

FITNESS CHALLENGE

Complete the activities from one of the following two areas, demonstrating a noticeable improvement in the chosen discipline:

Area 1 - Physical Challenge

Choose a physical challenge which is new or which builds on an earlier achievement. The challenge could be an athletic event, a charity swim, a long distance cycle ride, a pool life-saving test or a long distance challenge hike. Indeed, it could be any event that requires the need to physically train in order to succeed. Consider a variety of activities/interests in choosing this challenge, and agree your choice with a Leader.

To complete the challenge:

- Spend between four and six weeks preparing for the event, through an agreed programme of activity/training.
- Show an understanding of the importance of a sensible and appropriate diet and the need for sufficient sleep.
- Be able to explain the dangers and harmful effects of smoking, alcohol and drugs.
- Successfully take part in the chosen physical challenge.

Area 2 - Physical Development

Choose a physical activity, which you wish to develop.

For example: circuit training, football skill training, aerobics routine, light weight training.

To complete the challenge:

- Exercise regularly over a period of four to six weeks and keep a record that shows improvement over this period.
- Show an understanding of the importance of a sensible and appropriate diet, and the need for sufficient sleep.
- Be able to explain the dangers and harmful effects of smoking, alcohol and drugs.

GLOBAL CHALLENGE

Complete all the activities in one of the following two areas:

Area 1: International contact

Make contact with Scouts from another country outside the United Kingdom.

Then Take part in a Troop or Patrol activity with these Scouts.

or

Take part in a Patrol or Troop activity based on things found out during the International contact.

This can be done a number of ways, for example through Nights Away in the UK or overseas, the Internet, pen pals, Jamboree on the-Air (JOTA), Jamboree-on-the-Internet (JOTI), or Lands of Adventure.

Area 2: International issues

Choose and investigate an international issue. For example:

- Trade
- Health
- Water & sanitation
- Environment
- Conflict
- Refugees
- Peace
- Tourism
- Homelessness
- Poverty
- Animal welfare
- Conservation.

Then complete the following:

- Show an understanding of the issues involved.
- Take some action as a result of research
- Compare how the issues affect the UK and countries overseas.