

Get Active!

Active & Healthy Living



ACT



MEETING

3 GOOD HEALTH AND WELL-BEING



5 GENDER EQUALITY



What You Will Discover

Get introduced to some alternative sports to help you stay active!

The Adventure

Practise your leadership and coaching skills through a sport of your choice. This means that it's up to your Section to decide how it wants to stay active and healthy. There are plenty of sports to consider playing, but some are especially popular as co-ed, recreational activities. Softball, basketball, soccer, dodgeball, floor hockey and ultimate Frisbee are all great sports for players of all abilities.



It starts with Scouts.

Plan

- What sport would you like to try?
- What league would you like to join?
- What equipment is required?

Do

Using **#ScoutsDoStuff**, share your sport experience with friends and family!

Review

- What skills did you develop by participating?
- How did you demonstrate leadership in the sports?
- What made playing fun?
- What was your favourite part?

Safety Note

What equipment do you need to be safe while playing the sports? How can you follow **Head Safe** and **helmet** policies?

Try this

Keep it Simple

Plan an evening meeting of sports! It could be a tournament of a single sport, or you could bring equipment for multiple sports and play a few short games.

Take it Further

Organize a sports day for younger members of your Group, or other people in your area. It can be a tournament of some sport, a series of organized games or races, or a chance for people to try out new sports they've never tried before, such as **pickleball**, **sepak takraw** or **Spikeball**.