Fitness Challenge

from www.clwyd-scouts.org.uk

	Name of Beaver Scout	Name of Beaver Scout	Name of Beaver Scout	Name of Beaver Scout	Name of Beaver Scout	Name of Beaver Scout	Name of Beaver Scout	Name of Beaver Scout	Name of Beaver Scout	Name of Beaver Scout	Name of Beaver Scout	Name of Beaver Scout	Name of Beaver Scout	Name of Beaver Scout	Name of Beaver Scout	Name of Beaver Scout	Name of Beaver Scout	Name of Beaver Scout	Name of Beaver Scout	Name of Beaver Scout
The Beaver Scout must complete four activities, at least one from each area																				
Agility and fitness • Take part in a team game • Take part in agility activities etc balancing on their head etc • Take part in co-operative games eg parachute games																				
Activity 1																				
Activity 2																				
Adventure • Go for an accompanied walk • Take part in a keep fit session • Try one new sport eg rugby, tennis etc																				
Activity 1																				
Activity 2																				
Health • Learn about and taste a variety of healthy foods • Monitor heartbeat after different activity and understand the reasons for change • Design a poster which promotes healthy eating																				
Activity 1																				
Activity 2																				