



PHYSICAL IMPROVEMENT

VENTURE UNIT
Training
Programme

start the journey here >>



Vigorous
Scout games
are the best form
of physical education because
most of them bring in
moral education.

Robert Baden Powell

VENTURE UNIT Training Programme





### Profile

Hermes is the god of eloquence, commerce, cunning, the inventor of the alphabet, numbers, astronomy, music, the art of fighting, gymnastics, the cultivation of the olive tree, measures, weights, and more, he sends refreshing sleep, conducts dreams, is the herdsman of the dead, the protector of travelers, the giver of wealth and luck, the protector of sacrificial animals, and patron of gymnastic games, among other things.

#### Aim

Physical activity or exercise can improve your health and reduce the risk of developing certain conditions or diseases including depression and anxiety. Physical activity can help you manage your weight and prevent osteoporosis. The many benefits of exercise and physical activity are now well documented. Regular physical activity has the ability to reduce the risk of several major chronic diseases, as well as promote quality of life and a sense of wellbeing.

### TO ENJOY THESE BENEFITS.

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## regrirements Mission

Identify your fitness limit and work/plan for an activity to expand it further on a period of 6 months.

POINTS

the needs of your neighbourhood.
Compile a small report and if necessary draft a petition to send to the respective Local Council.

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Develop in a physical activity of your choice over a period of 6 months.

Find out
more about
local pressure
groups such as
Sedqa and
Caritas.

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

Carry out a small survey on

Ever tried clay pigeon shooting or visit a local range?

Research and carry out different abseiling techniques.



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### Mission Requirements

What importance is sport given internationally? And how does it help culture and the community? Research and present.

Participate in a national event such as Fun Run, Malta Marathon, Life Cycle Event,

Organize an activity for the Troop/ Pack/Colony highlighting health and fitness.

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

The importance of a balanced diet during everyday life and adventurous

trips.

20 POINTS

Lightweight Hiking.

POINTS



Gaining the Physical Recreation from the International Award automatically means you gained 80% of this mission.

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### Progress Sheet

#### **ACTIVITIES DONE**

DESCRIPTION		DATES	VERIFIED

