



PHYSICAL



Different people have different physical abilities. Your capacity to live an active life is determined to a great extent by the physical condition of your body. Your level of fitness, your diet, and your general health all have an effect on how well your body will work. And depending on how well your body works, you will be capable of different things.

Sample Challenge Sheet 1

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I promise I will go for a run after I eat this burger



Simulation Activity

Simulation activities can give you the chance to experience the world from another perspective. Try the physical disability simulation activity outlined in the following link.



Fitness Challenge

Increase the fitness of your Unit! Undertake a fitness challenge over the course of a month. Each member of the Unit should select an activity such as running, cycling, swimming, etc. At the start of the month hold a benchmarking day, where each Venture demonstrates their starting level in their chosen activity (for example, a 10km cycle done in 40 minutes). Over the course of the month each Venture should undertake to increase the level of their performance in the activity. A measuring day should take place at the end of the month, where each Venture's improvement can be demonstrated to the Unit. Hopefully!

Junk Food Free Activity

Plan an overnight activity on which you will completely avoid eating any junk food. And go a little bit further. Before you plan your meals, have a look at the food pyramid and ensure that you have the correct amounts of each food group included.

Pure Sugar Cane - how bad is that for your teeth



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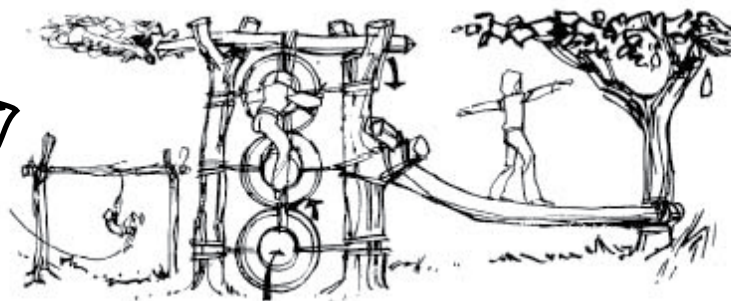
Canal Marathon

Pick a section of canal 26 miles long and hold a race using kayaks, canoes or rafts. Depending on your level of experience, this will more than likely require an overnight stop. Divide the Unit into teams, and pair off the strongest paddlers with the weakest. For information about the various canals check out www.iwai.ie/

Prepare a Fish!

There are many different types of fish which can be very successfully cooked in camp. Mackerel are readily available, and are very cheap at times. The fishmonger will probably clean the fish free of charge but it is fun to do it yourself. To do this you need a clean cutting surface, a sharp knife and a bucket for the 'innards'. Wash the fish, Cut off the head and tail (puke) and scrape of the scales if necessary. Slit open the soft underside of the fish carefully and throw away insides. Wash the fish and open it out. With the tip of the knife ease out the backbone and the main bones. Scrape the fish to remove any smaller bones and sprinkle with salt. It is now ready for cooking.

It's
easy



Obstacle Course

Build an obstacle course for another section in your Group to use. The type of course you set out will depend on whether you build it for Beavers, Cubs or Scouts. Include a good variety of obstacles, but in all cases keep the safety of the participants in mind. For some ideas on possible obstacles to include, check out www.9thhuddersfieldscouts.org.uk/Scouting/Games%20&%20Activities/Obstacles%20&%20Incidents.pdf



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Weird Sports

There are many strange sports played all around the world. Check out <http://www.topendsports.com/sport/unusual/index.htm> so see what people get up to. Pick your favourite sports and try a day of playing Weird Sports. Just be careful who's watching!



Loads of fun
awaits us
all.



Homemade Solar Shower

Try making a homemade solar shower which will help keep you fresh and clean when you go camping in the wild. Check out www.trails.com/how_8613_diy-homemade-solar-shower.html for a simple step by step set of instructions as to how to make one.



Are you a sugar addict?

Most of us like sweet things, but how many of us would admit to being addicted to sugar? Why not try an experiment in your Unit. Each Venture should give up sugar-based drinks and sugar based snacks for a period of two weeks. At the end of the two weeks each Venture should tell the rest of the Unit how they got on and if they experienced any 'cravings' for something sweet.

Yes, of course
I am



Physical – Do you appreciate
that physical differences
make society better?

Your Challenge ...

Try the Disability Simulation ... and discuss the lessons you learn afterward!



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Disability Simulation

Intro ...

Do you take for granted the simple things you do in life? Do you ever stop to consider that some everyday tasks are made very difficult due to having a physical disability? Take some time to consider how making changes to the physical environment could make life easier for people with disabilities.

Activity type ...

This activity is an evening activity.

What's involved ...

Divide the Unit into pairs.
Undertake a set of activities in the pairs.
Once completed the roles in the pairs are reversed and repeated.
The Unit should discuss afterwards the impact the 'disabilities' had on completing everyday tasks.

For pairs of people.

Equipment:

- 1 blindfold
- 1 arm sling
- 1 wheelchair
- 2 name tags and pens
- 1 length of rope
- 2 small combs
- 1 tennis ball
- 2 paper cups
- 1 jug of water

Instructions:

Have each participant select a partner. Give each team a kit of materials.

Decide who will simulate and who will assist (reverse roles after completing tasks).

Have each team simulate one of the following disabilities using a simulation apparatus where listed:

Hearing ... use no speech, only other methods to communicate (sign language, etc.)

Visual ... use a blindfold

Arm ... place dominant arm in a sling

Legs ... sit in a wheelchair

Have each team attempt to perform the daily living activities list.

Notes

Do not let teams spend too much time on one task. Keep in mind, however, that some of the tasks will be difficult and may take longer than usual to perform. Team members should provide the minimum amount of help required for their disabled partner to complete the task. When finished, have partners reverse roles.



Daily Activity List

Interpersonal/Communicative

Shake hands with your partner and introduce yourself.
Ask your partner when and how (means of transportation) he or she arrived at this meeting.

Environmental/Manual Dexterity

Write your name on the name tag and put it on.
Tie the rope around your waist. Untie and remove it.

Personal Fitness/Hygiene

Comb your hair.
Pour water from the pitcher into a cup. Take a drink.

Recreation/Physical Fitness

Pick up the tennis ball. Toss it to your partner.
Catch the ball your partner tosses.

Mobility/Transportation

Open door, go through doorway, close door.
Travel a short distance. Reenter room.