



# Health & Fitness badge

Dolphin (Juliet)

Assistant Leader, 1st Attleborough (St Mary's) Beavers

## 1. Take part in three agility activities

For example: an obstacle course, slalom relay, hula hooping, skipping, jumping over/around props, crab football, egg and spoon race.

*"Me and my beaver son enjoyed creating an agility course using toys and household objects.*

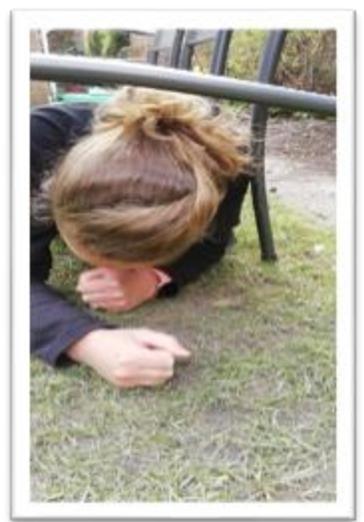
*This could be done indoors or outdoors using everyday items from around the house...*



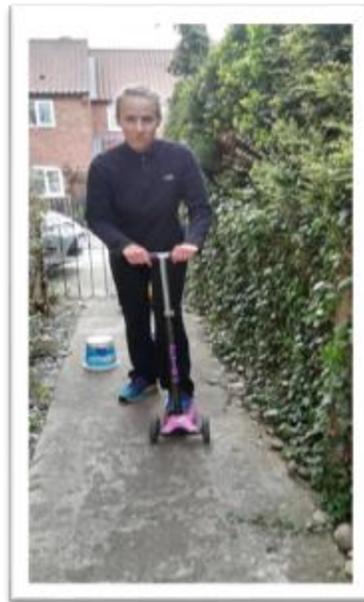
Balancing on buckets



Ducking under a mop



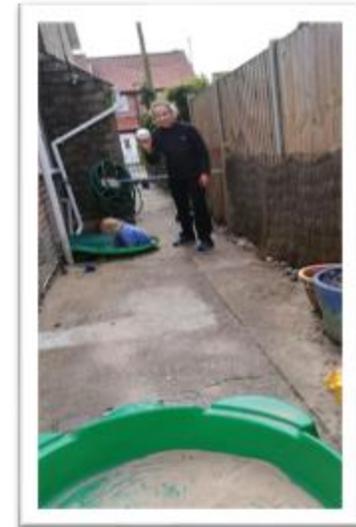
Tunnelling under chairs



Scooting!



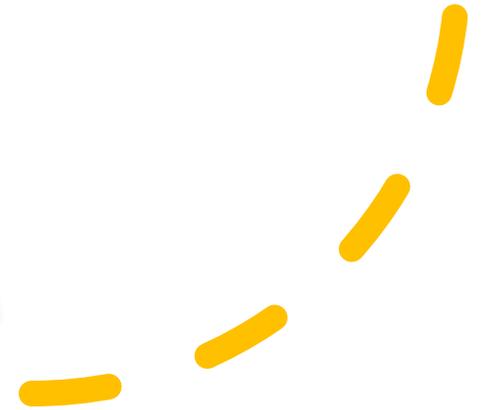
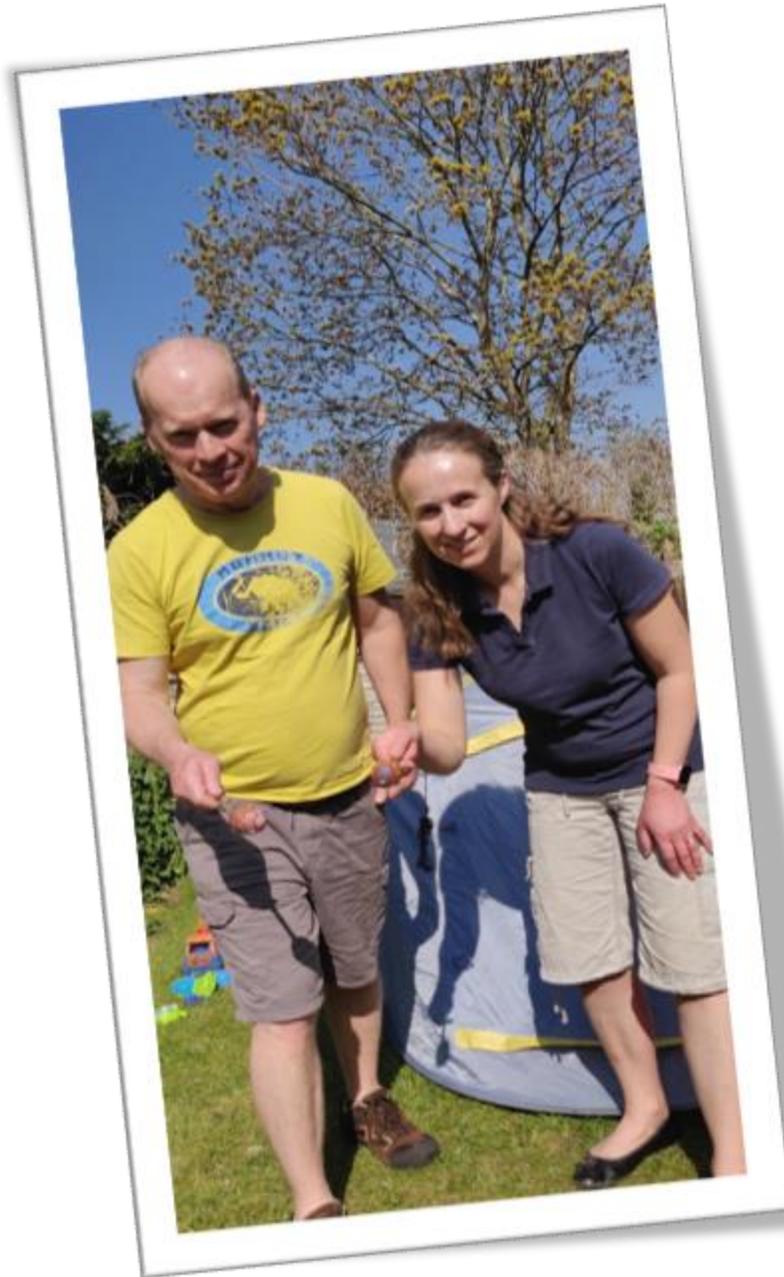
Jumping over a toy truck



Aiming and throwing



*...taking part in an egg  
and spoon race...*



*...and a game of crab football."*

*"Other home-friendly agility activities include those listed on page 2, throwing & catching, and shuttle runs."*



**Crab Football**

2. Learn about a variety of healthy foods and make a snack for yourself using some of these foods.

*"We downloaded this free colouring activity sheet to learn about healthy and unhealthy foods.*

*Printing isn't necessary though, your beaver could create a list, painting, drawing, collage, take photos etc."*



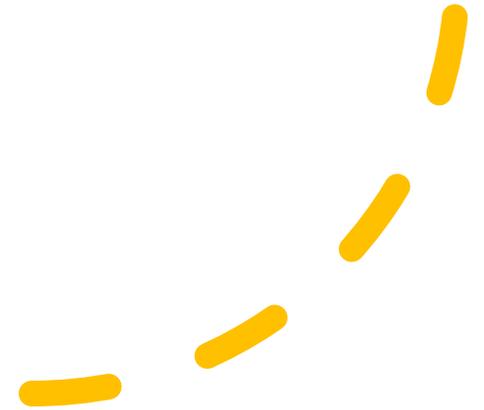
*"Due to a glut of carrots in the cupboard, we made these simple Carrot and Date Muffins as a healthy snack.*

*They were quick and easy to make with no need for weighing. Recipe at [pinchofyum.com](http://pinchofyum.com).*

*Other quick ideas could include vegetable sticks with dip, rainbow fruit skewers or stuffed pittas."*



**Healthy Carrot & Date Muffins**



My heart rate when resting is **57 BPM** (Beats Per Minute)...

3. Monitor heartbeat before and after completing a range of different physical activities and understand the reasons for change.



...after 20 mins of 'PE with Joe Wicks' it's **136 BPM**

*"I used a heart rate monitor to measure my heart rate before exercise (resting heartrate), and again after three different physical activities."*



...after 1 mile walk for 'Hike to the Moon' it's **108 BPM**



...and after vacuuming the house it's **87 BPM**

*"To do this at home you could choose from a wide range of activities to compare – skipping, jogging on the spot, hula hooping, walking, mopping the floor etc.*

*And you don't need a heart rate monitor. To take a manual BPM reading simply press gently on the wrist with your index and middle finger. Count the number of beats in 15 seconds and multiply by four."*

I discovered that my heart rate (BPM) increased with physical activity - the harder I was working, the faster my heartbeat.

My heart was beating faster to get more blood to my muscles. This meant that my muscles were getting the oxygen they needed to keep going.

Clever stuff!

#### 4. Promote healthy eating and exercise to others.

This could involve designing a poster, acting out a sketch, or creating something digitally.

*"I used PowerPoint to create this poster.*

*You could draw, paint or create a poster digitally. Or why not act out a sketch and email your video to your Beaver leader?"*

## Healthy Eating & Exercise

Helps us feel...

