

Plan:

- What adventure do you want to be prepared to do?
- What excersises or skills have you identified as essential?
- What equipment will you need?
- What is your timeline to practise these excersises or skills?
- Will you practise as a team or individually—or both?
- How will you track your progress?

Do:

- Take on your skill and exercise preparations.
- Complete your adventure, for which you have prepared.

Review:

- What do you know now that you did not know before?
- What did you enjoy most about your planned preparations?
- How did your planned preparations affect your adventure?
- Would you take time to prepare in this way for another adventure?

Safety Note:

- How will you make sure you and everyone participating is safe?
- What safety equipment will be needed?
- How will you take into account the weather?
- Who will have the first aid kit? Who is trained in first aid?

Online Resources:

Check out the Canada Games **Activity Challenge**.



It starts with Scouts.

Practice Makes Perfect

Active & Healthy Living



The Adventure:

Athletes, just like Scouts, put lots of time into skill development to improve their abilities to be ready for their next big event. Take a look at your upcoming adventures, or perhaps in preparation for the Scouts Canada Games. What skills or exercise will you need to practise to be well prepared? Create a plan to which you will commit to improve for your next adventure.



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