



Sports from Around The World

Get Active



Hawaii

Surfing

Surfing is a water sport that involves riding along breaking waves on a surfboard.



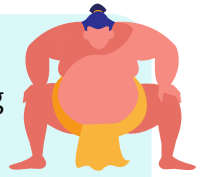
The world record for the longest surf on a single wave is 37 minutes.



Japan

Sumo

Sumo is a type of wrestling where competitors try to push each other to the ground or out of the ring.



The origins of sumo date back up to 2000 years, when dance rituals displaying strength were performed as a sign of respect to the gods.



Canada

Ice Hockey

Ice hockey is a team sport played on ice skates. Players use sticks to hit a flat puck along the ice into a goal.



In the 1800s the first hockey pucks were made from frozen cow dung!



Brazil

Capoeira

Capoeira is a martial art that combines self-defense, dance and acrobatics. Only the hands or feet can touch the floor and players are in constant motion.



The rhythm of the music in capoeira determines the speed and style, including distance between opponents and the amount of contact or acrobatics.



Thailand

Muay Thai

Muay Thai (thai boxing) is a martial art and combat sport that uses different parts of the arms and legs.



At the beginning of a Muay Thai match, fighters perform a traditional dance-like ritual that pays respect to their teachers and demonstrates their style and control.



Norway

Cross-country Skiing

This is a type of skiing to move across snow on flat ground.



Cross-country skiing originated as a method of travelling and hunting before evolving as a sport and recreational activity.

Let's try some of the movements from these sports!

Surfing - Balance on something wobbly (or walk along a line) with arms out.




Ice Hockey - Move a ball or jar lid along the ground with a stick.

Muay Thai - Shift your weight onto one leg, lean your body back and kick high with the other leg.

Sumo - Squat down with hands on thighs and walk your legs forward, staying low.

Capoeira - Touch the ground with one hand and swing the opposite leg around in a circle.

Cross-country skiing - Slide along the ground walking forward without lifting your feet and pump your arms (move opposite arm with opposite leg).

-  Create an obstacle course that uses these, or similar, movements.
-  Make up a dance that uses these sport moves.
-  Perform other movements from different sports that you know.



Irish Heart Foundation