

# KEEP FIT

## LEARNING OUTCOMES

Having completed this badge members will:

- Participate in some simple exercises;
- Demonstrate some knowledge about a healthy diet.

## BADGE REQUIREMENTS

1. Know the importance of warming up, cooling down and stretching and some simple ways to do them.
2. Maintain simple aerobic exercises for at least three minutes.
3. Complete an obstacle course.
4. Know the difference between 'good' food and 'sometimes' food and show that you have eaten some 'good' foods for at least 7 days.
5. Complete a mini exercise program.

EXPLORERS  
MOONBEAMS

keep fit



TIME FRAME

Three - Four  
weeks

AIM

To introduce  
members  
to some  
simple fitness  
concepts.





# Teaching ideas

- ☺ 1. Know the importance of warming up, cooling down and stretching and some simple ways to do them.

Exercises could include stretching, running on the spot, star jumps and steps, i.e. stepping on and off a low box. Aerobics should be done to music. A game of *Simon Says* using stretching and/or warm up activities would be fun.

Children need to warm up and cool down when they're playing sport, just as much as adults do. Here are the warm-up rules for before and after physical activity.

## Why warm up?

The warm-up prepares the child for activity and increases the body temperature, heart rate and breathing rate. Each warm-up should be supervised and involve movements used in the sport itself, and start at low intensity then build up. Usually it takes five to ten minutes. Stretching activities should be included because they reduce the chances of injury and increase muscle flexibility. There are seven rules for stretching:

- Warm up before you stretch
- Stretch before and after exercise
- Stretch all muscle groups that will be involved in the activity
- Stretch gently and slowly
- Never bounce or stretch rapidly
- Stretch to the point of tension and discomfort, never pain
- Do not hold your breath while stretching – breathe slowly and easily.

Stretching exercises help improve **flexibility**, allowing muscles and joints to bend and move easily through their full range of motion.

- ☺ 2. Maintain simple aerobic exercise for at least three minutes.

- ☺ 3. Complete an obstacle course.

Be sure that all safety precautions are adhered to. Try to include going under, going over, going around and changing direction.

- ☺ 4. Know the difference between 'good' food and 'sometimes' food and show that you have eaten some 'good' foods for at least seven days.

Good foods come from the five basic food groups – vegetables, fruit, grains, meat and dairy. 'Sometimes' food include sweet foods like chocolate, donuts, lollies, and foods that aren't healthy like chips and soft drinks. These foods should only be eaten 'sometimes' and are not part of a regular healthy diet.

Provide a variety of food including 'junk' food to talk about healthy choices and/or allow members to decide whether they are good food or 'sometimes' food.

To pass the requirement members are required to bring a note from their parent/carer indicating that they have tried to eat a balanced diet during the week.

# Teaching ideas

Create a poster of good food according to the basic food groups.



## 5. Complete a mini exercise program.

Include activities like running on the spot, star jumps, touching toes, lie on back and lift legs. You may like to do this each week and gradually increase the number of repetitions, e.g. week one run on the spot 10 times, week two run on the spot 30 times.



TEACHING  
IDEAS