

Beavers My Skills Challenge Badge

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

Exercise – 5 Minute Fitness Games[©]

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 – 5 Minute Fitness Games[©]

Overview

To finish off the exercise part of this badge the children will play some fun 5 minute fitness games.

Preparation Before The Meeting

1. Gather materials see below

Materials Needed

- 1 x Old sock per child
- A Balloon per child plus some spair in case they burst - these will be used in two games
- A4 Sheet of paper per child
- An old sturdy blanket (1 per team of four would be better)

Directions/Leader Speak

1. **Speak** – Okay to finish off the Exercise part of our badge we are going to do some fun exercise games – Exercise doesn't have to be about sport there are many things you can do to exercise
2. **Speak** – Keeping yourself fit throughout your life will help to keep you happy and improve the quality of your life

5 Minute Fitness Games

Socks

1. Everyone except the "it" person needs to put an old sock in the back of their trousers
2. Everyone run away from the 'it' person
3. The "it" person chases the others and pulls the sock
4. Once a child loses their sock they need sit down
5. Play this a couple of times

Balloon Tap

1. Group your Beavers into pairs
2. Give each team a balloon
3. Get each team to tap the balloon back and forth and see how long they can keep it in the air

No Hands

1. Place a large number of balloons in a small area
2. Now ask the children to keep the balloons in the air any way they can without using their hands

Paper Magnet

1. Give each child an A4 piece of paper
2. (Show the children how to do this first). Hold the paper on your chest and start to run then pick up speed and let go so the air pressure holds it in place
3. Get the children to do this then see if they can do it by **running in circles**

Blanket Slide

1. You need an old sturdy blanket & a shiny floor
2. Get two or three children to sit on the blanket while a number of children try to pull them around the room
3. If your floor isn't suitable try putting a child in a cradle and get other children to gently swing it back and forth