A-Z School Games Challenge

O – Outdoor and Adventurous Activity
Challenge – Trust Test

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkOut and tag @ThinkActiveCSW
Fun Fact – OAA stands for Outdoor and Adventurous Activity – lots of different sports come under this category, below we’ve named a few:

Mountain walking, camping, mountain biking, rock climbing, abseiling, orienteering, high rope courses, caving, skiing, snowboarding, canoeing, kayaking, sailing, windsurfing, surfing, indoor climbing walls and artificial ski slopes. How many of these have you tried?

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