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Beavers Health & Fitness Badge

Overview & Timings

There are **four main** tasks the Beavers need to carry out to complete the 'Health & Fitness Badge'. Below I have outlined roughly what I've created for them to gain this badge.

Task 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).

For this task the Beavers will do 7 fun exercises.

File name: 01-Agility Activities

Task 2A Learn About A Variety Of Healthy Foods And Make A Snack For Yourself Using Some Of These Foods

For this task the Beavers will cut out foods and put them in the correct position on their plate. This will get them thinking about what foods should be eaten a little and what foods should be eaten a lot.

File names: 02A-Healthy Plate

Task 2B Learn About A Variety Of Healthy Foods And Make A Snack For Yourself Using Some Of These Foods

For this task the Beavers will play a game called 'Supermarket Dash' this game will help them learn a little bit about nutritious foods as well as foods that are not so good for their health.

File names: 02B-Supermarket Dash

Task 2C Learn About A Variety Of Healthy Foods And Make A Snack For Yourself Using Some Of These Foods

For this activity I have given you pictures of fun objects the group can make using healthy foods.

File names: 02C-Fun Food-Making a Snack

Task 3 Monitor Heartbeat Before And After Completing A Range Of Different Physical Activities And Understand The Reasons For Change

For this task the Beavers will learn where to find their pulse, how to monitor their heart beat and what it all means.

File name: 03-Monitor heartbeat

Task 4 Promote Healthy Eating And Exercise To Others. This Could Involve Designing A Poster, Acting Out A Sketch, Or Creating Something Digitally

For this task the Beavers will make a poster to promote healthy eating. I have created some 'headlines' that they can choose from and some pictures they can either draw around, cut out or copy.

File name: 04-Promote FoodandExercise

Order Of Events

NOTE: Perform the tasks in this order. These timings are based on a meeting of about 1 hour and takes into account your opening and closing ceremonies.

Week 1

Task 1	Agility Exercises (if you finish sooner slot in Task 2 this week)	Allow 40-45 mins
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Week 2

Task 2A	Healthy Plate	Allow 20 mins
Task 2B	Supermarket Dash	Allow 25-30 mins

Week 3

Task 2C	Food Art	Allow 30 mins
Task 3	Monitor Heartbeat	Allow 20 mins

Week 4

Task 4	Promote Healthy Eating Poster	Allow 30 mins
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