

Beavers Health and Fitness Badge

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).

Fun and Exercise[©]

By Samantha Eagle

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Overview

For this task the Beavers will do 7 fun exercises.

Preparation Before The Meeting

1. Read through the games the week before to see what props you need
2. Print out the exercises – found on the next page

Materials Needed

- Look at the individual exercises on the next page to see what props you need

Preparation At The Meeting

1. None

Directions/Leader Speak

1. **Speak** - Tonight you are going to start the 'Health and Fitness' badge. This is a great badge to do because you get to learn about some fun ways to keep fit and some delicious healthy food that you can eat.

The first task you need to complete is to take part in some agility activities. Keeping yourself fit will help to keep you happy and improve the quality of your life. So you are all going to play some activities that will get you moving in all sorts of different ways.

2. **Speak** - Let's get started with the first activity
3. **Direction** – Take them through each exercise activity found on the next page. Explain the directions before you start each one

Sock Tag

This exercise is great to give you all round fitness especially your legs.

1. Everyone except the 'it' person needs to put a 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 form their trousers
4. Once a child loses their sock they need sit down
5. Play this a couple of times using a different 'it' person

Balloon Tap

This exercise is great to strengthen your arms

1. Group your Beavers into teams of two and give each team a balloon
2. Get them to tap the balloon back and forth to see how long they can keep it in the air

No Hands

This exercise is great to give you all round fitness especially your legs.

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

This exercise is great to give you all round fitness especially your legs.

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 the paper in place
3. Get the children to do this then see if they can do it by running in **circles**

Blanket Slide

This exercise is great to strengthen your arms

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

The Wheelbarrow

This exercise is great for overall body strength

1. Pair the children to hold their partners legs while they walk across the room

Popcorn pushups

This exercise is great to strengthen your arms

1. Put a tiny pile of popcorn on a piece of paper and place it on the floor. Do this for each child and line them up
2. Get them to lower themselves down as if they are doing a press up, stick out their tongue and get a piece of popcorn