking poles, pens, sheets of paper, sheets of paper with tasks prepared earlier by the teacher.

Stage 1: It's highly recommended to play the game in the park or a forest known by some historical events and nature aspects.

Stage 2: The teacher prepares the tasks for students (with the place for the answers), the questions should concern the place of some historical events or place of some unique plants/animals that are in the park/forest. Some examples:

- name 5 species of trees;
- name 3 activities that you may and mustn't do in this place;
- give a name of the river/pond/ditch located in the park/forest;
- name 5 bird species which stay in our country for winter;
- run around the park and count all the benches;
- in what year was the park designated?

Stage 3: The teacher explains the rules and divides students in groups. Students take the sheets of paper and some pens. If the students use nordic walking poles during the game, the teacher also explains the rules of using them. The teacher gives students the tasks, each group chooses the leader. The teams start the game at the same moment. It's recommended to change the question order so the groups would do different tasks at the same time. The teacher explains that students have to come back at the fixed time and give back their answers.

Stage 4: The teacher checks the answers and says who's won.