



## Develop in a physical activity of your choice

Being physically active can improve your health - today, tomorrow, and in the future. However, most people do not do enough physical activity.

People of all types, shapes, sizes, and abilities can benefit from being physically active. The more you do, the greater the health benefits and the better you'll feel.

In order to achieve this task you need to be an active individual. Over a period of 6 months try to keep track of what your physical activity is and how it is improving your lifestyle

In these 6 months you need to set aims and objectives which you mean to achieve during this time. Physical activities may include:

- Running/jogging (5 miles per hour)
- Walking very fast (4 ½ miles per hour)
- Bicycling (more than 10 miles per hour)
- Swimming (freestyle laps)
- Aerobics
- Zumba (at least 2 hours / week)
- Basketball (competitive)
- Tennis (singles)

You can also keep track of your improvements using technology such as Endomondo and other such applications.

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

# Identify your fitness limit and work/plan to expand it further

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To increase your overall fitness level, you need to focus on three different areas:

- 1. Cardiovascular Training
- 2. Strength Training
- 3. Flexibility Training

Cardiovascular training: requires some type of aerobic activity such as Aerobic classes, jogging, swimming, cycling, fast walking etc. With aerobic exercise, the goal is to get your heart rate into the target zone (50%-85% of your maximum) and sustain that pace for an extended period of time.

The length of the exercise and the intensity level you choose depend upon your own level of fitness and what your goals are.

Fitness Level 1 - you never (or rarely) participate in aerobic activity.

Fitness Level 2 - You comfortably participate in aerobic activity for at least 20 minutes, 3 times per week.

Fitness Level 3 - You comfortably participate in aerobic activity for at least 30 minutes, 3-4 times per week.

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**Strength training:** Muscular strength is defined as the maximum force that can be exerted by a muscle or muscle group. There are different methods available to improve muscular strengths such as weight machines, free weights, tubing, push-ups, tricep dips etc.

Fitness Level 1 - You rarely (or never) perform resistance training exercises. Most experts in the field recommend beginning with 2 times per week, 20-30 minutes per session. You should try to work all the major muscle groups of the body and rest at least 24 hours between training sessions (this will give your muscles a chance to recover). Try to complete 1 set of 15-20 repetitions.

Fitness Level 2 - You perform at least 1 set of 15-20 reps on 8-10 of the major muscle groups, 2-3 times per week. It is recommended working 3 times a week for 20-30 minutes a session. Try to complete 1-2 sets of 12-15 repetitions. Never work the same muscle group two days in a row because the muscles need at least 24 hours to recover.

Fitness Level 3 - You perform at least 2 sets of 8-12 reps on 8-10 of the major muscle groups, 3-4 times per week. Working 4 times a week for 20-30 minutes a session. Try to complete 2-3 sets of 8-12 repetitions. MAKE sure that you can complete at least 8 reps - if you can't you are using too much weight.

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Flexibility training - Flexibility is defined as the range of motion (ROM) around a joint. Within each joint there is an optimum ROM necessary for peak performance. Factors that affect flexibility include: age, inactivity, gender and body type.

Fitness Level 1 - You never or rarely stretch. To increase your level of flexibility, try to stretch 3 times a week for 20-30 minutes. Stretching should always be preceded by a 5-10 minutes warm-up period where you are moving in a rhythmic fashion using all your major muscle groups.

Fitness Level 2 - You occasionally stretch most of the major muscle groups. To increase your level of flexibility, try to stretch 4 times a week for 20-45 minutes. Remember to use the Static stretch method (no bouncing) and try to hold the stretches for at least 10-30 seconds.

Fitness Level 3 - You always stretch the major muscle groups. To increase your level of flexibility, try to stretch 5 times a week for 20-60 minutes.

If you have never exercised before or if you are changing your current exercise program, make sure you consult your physician prior to beginning a new exercise routine.

The above is only to serve as a guideline.

Make sure your research and seek professional guidance.

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## Research and carry out different abseiling techniques

Abseiling, from the German word "abseilen" means "to rope down", is the process of sliding down a rope under **controlled** conditions.

Abseiling is part and parcel of any scouting programme however that doesn't mean that we have the liberty to practice this sport freely. Abseiling can be a dangerous activity, especially for inexperienced or unsupervised participants. With this in mind, if you are going to organise such an activity, it is important you fill in the respective forms and get the necessary permissions from the office of the Chief Commissioner.

It is important that all participants should adhere to safety regulations by wearing specialised gear such as helmets, gloves, boots etc.

There are different techniques of how to abseil. Research new and different Abseiling descending techniques or Abseiling rescue techniques, discuss them with your instructor and with his/her permission and supervision carry them out in a safe environment.

When practising always keep in mind the safety of everyone participating

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# Carry out a small survey on the needs of your neighbourhood.

As the English saying goes — "Charity starts at home", that is how we can start "Creating a Better World".

Building healthier town and villages involves local people working together to transform the conditions and outcomes that matter to them.

The idea behind this requirement is to objectively have a look at your town or village and see what can be improved ... but most important how.

As a nation, we have this trait to grumble but do nothing...the *Maltese Gemgem*. Scouts are proactive citizens and we should be in the forefront to start changing small things. Therefore, take some time to discuss and agree on what your research will focus on and once this is done, then present it to your local council or the authority. It would be ideal if before starting this requirement you meet your local council representatives and discuss about this idea.

Some ideas for this survey:

- Promoting Community health and Development
- Create a heritage trail
- Study the impact of sports facilities and playgrounds
- How can you turn your town/village into a more cultural centre
- Environmental projects & Water conservations

Other ideas may be explored

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## Compile a small report and if necessary draft a petition

In conjunction with the previous task this also concerns changing or enhancing the living experience within your town or village.

Many often than not, then needs of your town/village are overlooked by others and sometimes very easy cost efficient methods are implemented to address the issues.

This survey could be a good tool to inform your local council on specific aspects or hot issues you feel are important to shed light on. Today, surveys can be easily done online inviting those in your village to participate and share their views.

However, the bug does not stop there. Once you analysed the survey results, compile a short report proposing constructive criticisms.

Send the survey results to your Local Council and ideally set up a meeting to further discuss any actions and how you, as a scout and maybe your group, can help.

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Lightweight Hiking is a style of backpacking that emphasise carrying the lightest and simplest kit safely possible. This means that in terms of weights a backpack should weigh below 9KGs.

This is mostly encouraged for long distance routes and might not apply to Malta. However, with the increase interest to travel abroad and challenge ourselves with long hiking routes in different type of weather, it is important to have enough knowledge to take safe decisions.

Therefore, the question which we would like to ask is: Is Lightweight Hiking essential or too expensive?

We encourage you to research online and work out a conclusion on how this activity can be achieved. Research might look into light, useful and reasonably priced equipment which could be used for hiking. You can also look for product reviews and online videos which show how to utilise normal every day materials for your hiking needs. Some equipment might not be as expensive as you think

A simple example is that of using a plastic Spork instead of packing your metal cutlery set and even using bivouacs instead of hike tents in summer.

Find out methods which can reduce the weight of your backpack and come up with a pro and con review of prices and equipment. Practise your theories during a day hike or an overnight hike

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

The importance of a balanced diet cannot be stressed enough. A balanced diet provides natural disease prevention, weight control and proper sleep without the use of sleeping pills. It is also important because it enables you to meet your daily nutritional needs and enjoy a higher overall quality of life.

As Venture Scouts, you should have by now gained enough experience on how to cook on open fire and also on what best to cook depending on the activities performed.

This requirement is aimed to increase awareness of our eating habits and what food is best to eat. Before any activity, it is important to discuss menus and to produce a balanced, nutrient lunches and dinners.

A diet based on starchy foods such as potatoes, rice and pasta; with plenty of fruit and vegetables; some protein-rich foods such as meat, fish and lentils; some milk and dairy foods; and not too much fat, salt or sugar, will give you all the nutrients you need.

#### Your task is:

- to research and draw nutrition tables on how much Proteins, Carbohydrates and Fats we need to consume daily while we have idle days and while on the go.
- during an adventurous activity, which could be anything ranging from a 3 day expedition to a survival camp, your task is to organise and cook a balanced healthy menu.

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Games and sports are an important means of recreation. "All work and no play make Jack a dull boy" is a well known proverb.

We all know that Sport is a very important part of life and it is becoming more and more popular. However, many a times we hear about doping and athletes banned from their sport due to illegal substances.

- So, what importance is sport given in one's life?
- How does it feature in the international sphere?
- Does sports really help culture and the community?
- What is the positive aspect of sport on Culture, how can we help to encourage the youngsters to involve themselves in regular sporting activities.

All these points are valid points and may turn out into long discussion. You could research these points yourself and present your findings to the Unit. Or else you could invite a local successful athlete to join in a discussion on Sports.

Suggestion: try to discuss about many disciplines and not focus only on very popular sports like football.

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The aim of pressure groups is to influence the people who actually have the power to make decisions. Pressure groups do not look for the power of political office for themselves, but do seek to influence the decisions made by those who do hold this political power.

Pressure groups exist locally as well and they have strongly held views and influence some aspects of Society. Two prominent groups are Sedqa and Caritas which assist persons with social cases and drug problems. There are also animal pressure groups and environmental ones like "Flimkien ghal-ambjent ahjar". There are a lot of pressure groups to be named here but a search on the internet will list quite a good number of them.

The get a good idea of how these groups work we suggest you visit or contact a local pressure group and discuss their work towards the benefit of the community and the needs of individuals. And why not see their work in action and try to participate in one of their activities and discuss your findings with you Unit

Another discussion you might explore is how the Scout Association of Malta and your group can act as pressure groups. What are the areas we should start voicing our concern? Do you think that as Scouts we are using our status to voice out concerns? Time to think....

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## Organise an activity for another section highlighting health and fitness.

Fitness could have different meanings for youngsters. Try and explain fitness as best as you can to the section that you are addressing.

Discuss with the Section Leader the message that you would like to deliver to the members.

Here are some ideas to help you

### Colony

The importance to eat healthy stuff, take good care of oneself, how their 5 senses work and how their body works and evolves (ears, heart, eyes, height, hair, etc.) All this could be incorporated in a short game

#### Pack

Make a poster about good health, discuss how lack of exercise, smoking, drinking and unhealthy diet affects health. You can also help the cubs decide on what kind of sports they would like to practice, for example you could do a short presentation on the types of sport that children of those ages can practice

#### Troop

Importance of physical exams, how sport can help you stay away from bad habits, importance of physical fitness, mental health, and social health. Check out the Personal Fitness mastery badge for more information about what your activity could include

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# Organise a sports challenge between your unit, other units or within your group.

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Whether you like football, waterpolo, auto racing, or basketball, there is something for everyone.

For this task, you are requested to organise a sport challenge between your unit, with other units or even within your group. It would be good practice to organise events for special occasions such as Founder's Day. Else it could be an annual event where various groups decide to organise a sports challenge.

Do your best to choose a non-mainstream sport such as swimming, archery, baseball, netball, waterpolo. Try to choose a sport which promotes teamwork and communication.

If you opt for a District Challenge make sure that District Commissioners are properly informed and that you inform all District Groups.

Organising such an event will not only require your sporting skills but also your planning, organisational and leadership skills.

Why not try and form a committee having representatives from various groups and you chair this meeting?

Always keep your leaders informed.

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

As many of you know, an Aerial Runway is a rope slide that stretches between two fixed points, and is angled sufficiently to enable a pulley block to slide down its length using gravity as its only source of propulsion. The aim is to move a person from point A to point B, often over some kind of obstruction, such as a ravine, piece of water, rough ground or similar. The 'rider' will go to the start point, is secured into the seat and then lets the pulley slide down the course of the runway until it reaches its finish point, where the 'rider' dismounts.

To construct the runway it will require knowledge of pioneering skills, rope work, teamwork and physical dexterity. The use of the runway provides an exciting activity for young people and adults alike, and has a similar thrill factor to those experienced at theme park rides.

If your Unit owns abseiling equipment it should not be a problem for you to set up an aerial runway. Talk and discuss setting up methods with a qualified abseiling instructor (or assistant instructor) and make sure you become quite familiar with the techniques.

When setting up the aerial runway always keep in mind that this is going to be used by younger children and safety procedures should be in place. For example smaller sized harnesses, smaller sized helmets, safety line, first aid kit, etc.

Before using the aerial runway make sure that the aerial runway is thoroughly checked by an instructor or a leader.

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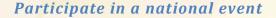
**UNIT** Training Programme



## Ever tried clay pigeon shooting or visit a local range.

Notes If you enjoy being out in the countryside and fancy doing something a bit different, clay pigeon shooting can be a fun activity and a good team building event! This sport involves aiming and shooting at special flying targets called 'clay pigeons' which are fired into the air from a number of firing machines called 'traps'. The shooter attempts to hit as many of them as possible. Even if you've never tried clay pigeon shooting before, it is a great activity to try. Normally equipment is supplied for you. Why not contacting a local target shooting ranges and organise a small competition within your unit? **VENTURE** 







Some people run the other way when asked to do charity work. Nobody wants to spend an afternoon, day, or weekend away from their everyday routine. They're either too busy, or just don't want to dedicate time to something that isn't going to benefit them in some way.

As an organisation that thrives on working with local people and communities, we should be proud to be forerunners in any charitable event.

As a Venture Scout you can be the catalyst to encourage friends and family to join you in such charitable events. There are various events held during the year such as the President's Fun Run, The Malta Marathon, the Life Cycle event, sports marathons etc.

Together with your unit (or on your own), decide which event it is best to participate and try to get more with you to participate.

And why not decide to do a charitable event ourselves as the Scout Association or your group? Why not collect money for National Heritage or an orphanage or another institution?