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 Scout																				

Complete the activities from one of the following two areas, demonstrating a noticeable improvement in the chosen discipline:																				
Area 1 – Physical Challenge Choose a physical challenge which is new or which builds on an earlier achievement. The challenge could be an athletic event, a charity swim, a long distance cycle ride, a pool life-saving test or a long distance challenge hike. Indeed, it could be any event that requires the need to physically train in order to succeed. Consider a variety of activities/interests in choosing this challenge, and agree your choice with a Leader.																				
Spend between four and six weeks preparing for the event, through an agreed exercise programme.																				
Show during this period an understanding of the importance of a sensible and appropriate diet, and the need for sufficient sleep																				
Keep a record of their progress during this time																				
Be able to explain the dangers and harmful effects of smoking, alcohol and drugs.																				
Area 2 – Physical Development Choose a physical activity, which you wish to develop. For example: circuit training, football skill training, aerobics routine, light weight training.																				
Exercise regularly over a period of four to six weeks and keep a record that shows improvement over this period.																				
Show an understanding of the importance of a sensible and appropriate diet, and the need for sufficient sleep.																				
Be able to explain the dangers and harmful effects of smoking, alcohol and drugs.																				
Completed (date)																				

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