



Be Active

Two weeks of programme for the activity badge.

How to earn the badge

1. There are lots of different ways to be active.
Explore the different ways that you can move your body.
2. Playing games is lots of fun.
Learn to play a new game using different equipment.
3. Games are even more fun when you play with your friends.
Do your best to help your friends play a game.

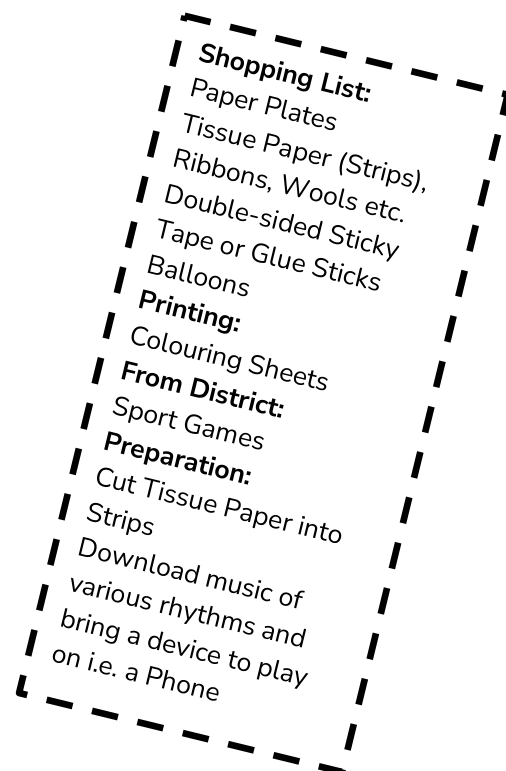


Programme Planner – Week 1

Arrival	Olympic Games Colouring
Story	The Frog Olympics
Game	Squirrels Coming
Activity	Sport Games

Programme Planner – Week 2

Arrival	Keepie-Uppie
Story	Giraffe's Can't Dance
Game	Squirrels Coming (add extra moves)
Activity	Dancing Ribbon Plates
Activity	Listen to the Beat



How to run each part of the programme:

Squirrels Coming Game

How: A leader is the Chief Squirrel and will call out the commands. Everyone else should stand in the centre of the space, ready to respond to the commands with the appropriate actions.

Everyone should practice the commands:

SQUIRRELS SCURRY – move around pretending to be a squirrel.

BURY AN ACORN – kneel and pretend to bury some acorns.
BUILD A DREY – move around and pretend to pick up sticks to build a drey.
HIBERNATE – curl up on the floor and pretend to be asleep.
CLIMB A TREE – pretend to climb a tree. SHAKE YOUR TAIL – pretend to shake your tail.
CATCH A LEAF – move around and pretend to catch falling leaves.
DOGS ABOUT – move to any corner of the room of your choice.

Week 2 Extra Instructions

SQUIRRELS DANCING – move around in a disco dancing style.
BALANCE ON A BRANCH – stand on one leg.
GATHER AROUND THE LEADER – name a leader for Squirrels to gather around.

Sports Games

How: Split into teams to play the sports games:

Sack Race / Egg and Spoon Race / 3-Legged Race / Bean Bag Balance etc.

Keepie-Uppie

Prep: Blow up the balloons before the young people arrive.

How: Balloons are given to small groups of Squirrels, who have to work together to keep the balloons in the air.

Dancing Ribbons

How: Give everyone a paper plate with their name written in the middle of it.

Stick Tissue Paper (Strips), Ribbons, Wools etc. around the outside of their plate and decorate the middle with patterns.

Listen to the Beat

Prep: Download a range of music with different rhythms

How: Stand in a big circle and play the music and when ready everyone should dance with their dancing ribbons. It is time to dance, dance, dance.

There are lots of different ways to move to the music.

Everyone should choose something that is right for them.

