

BEAVERS



WEST DEVON BADGES AT HOME: HEALTH AND FITNESS

- 1) Take part in regular exercise over a minimum of 1 week.
- 2) Check your heart rate before and after the activity, see what happens and think about why this happens.
- 3) Learn about healthy foods and make a healthy snack for yourself.
- 4) Make a poster to promote healthy eating and exercise.

westdevonscouts.org.uk





How to complete your badge:

Take part in regular exercise over a minimum of 1 week.

Some ideas:

Joe Wicks on YouTube 9am each weekday morning

<https://www.youtube.com/user/thebodycoach1/featured>

Active Devon

www.activedevon.org/how-to-get-and-stay-active-while-youre-at-home/

Write what you did and how it went! You could also take a picture or record it and post to our Facebook page with your parents permission.

Monday	Tuesday	Wednesday	Thursday	Friday

Check your heart rate before and after the activity, see what happens and think about why this happens.

Take your pulse before the activity and afterwards each day, ask someone to help if you need to.

Monday		Tuesday		Wednesday		Thursday		Friday	
Before	After	Before	After	Before	After	Before	After	Before	After

Why do you think it changes? Check these handy websites

<https://kidshealth.org/en/kids/word-pulse.html>

<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=285&id=1467>

Learn about healthy foods and make a healthy snack for yourself. Tell us what you made. Made sure that you have an adult to help you with this.

Make a poster to promote healthy eating and exercise.

You could take a picture and ask an adult to post it to the 'West Devon Scouts' Facebook page.

Once you have completed your challenge, either upload this completed form to Online Scout Manager under 'Badges' and click the 'Health and Fitness' Badge. Then click 'Complete at Home' and submit your evidence.

Good Luck!