



Healthy Body

Level Gold Wolf

Challenge Awareness Challenge

1. Show a sportsmanlike attitude in all Pack games and activities and know why this is important.
2. Explain the dangers of sunburn and heat exhaustion and how to prevent them.
3. Do four of the following:

Description

- Be able to hop around a figure of eight, each loop with a diameter of about 4 metres, changing feet at the start of the second loop.
 - Climb a rope to a height of three metres.
 - Do TWO of the following: headstand, handstand, cartwheel, star jumps, leap-frog over a Cub your own size.
 - Run Scout's pace over a 1 km course in eight minutes. Swim 25 metres and then tread water for 60 seconds if in fresh water or 120 seconds if in sea water.
-