

# 44<sup>th</sup> Colchester BEAVERS

## Health and Fitness Activity Badge

This activity contributes to the following badges:



Beaver Scout  
Health & Fitness  
Activity Badge

### How to earn your badge

#### Fitness Fun Activities

Pick a selection of three exercises to try. Record your progress over a period of at least a week on the sheet provided.

- Skip for 1 minute continuously x5
- Squat x 10
- Hop for 30 seconds on each leg x5
- Hold Plank position for 30 seconds
- 10 press ups on knees
- Bounce a ball with one hand as many times as possible while on the move – try with both hands
- Sprint on the spot for 30 seconds x 5
- Stand on one leg, eyes shut (time yourself) – perform on both legs
- Jump as high as you can, then crouch down on the floor x10
- Place 6 small objects around you, stand on one leg and reach to pick them up without putting the other foot on the floor
- Make a hopscotch grid and play
- Pass a ball from one hand to the other around each leg in a figure 8 x 10 one way then the other

It is important that young people are physically active and some of the following activities may have already been suggested by your schools for PE, while they are closed?

Make sure you have enough room for these activities, some might be appropriate for the garden (if you are lucky enough to have one), where you can get some fresh air

If you can't do the suggested time or number of repeats, try and build up to the target

**Don't forget to check your heartbeat before and after your exercise.**

#### Healthy Eating

Make a paper plate meal consisting of food that is healthy to eat

Using a paper plate or a piece of paper with a circle marked on it, draw and colour a healthy, balanced meal.

#### Promoting Healthy Eating and Exercise

Design a poster to encourage people to take exercise and / or eat healthy foods

Using A4 paper, pencils, pens, crayons, glue, food pictures etc. design a poster that will promote exercise and / or healthy eating

#### The Badge

To earn the badge, each Beaver must complete the activities above and send an email to [gsl@44thcolchester.org.uk](mailto:gsl@44thcolchester.org.uk) confirming what has been done. We will update our records and the badge will be virtually awarded on the Group Facebook page and physically awarded once we return...

**WHY NOT SHARE THE THINGS YOU HAVE DONE ON THE GROUP FACEBOOK PAGE?**

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Beaver Scout Health & Fitness Activity Badge

## Beavers

# Beaver Scouts

## Health and Fitness Activity Badge

Heart Rate Before	Activity 1	Activity 2	Activity 3	Heart Rate After	Day