



Follow

# HERMES

god of messengers,  
commerce, travellers,  
and sports/athletics

## PHYSICAL IMPROVEMENT



start the journey here >>

**VENTURE  
UNIT**  
Training  
Programme



**Vigorous  
Scout games  
are the best form  
of physical education because  
most of them bring in  
moral education.**

**Robert Baden Powell**



## Profile

Hermes is the god of eloquence, commerce, cunning, the inventor of the alphabet, numbers, astronomy, music, the art of fighting, gymnastics, the cultivation of the olive tree, measures, weights, and more, he sends refreshing sleep, conducts dreams, is the herdsman of the dead, the protector of travelers, the giver of wealth and luck, the protector of sacrificial animals, and patron of gymnastic games, among other things.

## Aim

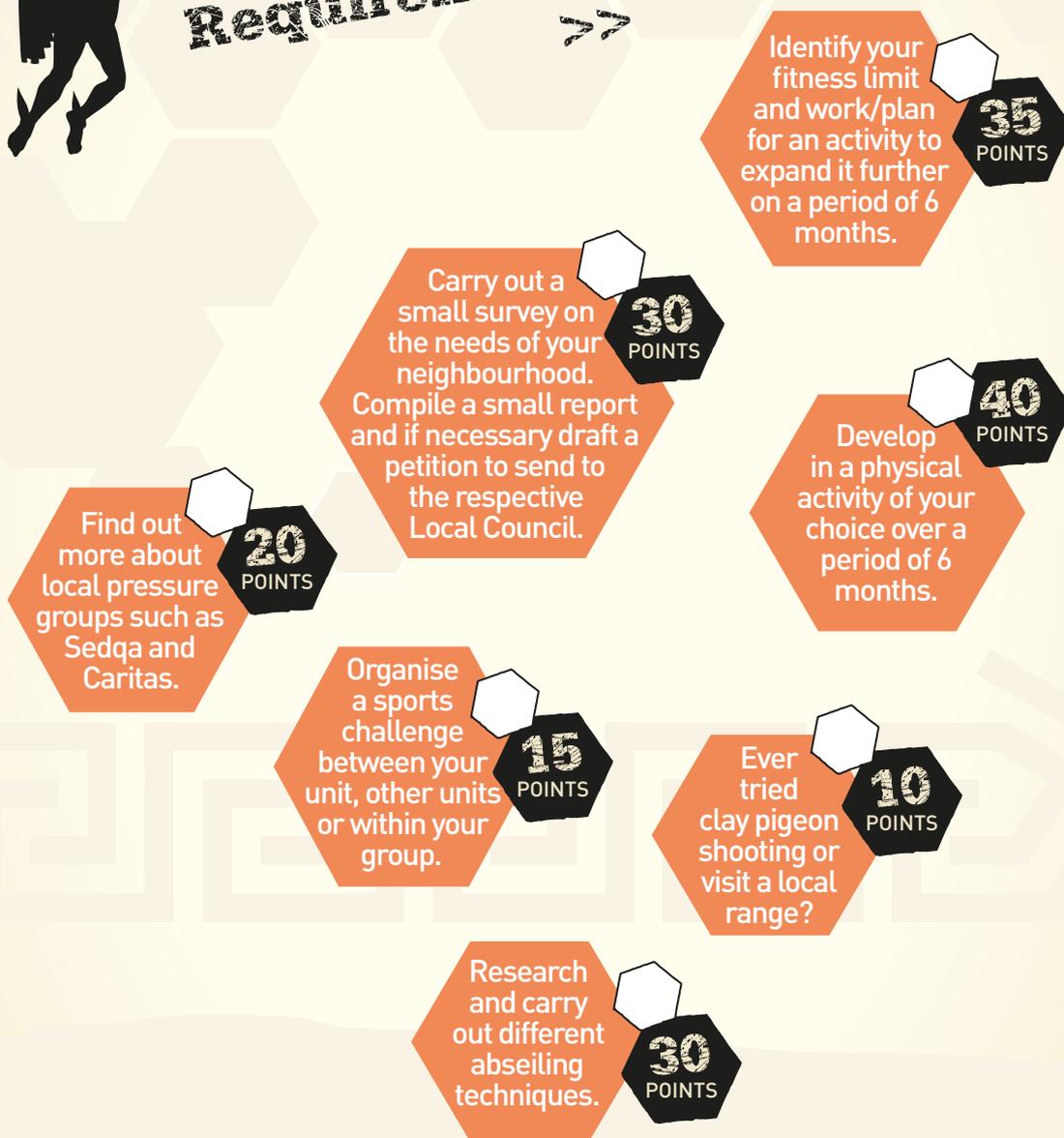
Physical activity or exercise can improve your health and reduce the risk of developing certain conditions or diseases including depression and anxiety. Physical activity can help you manage your weight and prevent osteoporosis. The many benefits of exercise and physical activity are now well documented. Regular physical activity has the ability to reduce the risk of several major chronic diseases, as well as promote quality of life and a sense of wellbeing.

IT ONLY TAKES 30 MINUTES A DAY  
TO ENJOY THESE BENEFITS.





## MISSION Requirements >>





## MISSION Requirements >>

What importance is sport given internationally? And how does it help culture and the community? Research and present.

15 POINTS

Participate in a national event such as Fun Run, Malta Marathon, Life Cycle Event, etc.

20 POINTS

Organize an activity for the Troop/Pack/Colony highlighting health and fitness.

10 POINTS

The importance of a balanced diet during everyday life and adventurous trips.

20 POINTS

As a team, build an Aerial Runway and let cubs and scouts have a go at it.

15 POINTS

Lightweight Hiking.

20 POINTS



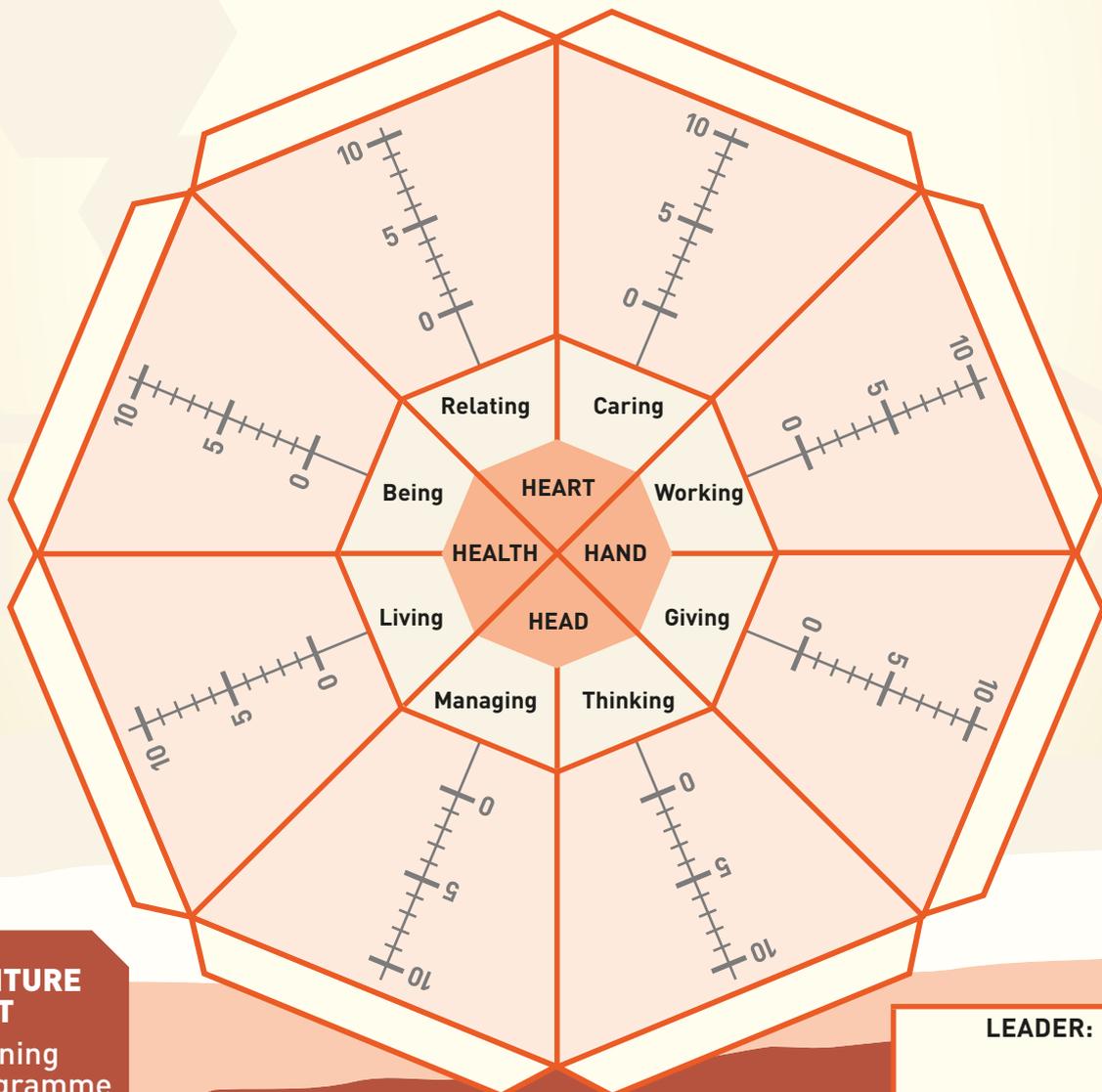
Gaining the Physical Recreation from the International Award automatically means you gained 80% of this mission.



# Progress Sheet

## ACTIVITIES DONE

DESCRIPTION	DATES	VERIFIED



**VENTURE UNIT**  
Training Programme

**LEADER:**