Fitness Challenge

These cards are designed to help adults keep a record of Scouts' badges – they should not be used as a programme planning tool. To download more of these cards, visit clwydscouts.org.uk/resources

Name of Beaver																				

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																				
Completed (date)																				

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