

# **SPORT AGAINST GENDER INEQUALITY**

## **ACTIVITY WORKBOOK 2**

### **LEADERSHIP**

#### **ACTIVITY HANDOUT: SURVIVAL**

#### **KIT**

#### **(ONLINE)**

**ITEM****ACTIVITY****FOOD****5 PUSH-UPS****BOAT****5 JUMPING JACKS****DRINKING WATER****5 SUCCESSFUL CATCHES****FLASHLIGHT****10 SECOND PLANK****GPS / PHONE / MAP****5 SQUATS****SUN BLOCK CREAM****10 SECOND DANCE STEP****TENT****5 SINGLE-LEG HOPS****MEDICAL KIT****5 DOUBLE-LEG JUMPS****FIRE LIGHTER****3 SUCCESSFUL CATCHES  
(ONE HAND)****SHOES****5 TOE TOUCHES**