

# 44! DAYS OF SUMMER IN EAST DORSET

**1** Walk or climb up a HUGE hill and run down 

Suggestion = Colehill

TICK ME

**2** Take a dog for a walk 

Suggestion = your dog or offer to take a neighbours dog

TICK ME

**3** Follow a footpath 

Suggestion = Castleman Trailway

TICK ME

**i** 18<sup>th</sup> July – 1<sup>st</sup> September

Activities can be done in any order, with friends or family and mix up the places if you want too!

**4** Go shopping and choose a new fruit 

Suggestion = watermelon / kiwi/ starfruit / mango passionfruit etc!

TICK ME

**5** Use a map to follow a route 

Suggestion = Moors Valley

TICK ME

**6** Have a go on an outdoor gym circuit 

Suggestion = Moors Valley , 3 Legged Cross Recreation ground

TICK ME

**7** Check out a local skate park 

Suggestion = Ferndown Leisure Centre

TICK ME

**8** Do some gardening 

Suggestion = for your parents or grandparents

TICK ME

**9** Go on a scavenger hunt 

Suggestion = At home indoors or outdoors

TICK ME

**10** Take a dip in the sea 

Suggestion = Any part of the beach

TICK ME

**11** Teach someone else a skill 

Suggestion = At home indoors or outdoors

TICK ME

**12** Climb some step steps 

Suggestion = in your house or Steps to the beach

TICK ME

**13** Visit a golf driving range 

Suggestion = Ferndown Forest Golf Course

TICK ME

**14** Stage your own junior parkrun 

Suggestion = Any open space

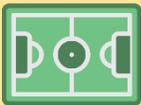
TICK ME

**15** Play hide and seek 

Suggestion = At home indoors or outdoors

TICK ME

# 44! DAYS OF SUMMER IN EAST DORSET

**16** Play a game at your local playing field 

Suggestion = any park

TICK ME

**17** Find an orienteering course 

Suggestion = Bytheway or Moors Valley

TICK ME

**18** Build a den 

Suggestion = Any woodland area

TICK ME

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Activities can be done in any order, with friends or family and mix up the places if you want too!

**19** Visit a friend via active travel 

Suggestion = Find a friend that lives a mile away

TICK ME

**20** Play with water outside 

Suggestion = At home or in a local park

TICK ME

**21** Play tennis at a local court 

Suggestion = Ferndown or Wimborne or make your own mini court at home!

TICK ME

**22** Do a Dorset School Games Virtual Competition 

[www.pedssa.com/virtual-school-games-2/](http://www.pedssa.com/virtual-school-games-2/)

TICK ME

**23** Learn & practise gymnastics moves 

Suggestion = Watch headoverheels videos on youtube

TICK ME

**24** Go for a bike ride 

Suggestion = Castleman trailway

TICK ME

**25** Dig a BIG hole 

Suggestion = Any part of the beach

TICK ME

**26** Explore a forest or wood 

Suggestion = Cannon Hill plantation or Moors Valley

TICK ME

**27** Go on a nature walk or birdwatching 

Suggestion = Avon Heath/ Moors Valley /along the river

TICK ME

**28** Go climbing 

Suggestion = A play park or Moors Valley Or go tree climbing. Be safe !

TICK ME

**29** Try an activity from Premier League 

<https://plprimarystars.com/home-learning>

TICK ME

**30** Try making and flying a kite 

Suggestion = At home outside or in a local park

TICK ME

# 44! DAYS OF SUMMER IN EAST DORSET



**31** Visit and learn about a local landmark



Suggestion = The Minster / Badbury Rings/ Horton Tower / Knowlton Church

TICK ME

**32** Learn or practise skipping



Suggestion = At home or in a local park

TICK ME

**33** Explore a playground



Suggestion = your local park

TICK ME

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Activities can be done in any order, with friends or family and mix up the places if you want too!

**34** Play street cricket



Suggestion = Find a safe space or in your local park

TICK ME

**35** Tidy a room



Suggestion = At home or for your grandparents

TICK ME

**36** Play manhunt or block



Suggestion = Find a safe space or in your local park

TICK ME

**37** Play boules, bowls or petanque



Suggestion = Anywhere

TICK ME

**38** Get the paddling pool out



Suggestion = At home

TICK ME

**39** Stage a family Olympics



Suggestion = At home or in a local park

TICK ME

**40** Try doing some yoga



Suggestion = At home indoors or outdoors

TICK ME

**41** Make an obstacle course



Suggestion = At home or in a local park

TICK ME

**42** Create a dance or routine



Suggestion = At home indoors or outdoors

TICK ME

**43** Get creative and paint or draw



Suggestion = At home indoors or outdoors

TICK ME

**44** Play Frisbee



Suggestion = Any large open space

TICK ME

Your name: \_\_\_\_\_

How many did you complete? →