

‘Healthy Herts’ PHYSICAL CHALLENGE



Choose at least one challenge out of the 25 available.

Try to pick something that the Unit has not tried before and is a challenge in the true sense!

Please do check that you have the correct adult-to-child ratio for your section when meeting outside and that you follow the guidelines in the Guiding Manual.

1. Get into footie
2. Play a wide game - perhaps in a new location
3. Challenge another unit to a Sports Day
4. Water, water everywhere! Play some water games
5. Try out a local orienteering course
6. Play a game of cricket or rounders and invite the parents to join in!
7. Have a skipping night
8. Invite a local expert to your meeting (e.g. sports coach, yoga teacher, aerobics expert)
9. Try out a local assault course and time yourself
10. Take the 10,000 step challenge
11. Be a pet walker
12. Go on a scavenger hunt
13. Hold a meeting at your local swimming pool: have individual and team challenges
14. Take to the water: try some water sports
15. Play with a parachute
16. Try some folk dancing or Maypole dancing - and go to the Summer Folk Festival
17. Go for a seasonal walk: look for signs of the season, perhaps with expert help!
18. Get on your bike! Try out some of your local cycle ways
19. Go for a walk across Herts and link up with another Unit
20. Try something different: take up a new hobby/sport
21. Have a silly sports meeting, or mini-Olympics evening
22. Hold a Nintendo Wii night using the sports packages
23. Make a Challenge Circuit
24. Use your local sports/leisure facilities to promote Guiding outside of the meeting place
25. Hold an Activity Day at one of the excellent Scout & Guide Activity Centres

The Challenges in more detail...

1. Get into footie: Learn some skills and play a game

More and more girls are getting into footie! It's fun and can be practiced anywhere and anyone can join in.

Find the rules and pitch layout for mini soccer here: www.thefa.com/GetIntoFootball.aspx

There's loads of help on this brilliant website: www.footy4kids.co.uk/

Rainbows could listen to the story of Lachmi and the Animal Football Game for inspiration: http://rainbows.girlguiding.org.uk/stories/lachmis_adventures/animal_football.aspx. Guides could do Go For It! Football and learn all they need to about the beautiful game from the rules to the skills to designing their own team kit.

Why not go to a football match? Support your local team!

2. Play a wide game - perhaps in a new location

This is a game played over a wide area, usually with a theme. There are two types:

- Those played by everyone together over a wide area. These usually involve finding things and/or chasing each other!
- Those with bases; small groups complete challenges at several bases, usually to collect things they need to complete the final challenge. ('It could be a treasure hunt, a trail along which there are incidents to tackle, an exploration, a rescuing, raiding or capturing challenge' Wide Games book.)

If you are new to wide games, there are books of ideas available from your Guide Depot. If you regularly play wide games, going to a new location can make it more exciting and more challenging.

Look out for ideas for wide games for all ages in Guiding magazine, which are featured regularly. There are lots more ideas on the Guiding UK website:

guidinguk.freesevers.com/WideGames.html. There are some ideas for wide games for older girls on Becky's Guiding Resource Centre:

dragon.sleepdeprived.ca/games/wide_games/wide_games.htm.

3. Challenge another unit to a sports day

Have a themed sport event e.g. - athletics, batting games, water "sports" etc.

4. Water, water everywhere! Play some water games

Always popular with girls of all ages! You might want to save them for a hot day though and have a change of clothes handy! Here are some ideas, but you'll soon think of more!

Water relay: Transfer water from a bucket at one end to a bottle with a funnel at the other end, using a plastic cup. The winning team is the one with the most water in the bottle.

NB You can make it more interesting (i.e. wet!) by putting a hole in the cup (though it is quite likely to develop a crack during the course of the game!)

If you're really up for getting wet you can have Young Leaders throwing wet sponges to dodge!

Pass a ½ full cup of water along the row, from one girl to the next, held in your teeth! The winning team has the most left in the cup at the end!

Pass a balloon full of water without using your hands. See how much each team can fill the container at the end of the field (try placing tall girls next to short ones - or throwing in a leader!)

5. Try out a local orienteering course

The GG Herts Walking Team regularly organise orienteering events for all ages. Check out what's on at: www.hertsguideswalking.org.uk/

Happy Herts is an orienteering club. Their website will tell you what events they have organised: www.happyherts.org.uk. For older girls, try the Stanborough Park Orienteering Course. Maps on sale at Stanborough Park, price £1. For younger girls, hold a compass games evening. Some great ideas to be found on Becky's Guiding Resource Centre:

dragon.sleepdeprived.ca/games/compass/compass.htm

Or try the course at Tolmers.

6. Play a game of cricket or rounders and invite the parents to join in!

They'll enjoy it!! Perhaps you could play on the school field, or at a local park. If you can't get enough parents, perhaps leaders/Young Leaders could join in. Who do you think will be most competitive?!

7. Have a skipping night

Skipping is enjoying a bit of a comeback! Top athletes use it for training, but it can be great fun too! You can use individual ropes and learn tricks - but playing as a group is more fun!

There are plenty of ideas to get you going:

www.woodlands-junior.kent.sch.uk/studentssite/playgroundgames.htm - 1

www.britishcouncil.org/kids-parents-tips-skipping.pdf

www.skip-hop.co.uk

Aim Hi GGUK resource, published in 2008, has skipping rhymes on page 42.

8. Invite a local expert to the meeting place for a night (e.g. sports coach, yoga teacher, aerobics expert) and join in the fun!

Visitors are always good and what better than an expert to get you enthused and make sure you're doing it right! And you get to join in the fun! Perhaps one of your girls' parents is an instructor - or knows someone who is. People are often happy to volunteer for a couple of hours, but always offer to pay their expenses.

9. Try out a local assault course and time yourself

Time yourself, and then try again and see if you can improve your time!

Have you tried the one at Leeswood Scout & Guide Activity Centre near Rickmansworth?

www.leeswood.org

10. Take the 10,000 step challenge

Research shows that walking 10,000 steps a day for an adult will significantly improve your health. Putting one foot in front of the other can build stamina, burn excess calories and give you a healthier heart. So try walking more! Can you walk 10,000 steps a day?

Get hold of a pedometer to measure the number of steps you normally take in a day. You can often find free ones on offer on cereal packets etc. If you can't get hold of one, you could always try counting!

Get the girls to think of ways they could improve their score, here are some ideas to get you started:

- Get off the bus early and walk the rest of the way home or to work.
- Walk to school, whatever the weather.
- When you're at a loose end at home, and thinking of a drink and a biscuit, go out for a walk instead.
- Get fit with Fido - walk the dog.
- Walk with a friend so you have someone to chat to as you walk.
- Get an MP3 player and listen to your favourite tracks or podcasts as you go.

11. Be a pet walker

Do you know someone who could use some help with walking the dog? Perhaps an older person, or a very busy one? Perhaps you could combine doing a good turn with keeping fit! And you might make a doggy friend as well! Younger girls should always go with an adult. Girls should always go out with the owner first.

Before you ask a neighbour if you can walk their dog, talk to your parents about your plan.

Try to choose a neighbour that your parents know. It's a good idea to have your parents talk to the neighbour first.

Girls should always go out with the owner first.

Volunteer to walk your dog or your neighbour's dog at least once a week. If you have the time, you can offer to walk the dog more often.

Just make sure you're walking the dog, not letting the dog walk you!

12. Go on a scavenger hunt

This is a game where the girls have to collect things. What kind of things and how many is entirely up to you. Tailor your hunt to your theme/environment/girls, and to the time available. You can make it competitive, or not. Girls should not pick wild things though - they can identify where they found them instead, or even photograph them with a digital camera or mobile phone.

One way to run a nature scavenger hunt is to hand out an egg carton and a list of 12 items to collect - e.g. natural items which are: soft, spiky, blue, strong, beautiful, old, fragile, yummy, sharp, smooth, closed, open, wet, dry, from an animal, dead, etc. Be creative!

Use paint colour charts to provide an array of colours. Ask the girls to find an object to match each one.

There are some great ideas on this Canadian site, including some rather unusual ones!

dragon.sleepdeprived.ca/games/scavenger/scavenger.htm

13. Hold a meeting at your local swimming pool: Have individual and team challenges.

NB A lifeguard must be present.

Have individual or team challenges, or even hold a swimming gala.

There are 4 swimming pool games in the Aim Hi book, page 50-51.

14. Take to the water: Try some water sports.

There are lots of opportunities to try out water sports with Girlguiding Hertfordshire.

Canoeing/bellboating, dragonboating, kayaking, narrowboating, and sailing are all available.

Check out the Outdoor Resources section of the Girlguiding Hertfordshire website for further details.

www.girlguidinghertfordshire.org.uk/members/narrowboating.htm

www.girlguidinghertfordshire.org.uk/members/canoeing.htm

www.girlguidinghertfordshire.org.uk/members/sailing.htm

Stanborough Park WGC has watersports for groups, call 01707 276276 for booking.

Girls can also try water sports at some of the Scout & Guide Activity centres (see clause 25 in this section).

15. Play with a parachute.

There are lots of suggestions for parachute games to get you going on the Best of Guiding website:

guidinguk.freesevers.com/parachute_games.html

guidinguk.freesevers.com/parachute_games2.html

Then you can start making up your own!

16. Try some folk dancing or Maypole dancing - and go to the Summer Folk Festival

The Hertfordshire Folk Association run a Folk Dance Workshop for adult leaders working with children every year. They also run a Maypole Dancing Workshop. Why not enter the annual

Summer Folk Festival for Children formerly held at Hatfield House, usually in July? Currently a few Brownie packs usually enter, but they would welcome many more! See

www.Hertsfolkassn.org.uk/summerfestival.html

17. Go for a seasonal walk: Look for signs of the season, perhaps with expert help!

There's a lot to see outdoors in every season! Try going for a walk, and looking for signs of the season. If you like, you could record what you find.

The Nature Detectives website for young people, produced by the Woodland Trust, has lots of interesting and useful resources on the theme of nature, including spotter sheets to help identify what you find, games, crafts, word searches and loads more!

www.naturedetectives.org.uk

Why not take a park ranger along too? E.g. in Sherrardspark Wood, Welwyn Garden City you can arrange to go out with a Wood Warden, who can add a lot to your trip. Contact Helen McLean for further details on 01707 329034. Or find out about park rangers where you live.

Perhaps you'd like to go on a nature trail organised by somebody else. Nature/Tree Trail and Quizzes are available at Tolmers Campsite and Well End in Borehamwood.

Herts & Middlesex Wildlife Trust organises nature walks, including sometimes a Treasure Hunt for children. To see what's on, go to: www.wildlifetrust.org.uk/herts

Follow the circular Nature Trail route around the lakes and the reed beds, or burn some calories on one of the Healthy Living walks at Stanborough, Welwyn Garden City.

Stanborough Park has many way-marked trails for you to explore. Maps and trail guides can be purchased at reception, or downloaded free from their website www.finesseleisure.com

The Lee Valley Walk, which finishes at the Thames in London, also runs through the park if you are looking for a much longer route.

18. Get on your bike! Try out some of your local cycleways.

This is a great way to have fun and keep fit! Try out some of your local cycleways to avoid traffic. To find out where to go have a look at the Herts Cycle routes website:

www.cycle-route.com/routes/Hertfordshire-Routes-81.html

19. Go for a walk across Herts and link up with another Unit

Turn a walk into an adventure by agreeing to meet up with another unit along the way! The older the girls, the longer the distance you can walk, but it will give your walk an exciting goal!

The Countryside Management Service has produced a number of leaflets for self-guided walks throughout the county, which are available from libraries, or can be downloaded from this site: www.hertslink.org/cms/getactive/walksandmore/. Alternatively you could go for a

walk along the River Ver in St Albans:

www.bbc.co.uk/threecounties/walk_through_time/index.shtml

20. Try something different: Take up a new hobby/sport

Challenge the girls to try something different! Here are some suggestions to get them started, but the list is endless:

Basketball	Punting	Climbing	Fencing
Ice skating	Kickboxing	Dry-slope skiing	Pony trekking
Rollerblading	Scuba diving	Archery	Grass sledging
Crate stacking	Potholing	Aeroball	Pedal Go-karts
Rugby	Morris dancing	Salsa dancing	Yoga

Please check the Guiding Manual for the age-appropriate activities.

Check out your local council website for details of local clubs.

Many of these activities are available at local Scout and Guide Activity Centres (see clause 25 below)

NB: Climbing and archery are also available by arrangement at Wymondley Wood Scout & Guide Centre, near Hitchin: <http://www.lbdscouts.org.uk/resources/wymondley-wood/>

Or perhaps you could invite a local group to visit your unit and try their activity, e.g.

- Cheerleading
- Irish dancing

21. Have a silly sports meeting, or mini-Olympics evening

There are lots of ideas on this website:

guidinguk.freesevers.com/silly-sports.html

How about trying some balloon games?

guidinguk.freesevers.com/balloongames.html

guidinguk.freesevers.com/balloongames2.html

22. Hold a Nintendo Wii night using the sports packages

Borrow a Nintendo Wii for a night, or meet at the house of someone who has one. It's fun!

This will only be practical with small groups, as only one or two can play at a time normally (max 4). The spectators can cheer each other on, or it could be combined with other activities!

Use the Nintendo Wii sports package to challenge others to a game of virtual bowling, tennis, golf, boxing or baseball. It's probably more physically demanding than you think!

Use the Nintendo Wii Fit package to assess your fitness level. Then try Yoga, balance exercises, strength training and aerobics. Have a rematch later to see if you have improved!

23. Make a Challenge Circuit: Place physical challenges on sheets around the room or outside

For example, do X number of star jumps, bounce a ball X times, time yourself over an obstacle course, practice hitting a target, how long can you balance on one leg. Girls of all ages love doing this! Just tailor the challenges to the age group. Get the girls more involved by asking them to come up with the challenges; be prepared to be surprised with what they come up with! You may like to let each group leader set individual targets based on ability. Or you can go the competitive route and time each group! Girls could nominate which girl from their group will do each challenge - so they work together as a team, utilising each girl's best skills.

24. Use your local sports/leisure facilities to promote Guiding outside of the meeting place

Check out what's on offer in your area, and go out for a fun night! Your local library or the internet should be able to help. Try your local council website for details of local facilities or have a look at these for wider coverage of Hertfordshire:

www.hertsdirect.org/libisleisure/leisure

25. Hold an Activity Day at one of the excellent Scout & Guide Activity Centres in Hertfordshire

You can do this with your unit, or better still with your District, or even Division!

Check out what fantastic activities are on offer on their websites.

Well End Activity Centre, Borehamwood:

www.hertfordshirescouts.org.uk/index.php/activity-centres/well-end-activity-centre

The site's friendly staff offer activity days, which are popular with local schools and youth groups. A typical day could include Archery, Abseiling, Rifle Shooting, Climbing, Bouldering, Knockout Challenge, Obstacle Course, Mountain Biking (bikes supplied), Nature Walks and Orienteering.

Tolmers Activity Centre, Cuffley: www.tolmers.org.uk/scoutsandguides/index.htm

Lees Wood Activity Centre, Chandlers Cross: www.leeswood.org/

Gilwell Park Scout Activity Centre, Chingford (Essex, but quite accessible for many in Herts): <http://www.scoutactivitycentres.org.uk/locations/gilwellPark/>

Phasels Wood Scout Camp and Activity Centre, Kings Langley: www.phaselswood.org.uk/