

A serene sunset over the ocean with a bright sun low on the horizon and its reflection shimmering on the water's surface. The sky is a mix of soft orange and pale yellow.

Outdoor Sports Ideas

# OUTDOOR SPORTS IDEAS

# Water Challenge

## WATER CHALLENGE

### Pedal Boat / Canoe / SUP

Come together as a group while exploring the waters and add in a little competition and fun.

Amsterdamse Bos: <http://www.kanoverhuur-adam.nl/>  
Average cost p.p.p.h. Eur. 5 - Eur. 7,-

Rotterdam Kralingse Plas:  
<https://www.funforest.nl/watersport-rotterdam/>  
Average cost p.p. Eur. 9 - Eur.10,-



#### PREP:

- Reservation booking
- Prepare for drinks & snacks to share



PREP:  
Water balloons  
Street chalk



For the hot summer days! Play a variety of fun games (easy to prepare!) with water balloons! Check out the link for some great ideas.

<https://www.youtube.com/watch?v=4qQm74MrXZo>

## Water Balloons

### WATER BALLOONS



# SPORTS DAY/GAMES DAY

## Sports Day/Games Day at parks AT PARKS



Invite other Connect Groups to join you for a Championship Day! All you need is a minimum of 2 groups and some sports items.

Some sports/games you could play are:

- Football
- Dodgeball
- Volleyball
- Badminton



### PREP:

Items for sports:

- Ball (for either football, dodgeball, volleyball)
- If volleyball: a net is needed (prep time to have the net ready: around 10-15 min)
- If badminton: net, rackets and shuttlecock (prep time: around 10-15 min)

Other items:

- Some water bottles
- Snacks & drinks
- First aid: bandaids
- Blankets (when taking a break)

# Bubble Football

# BUBBLE FOOTBALL

**PREP:** Arrangements have to be made to rent the balls, you might need some time to inflate them depending on where you rent them.

**COST:** Starts at €15 per person

<https://www.bubbelbal.nl> or <https://www.bubbleball.nl>

Think football, except with your upper body covered in a big plastic bubble! Everyone is bound to fall over at some point, which makes it hilarious as well as fun.

