

HEALTH AND FITNESS BADGE

1. Take part in three agility activities (for example: an obstacle course, slalom relay, hula hooping, skipping, jumping over/around props, crab football, or egg and spoon race).
2. Learn about a variety of healthy foods and make a snack for yourself using some of these foods.
3. Monitor heartbeat before and after completing a range of different physical activities and understand the reasons for change.
4. Promote healthy eating and exercise to others. This could involve designing a poster, acting out a sketch, or creating something digitally.



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