Fitness Challenge

from www.clwydscouts.org.uk

	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	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.																				