

Beavers My Skills Challenge Badge

Take Part In Three Activities On How To Keep Your Body Fit And Healthy

Exercise/Sport I Take Part In[©]

By Samantha Eagle

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My Skills Challenge Badge

Take Part In Three Activities On How To Keep Your Body Fit And Healthy

Exercise/Sport I Take Part In[©]

Overview

This activity will give the children some new ideas on how to exercise.

Preparation Before The Meeting

1. Rip some A4 sheets of paper into smallish pieces

Materials Needed

- 4 x A4 sheets of paper
- Pen/Pencil for each child

Directions/Leader Speak

1. **Speak** – The next activity that we are going to do to keep our body fit and healthy for our My Skills Challenge Award is to learn about different exercises that you may want to take part in.
2. **Speak** – I want you to write down what exercise or sport you usually do - the exercise could simply be walking to school. If you don't do anything write a sport which you think you may enjoy. Start your sentence by either: (text in bold)
 - a. **I Play...**Basketball
 - b. **I would like to...**Horse Ride
 - c. **I...**Walk to school, Cycle etc.
3. **Action** – Now get the group to sit in a circle
4. **Direction** - Ask them to fold the paper and pop it into a box or whatever container you can lay your hands on
5. **Action** – Now mix up the paper and get one child to take a slip back out of the box and read out loud what they have discovered (with the help of a leader if they are young)
6. **Action** – Pass the box on and get the next child to read out what they have discovered. Do this until the box is empty – This will hopefully start to give them ideas of exercises they can do to keep fit
7. **Action** - Now finish by saying...

“If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends”.
8. **Direction** - On the next page you will see a list of things that exercise can do for you. Use this as a poster for your Beaver Hut or as a handout for the children to take home.

OR Get the children to make their own poster on what they think exercise does for them

Exercise...



Makes Your Heart Happy



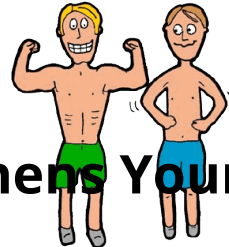
Helps Increase Brain Activity



Makes You Feel Good



Give You Fewer Aches & Pains



Strengthens Your Muscles



Increases Energy Levels



Makes You Flexible



Keeps Your Balance



Helps Reduce Stress Levels



Keeps Your Weight Down