

County Programme Team

Athletics Activity Booklet



EXPLORERS



Dear All,

The County Programme team are pleased to announce our Athletics-themed resources as part of the Active and Healthy Campaign. We have produced this booklet offering a range of activities and challenges to support Young People in their efforts to achieve the Athletics Badges for their section. These are designed to be completed in your garden, local park or whatever outdoor space you are able to use for exercise.

We encourage you to send any photos or videos during this activity to your leaders, and to us, on Social Media by the following:

- Oxfordshire Scouts Facebook Page
- Oxfordshire Scouts Adult Forum Facebook Group
- @oxonscouting on Twitter and @oxonscouts Instagram

Then we can share in all your fun.

Yours in Scouting

The County Programme Team

Athletics at Home:

The Athletics badge challenges:

EXPLORERS

Take part in a proper warm up routine, using all the main muscle groups.



When exercising it is important to make sure your body has warmed up and stretched out so that you do not injure yourself when completing the challenges ahead. You will also notice as you exercise your breathing and heart rate will change. Let us find out why and then try it for ourselves during our warmup.

<https://youtu.be/3p6Rlv9ZRY4> - Breathing

<https://youtu.be/3p6Rlv9ZRY4> - Heart rate

Count how many times you take a breath in 1 minute before completing your warmup then count how many times you take a breath after your warmup. This will show us if we have started to need more oxygen in our bodies as we start to exercise.

You need to start a timer and then place your hand on your chest, each time you breath in you will feel your chest move.

<https://www.youtube.com/watch?v=d3LPrhI0v-w> – Joe Wickes warm up

https://www.youtube.com/watch?v=vqZ9f_OskUc&t=29s – Fitness Blender for kids

<https://www.youtube.com/watch?v=dRQf3yFXO1Y> – Healthworks



Take part in six of these event activities, trying to improve your result each time:

Aiming Challenge

Find 5 containers (buckets, bins, pans etc). Line them up with some spaces in between. Give them a score.



Use a ball or sock ball and try to throw it in a container. Have 5 tries. How many points do you score altogether?

Blindfold Challenge

Using your necker as a blindfold how close can you get to a target 3m away?

Now try different types of throw to see which is best, such as over arm, under arm, over head or chest push.



Flying disk challenge

How far can you throw a frisbee or plastic camp plate?



Sargent's High Jump

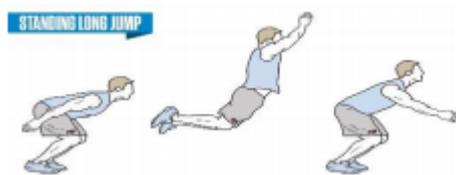
Using a post-it note, or tape complete a sergeant's jump, trying to see how far up a wall you can stick your tape.

Try again to see if you can beat your record



How far can you Jump?

Start with your feet together



Jump forward keeping your feet together, how far did you jump?

Teabag Challenge

Throw a teabag into a mug from the furthest distance you can manage.

What is the greatest distance you can achieve?



Egg Catch

Throw an egg as high as possible and catch it without breaking it.

How high can you get it?



Hurdles

Find something to jump over - it could be tea towels, sticks etc. Lay them out in on the ground around your garden. How many laps of the course can you complete in 5 minutes?



Backwards Race

How fast can you run 100m backwards?

Now try completing the challenge on your hands and knees or sideways



Bucket to Bucket

Transfer 2l of water between two buckets without moving the buckets, using an egg cup.

The buckets need to be 20m apart.

Try to beat your fastest time



Heavy Weight Challenge

Move a heavy object as far away as possible in 2 minutes.

Once you have done that find a heavier object and see if you can beat your distance. Make sure you lift using your knees not your back!



Obstacle course

You have 4 minutes to make your own obstacle course, it must contain 2 of each of the following an over, an under, a jump and a balance.

How fast can you complete the course, what went wrong as you tried to get faster?



Water Challenge

How many laps of your garden can you complete in 2 minutes carrying a bowl of water, without spilling drop?



Washing line Challenge

Make a washing line using a rope, string or wool. Place a washing basket containing 20 items 20m away.



How fast can you peg out the items, each item must use at least 1 peg?

It's a Knockout Challenge

Quickest to knock down the rows of plastic household objects or cups at different heights from behind a line 5m away.

Time starts when you knock down the first item.



Take part in a proper cool down routine, using all the main muscle groups.

When exercising it is important to make sure your body has cooled down properly after exercise so that you do not suffer from cramps or have aches afterwards. Follow the link to a cool down video and finish off your exercise routine.

https://www.youtube.com/watch?v=vqZ9f_OskUc&t=29s – Joe Wickes

<https://www.youtube.com/watch?v=M-d11QiWdm8> – Healthworks

Athletics at Home

What else can I do to link athletics to scouting? Below is a list of some other activities, on our theme of athletics, linked to badges:

Skill	Description	Achieved
<p data-bbox="264 640 397 674">Athletics</p> 	<p data-bbox="499 636 1099 752">Discuss the safety rules of athletics, thinking about differences between field and track events</p>	
<p data-bbox="252 896 410 969">Physical Recreation</p> 	<p data-bbox="488 893 1110 969">Research your favourite sport and answer these questions:</p> <ol data-bbox="533 1023 1082 1361" style="list-style-type: none"> 1. What are the rules of the sport? 2. What are the different levels at which people compete? 3. What are the safety requirements of this sport? 4. What are the main events or matches in the sport? 5. Explain how you follow the sport 	

Please keep scouting and send in pictures of all you achieve to your group and social media so we can all share in each other's accomplishments.

Yours in Scouting

The County Program Team