

## CARR GOMM'S A-Z OF ACTIVITIES

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Team Carr Gomm has been created with everyone in mind. You can get involved today no matter your age or level of mobility.

Any form of movement or activity can be converted into distance. From archery and abseiling to throws of a ball or physio exercises in a wheelchair – it all counts towards our 1,000 mile virtual route.

See our [Movement Converter](#) in the 'downloads' section of our website for examples of how to convert your activity of choice into meters and miles.

How you fundraise whilst getting active is entirely up to you; you may wish to choose an activity and ask people to sponsor you; or perhaps you could organise a sports day and people pay a few pounds to come along – you could even hold a raffle at the same time. The possibilities are endless.

Below is a list of activity ideas to get you started. If you would like to get involved but are not sure what you'd like to do or how to combine it with fundraising, please get in touch and we'll come up with something together. Email the Fundraising Team at [fundraising@carrgomm.org](mailto:fundraising@carrgomm.org) or call us on 0131 659 4777.

**A** – archery, abseiling, aerobics

**B** – bungee jump, basketball, badminton, bear hunt, or even biometrics (why not download a game and use your eye-tracking software to clock up some miles!)

**C** – caber tossing, cycling, canoeing, crazy golf, cross country, cricket, chair aerobics

**D** – dancing, diving, dog walking, dodge ball

**E** – egg on spoon race , exercise class

**F** – frisbee, football, freestyle (and that can be anything really, such as swimming, dancing...)

**G** – golf, gymnastics

**H** – haggis hurling (this is Scotland after all!), hockey, hopscotch, hula hooping, horse-riding, hill walking, horseback archery

**I** – ice skating, ice dancing, ice hockey

**J** – jumping (long, triple, high), juggling, javelin, jump rope, jousting

**K** – kilt walk, kick boxing, kite flying races

**L** – leap frog, land yachting, limbo, leg raises

**M** – mountain biking, musical chairs, miniature golf, marching band

**N** – netball

**O** – orienteering, outdoor activities

**P** – potato sack race, paintball, parasailing, paragliding (para anything!), piggy in the middle, pogo stick race, pilates, physio exercises

**Q** – quidditch

**R** – roller skating, rock climbing, rounders, running, rowing

**S** – space hopper race, swimming, sailing, surfing, scootering, skateboarding, skiing, sports days, skipping (with or without a rope!), star jumps

**T** – trampolining, tag, tennis, table tennis, three legged race, treasure hunt, tree climbing

**U** – ultimate frisbee, underwater hockey, unicorn hunt!

**V** – volleyball

**W** – wheelchair challenge (push or race), walking, wrestling, white water rafting, wife carrying (yes, apparently that's a thing!)

**X** – (e)xtreme sports of any kind, including (e)xtreme ironing (again, it's a real thing!)

**Y** – yachting, yo-yoing

**Z** – zumba, zip wire