

HEALTH AND FITNESS BADGE



How to earn your badge:

1. Take part in three agility activities (for example: an obstacle course, slalom relay, hula hooping, skipping, jumping over/around props, crab football, or egg and spoon race).
 2. Learn about a variety of healthy foods and make a snack for yourself using some of these foods.
 3. Monitor heartbeat before and after completing a range of different physical activities and understand the reasons for change.
 4. Promote healthy eating and exercise to others. This could involve designing a poster, acting out a sketch, or creating something digitally.
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