

Squirrel Xercise!



Being active is important for good health. The I'm Active Squirrel Smile Award helps Squirrels be involved in lots of exercise and learn about nourishing foods and a healthy lifestyle!

An introductory activity can be used as the Squirrels arrive at the meeting place – colouring or simple puzzles can keep children occupied until all the Drey arrives or use a 'joining-in' style game, such as 'The farmer wants a wife' or 'Duck, duck, goose' or a circle format ball game.

Add snack time where necessary!

TIME (mins)	ACTIVITY	EQUIPMENT
5	Welcome, Register, Opening Ceremony, Introduction to Programme	
10	<p>ACTIVITY: Round Around Quiz</p> <p>Stick a YES card on one side of the hall and a NO card on the other</p> <p>The Squirrels sit in the middle of the hall and when a Leader asks a question they jump up and run to the card they think is correct!</p> <p>Discuss the choices the Squirrels have made and then return to sit in the centre ready for the next question and so on. . . .</p> <p>Questions could include – it's good to go to bed at 8.00pm; we should eat lots of sweets; playing sports is good for your heart; everyone should stay up late watching TV, etc.</p>	<p>YES/NO cards</p> <p>Blutack</p> <p>List of questions, if needed</p>
10	<p>GAME: All Sports</p> <ul style="list-style-type: none"> ○ <i>The Squirrels stand in either a circle or straight line while a Leader throws different balls at random to them</i> ○ <i>Before each ball is thrown ask the Squirrels what sport would you play with the ball? Do any of the Squirrels play this sport?</i> ○ <i>As the balls are caught and thrown back to the Leader the Squirrels could shout out, 'I like ...', adding the name of the sport!</i> 	<p>Selection of sports balls</p> <p>Ruby, football, tennis, ping pong, basketball, plastic practice golf ball</p>
10	<p>GAME: Squirrel Xercise</p> <ul style="list-style-type: none"> ○ <i>The Squirrels find a space on the floor and take part in a keep-fit 'squirrel Xercise' session led by a Leader!</i> ○ <i>You might like to invite a Scout or an Explorer Scout, from the Scout Group to which the Drey is affiliated, who does Zumba, 'Body Combat', dance classes or rugby or football training – these young people will have plenty of energy and teach the Squirrels some really active fun moves!</i> 	<p>None</p>
10	<p>ACTIVITY: Relax and Refresh</p> <p>It is important that the Squirrels learn to eat plenty of fruit and vegetables, drink water, do lots of exercise and get plenty of sleep!</p> <p>Provide a drink of water and a small portion of fruit and vegetables for each Squirrel – apple, orange, grapes, carrot, cucumber</p> <p><i>NB be aware of allergies and check with parents/carers beforehand!</i></p>	<p>Water, plastic cups</p> <p>Small portions of fruit and vegetables</p> <p>Napkins</p>



10	<p>ACTIVITY: At the Squirrel Gym Let the Squirrels create a 'big art' project – 'At the Squirrel Gym' – with lots of different sports going on! The Squirrels can draw people getting fit doing all kinds of sports and exercise! Talk about what sports the Squirrels do – mini rugby, football training, Irish dancing, ballet, gymnastics, swimming or they may have their own favourites they might like to learn like golf, weightlifting or ballroom dancing! Let their imagination run wild working together to create a really exciting and active 'Squirrel Gym'!</p>	<p>Length of wallpaper Art materials Pictures of sports, if wished</p>
5	Closing, Home	

