

44th Colchester cubs

Our Skills Challenge Award: Activities for The Great Indoors

This activity contributes to the following badges:



Cub Scout
Our Skills Challenge
Badge

How to complete parts of the Award

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

Keep a Food Diary for seven days, working out your eat well plate each day. Compare the food you eat with the suggested Eatwell Plate, how does it compare?

1. Complete the sheet [20200329 food diary.pdf](#) on a daily basis for seven days.
2. Using your daily diary work out your daily eat well plate. ([20200329 my own eat well plate.pdf](#))
3. Compare your daily eat well plate with the example balanced diet plate ([20200329 The eatwell plate example.pdf](#))

See how the different food groups change over the course of the week... How close are you to the example balanced diet?

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 part 2 of the Our Skills Challenge Award each Cub must complete the activities above and send an email to gsl@44thcolchester.org.uk confirming what has been done. We will update our records accordingly.

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

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Cub Scout
Our Skills Challenge
Badge

Cubs

Cub Scouts

Health and Fitness Activity Badge

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