

[illegible]

1. Regularly take part in physical activities over a period of **four to six weeks**. Keep a record showing your improvement. Your goal could be to develop in an activity or successfully complete a challenge.

- circuit training
- football skill training
- aerobic routine
- synchronised swimming routine
- Zumba aerobics
- tap dancing
- team sports
- charity swim
- long distance cycle ride
- incident hike
- athletic event
- pool life-saving test
- dance competition

- ©www.easierscouting.com