

The Playground Workout

Active & Healthy Living



EXPLORE



MEETING

3 GOOD HEALTH
AND WELL-BEING



11 SUSTAINABLE CITIES
AND COMMUNITIES



What You Will Discover

Find out how you can stay active using just your local playground.

The Adventure

You may know it as a playground, but the simple structures found in most schoolyards can be used like equipment at a family-friendly gym! Use the playground to practise some different exercises.

Can you use all of the equipment in your workout? Try creating a workout that uses a good balance of all of your muscles, and share your workout with another Section.



It starts with Scouts.

Plan

- What playground could you use in your community?
- What materials do you need to document your workout?
- What equipment or clothing is required?

Do

Using **#ScoutsDoStuff**, share your workout plan and gym location with your friends, family and community!

Review

- What skills did you develop by creating the workout?
- What was the most difficult part?
- What was your favourite part of creating the workout?

Safety Note

- Ensure you have the right footwear for this activity.
- Start with a small workout and increase intensity slowly. Don't overexert yourself.

Try this

Keep it Simple

It's time to get moving and stay active! In your Lodges, Lairs or Patrols, split up the playground and determine the best exercises. What gets your heart beating faster? Which exercises make you stronger? What kind of obstacle course could you create to get you warmed up?

Take it Further

Create a detailed workout using as much of the playground as possible. Practise presenting instructions on how to do the exercises properly, and coach a younger Section through your workout.

