

SPORT AGAINST GENDER INEQUALITY

ACTIVITY WORKBOOK 2

LEADERSHIP

ACTIVITY HANDOUT: SURVIVAL

KIT

(IN-PERSON)

ITEM**ACTIVITY****FOOD****5 PUSH-UPS****BOAT****5 JUMPING JACKS****FLASHLIGHT****5 SUCCESSFUL CATCHES****DRINKING WATER****SPRINT AROUND THE CIRCLE
TWICE & RETURN TO YOUR SPOT****GPS / PHONE / MAP****5 SQUATS****MEDICAL KIT****HOP AROUND THE CIRCLE
ONCE & RETURN TO YOUR SPOT****TENT****RUN BACKWARDS AROUND THE CIRCLE
ONCE & RETURN TO YOUR SPOT****SUN BLOCK CREAM****5 DOUBLE-LEG JUMPS****SHOES****3 SUCCESSFUL CATCHES
(ONE HAND)****FIRE LIGHTER****RUN SIDEWAYS AROUND THE CIRCLE
ONCE & RETURN TO YOUR SPOT**