



## Healthy Body

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**Level** Silver Wolf

**Challenge** Awareness Challenge

1. Show that you are doing your best while playing games and activities during pack meetings.
2. Show that you understand how to look after yourself when you are outdoors and active on a sunny day.
3. Do three of the following:

**Description**

- Throw a ball to somebody else, and catch it again eight times out of ten.
  - Dribble a soccer ball and shoot a goal OR hit a ball with a bat, three times out of six bowls.
  - Learn to ride a bike and ride 100m.
  - Climb a tree.
  - Learn to swim and be able to do a duck dive.
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