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OUTDOOR ACTIVITY 2



Let's go outside

Pictograms: ARASAAC (<http://www.arasaac.org/>)



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The trainer has already designed and uploaded the online session to the e-Training platform. Things to be done online:

Trainees must read and download, (if they want), the training materials (PPT, Word document, complementary readings, practical activities, etc.) for Topic 8.



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Each trainee, individually or in groups, should do the next:

1. Look for a place in the Community close to home or to the occupational centre, i.e., a park or a training facility in the community, where they can practice some kind of sport, like yoga, mindfulness, etc.
2. Each trainee, individually or in groups, prepares a sport routine by watching the videos of physical exercises.
3. Each trainee, individually or in groups, goes to the selected place and practices the routine.
4. Each trainee, individually or in groups, makes some pictures while doing physical exercise and uploads them to the training platform.



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Duration:

- The time needed to perform the tasks during one week, always before the next F2F session.

Tools:

- PPT 2_Outdoor Activity 2
- PPT 5_Physical Exercise and Health.
- Video 1_Training in the Park.
- Yoga Videos: videos 1 to 13.
- Mindfulness Videos: video 1 and 2.