

# 2. WALKING CHALLENGE



## Type of Challenge:

This is a Patrol Challenge. Each member of your Patrol must complete this challenge and you must submit an image of each Patrol members Walk.

## Resources Required:

- Your Legs
- Shoes
- Water Bottle
- Phone with a fitness tracking app or Google Maps Tracking
- Hat
- Raincoat
- Mask
- Backpack
- Sunscreen

## Challenge Description:

Walking and hiking are important parts of the Scout Program. Walking also has many health benefits including bettering your mental health.

Whilst many of us are unable to walk as a Patrol at this time, we can still walk individually or as a household and achieve our daily exercise (within your current COVID restrictions).

For this challenge, each member of the Patrol will need to plan their route before heading out. Each member should walk a minimum of 3km. Whilst on this walk, each member is to use their fitness tracking app to show their distance walked, and the shape, character they have made along their walk.

The idea is to be creative. Can you walk in the shape of an animal, country, spell out a word etc. The creativity of this 3km walk is up to each member of the Patrol with your guidance as the Patrol Leader.

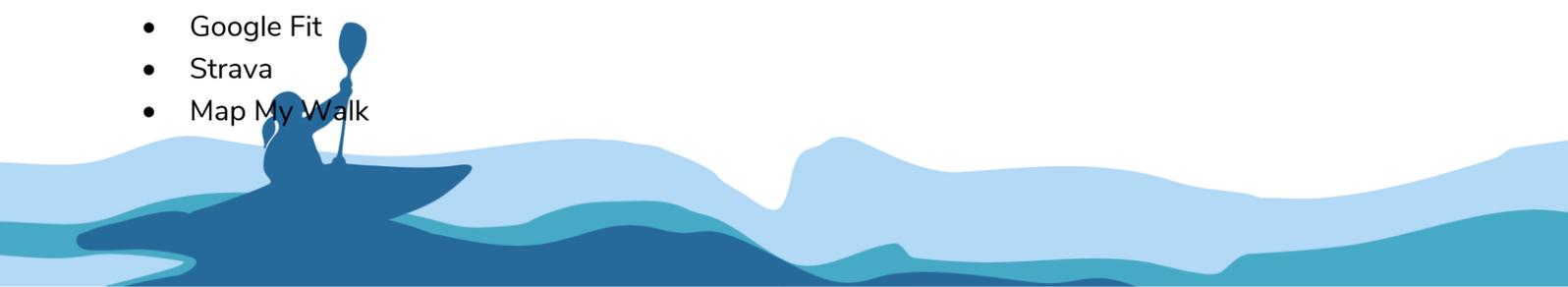
It is important you are aware of the stay-at-home provisions enforced within your local area. It is also important your parents know where you are going. It might be nice to invite your parents along with you.

## Evidence Submission:

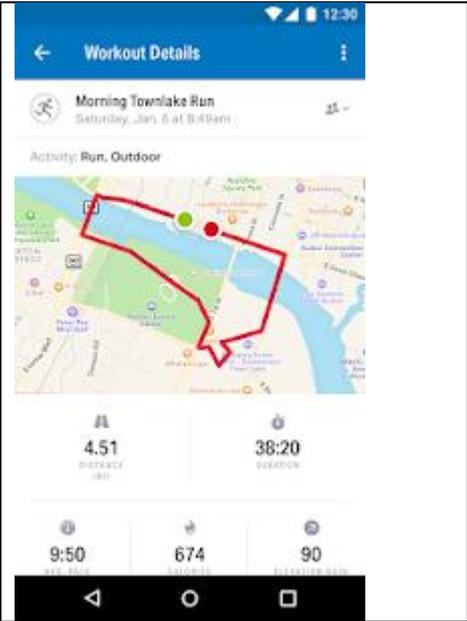
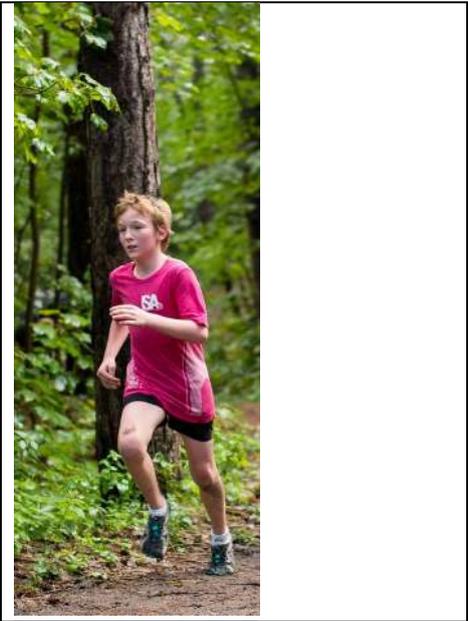
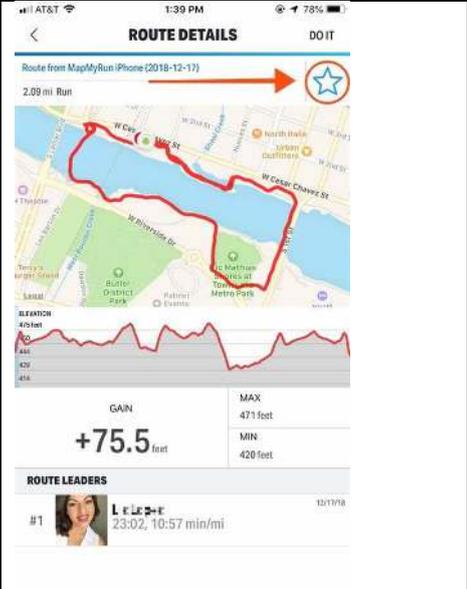
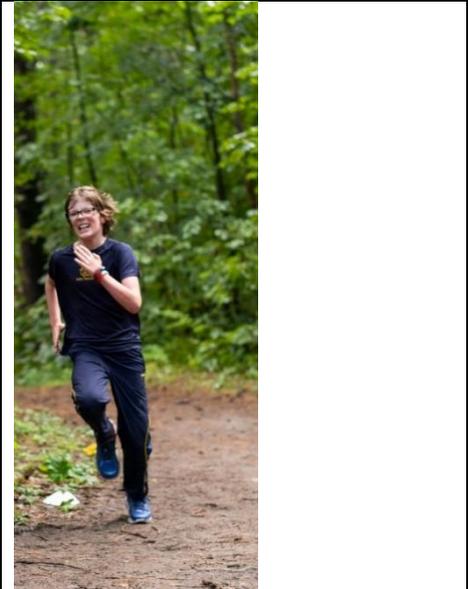
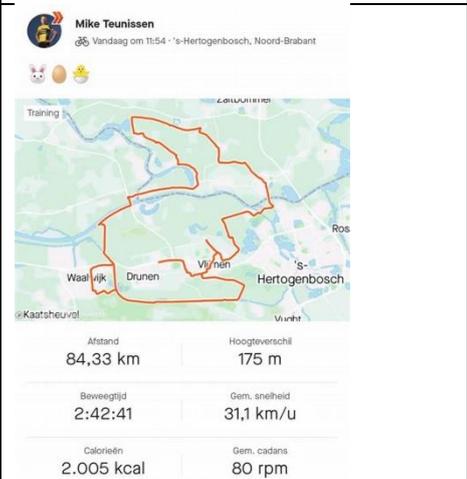
To complete this challenge, you need to collect from each member, a photograph of them out on their walk, along with a screen capture of their walk within the fitness app. Please consolidate these all into ONE document for submission. An example is contained within this document.

## Apps you could use:

- Apple Watch workouts
- Runkeeper
- Google Fit
- Strava
- Map My Walk



## Example Submission:

		<p>This is Jacob.</p> <p>Jacob went for an outdoor run today and achieved a personal best in time. His image is of out camp drink container. Jacob got a call from his mum whilst walking to pick up some bread and milk which took him a little off his planned track.</p>
		<p>This is Sam</p> <p>Sam went for an outdoor run today and was tasked with drawing a lump hammer. When reviewing his run, Sam said the hammer did not turn out 100% as he wanted because the handle is too thick, compared to the size of the hammer head.</p>
		<p>This is Kristy.</p> <p>Kristy set out to draw her favourite animal, a rabbit. Although she walked a long way, Kristy is impressed with her rabbit as it turned out just as she expected. Kristy saw some ways to make this walk a little shorter next time</p>

