

1st Harwell (St. Matthew's) Scout Group
St. George's Day 2021 – Reduce Challenge

Activity	G3 – Steps Challenge	Badge Link	Beavers: Health and Fitness, Adventure, Skill, Hikes Cubs: Adventure, Skill, Hikes Scouts: Hikes Explorers: Hikes
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Aimed at	Beavers	Cubs	Scouts	Explorers	Family
Suggested Ideas	Compete with friends or family (or both!) to see how many steps you complete each day. How can you increase the number of steps and at the same time have fun?				
Links to ideas	Use a step-tracking device or app to record your steps. Challenge family or friends. Challenge yourself to increase your steps each day.				
Resources required	Tracking device or app.				

