

**Title: The outdoor game**

**Objectives:**

* getting to know the values of nature;
* promoting the outdoor activities;
* developing social skills.

**Equipment:** balance discs, weights

**Stage 1:** The teacher explains the rules of the game to the students, and then the students divide into teams.

**Stage 2**: Students compete on short linear distances of 10 meters under the careful guidance of the teacher.

**Stage 3**: Students run competitions over medium distances 20 meters.

**Stage 4:** Students in the last test will transport objects weighing 2 kg.

**Stage 5:** The team that will be the fastest will be designated as the winning team.