

## Get Moving

AN ACTIVE LIVING CHALLENGE  
FROM THE BC CAMPING COMMITTEE

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## Objectives

The goal of the Get Moving Challenge is to get girls and leaders MOVING. Some activities can be done inside but we encourage units to get OUTSIDE, whether during a meeting or camp, and have FUN.

This challenge should take several meetings/events to compete. We encourage Guiders to think outside of the box and step out of their comfort zone and try new activities with their girls. Remember to follow Safe Guide for all activities.

Completing this fun challenge will most definitely help the girls to complete some of their program work. Remember to cross-reference the challenge with the program book(s).

We encourage every group to submit pictures, and possibly a write-up of their event to the BC Camping Committee to be used in our Headlamp newsletter. Please email them to [bc-campingheadlamp@girlguides.ca](mailto:bc-campingheadlamp@girlguides.ca)

## Challenge Requirements

Each girl is required to complete the following number of challenges according to her branch.

**SPARKS** – complete 1 challenge from each section

**BROWNIES** – complete 1 challenge from each section plus 2 others

**GUIDES** – complete 1 challenge from each section plus 4 others

**PATHFINDERS/RANGERS/TREX** – complete 2 challenges from each section

When you have fulfilled the requirements, complete the **BC Crests Order Form** found on the [BC Girl Guides website](#). Instructions on how to order the crests are provided on the form.

## Categories

- **Inside** – we know that the weather isn't ideal for going outside all the time. So here are some great ways to be active in your meeting place or residential camp building. You may wish to try 2-3 of these activities to fill the time requirement, possibly in a round-robin style, if you have a larger group.

- **Outside** – the goal of the BC Camping Committee is to get the girls OUTSIDE. We live in a beautiful province, so enjoy! In preparing for your Get Moving challenge, it is a good idea to review safety when outside and dressing for the activity/weather.

- **Group/team** – group and team work is a key component in Guiding. Focus on teamwork, improving skills, and having fun while working on this part of the challenge.

- **Water** – it's always fun to be on or in the water. This component may be the most challenging for units as it will most likely mean extra planning and Safe Guide paperwork.

- **Winter** – Learning to be prepared and be safe outside during the winter is important. We know you and the girls will enjoy this component of the challenge.

- **Ask an Expert** – This is a great chance to try something new by working with an expert. The expert may be a Guiding member, a community volunteer, or a paid Third Party Service Provider. Try something new and have fun!

\*Would you like to explore other options with your unit? Check out the ParticipACTION [website](#) for different options to meet the goals of the different categories in this challenge

## Length of Each Activity

We encourage that each activity should be a minimum of 1 hour in length. Don't forget to include time to warm up and cool down before each activity.

## Warm Up

The warm up's intensity should cause perspiration but not cause fatigue. The type of warm up needs to be appropriate for the activity planned. It also needs to be appropriate to the age range and fitness level of the participants, usually lasting for 5-10 minutes in duration.

The following examples cover a warm up:

- joint mobility exercises like arm circles and leg swings
- walking or light jogging to increase the body's temperature
- gentle stretches for muscles that will be used during exercises

By warming up thoroughly, you are preparing the body and the mind for the more energetic demands to come and reducing the chance of injury.

## Cool down

Once you have completed the main component of your session you can then focus on the cooling down phase. The key here is 'gradual'.

- Use the first 3-5 minutes by walking, or jogging if you have been running, which will bring your breathing under control and back to normal.
- Once your heart rate has returned back to a state of rest you can then follow this with some stretching. Stretching the muscle groups you used in your workout will return them to their normal length, reduce the delayed onset of muscular soreness, aid recovery and assist your body in its repair process.
- Don't forget to include some deep breathing as this will help to oxygenate your system.

The cool down period of an exercise session is just as important as the warm up. The aim is to decrease the intensity of the aerobic session and to return the body to a state of rest.

## **INSIDE**

- Hula - Hooping
- Yoga
- Tai Chi
- Pilates
- Bowling
- Roller-skating
- Dance (line, hip-hop, jive, salsa, etc.)
- Juggling
- Indoor rock climbing
- Martial Arts
- Other indoor active living activities that allows the girls to get moving individually

## **OUTSIDE**

- Hiking or nature walks
- Biking
- Climbing
- Orienteering course / Geocaching
- Frisbee Golf
- Golf
- Make this a service project by caring for an community garden or doing the Great Canadian Shoreline Clean-up
- Other outside active living activities that allows the girls to get moving individually

## **GROUP/TEAM**

- Soccer
- Rugby
- Basketball/Softball
- Volleyball
- Wide games
- Tag
- Old Fashioned games (egg/spoon race, sack race, parachute games)
- Ropes Course
- Other group/team activities that allows the girls to work together as a team while being active

## **WATER**

- Canoeing
- Kayaking
- Paddle boarding
- River Rafting
- Water relay races
- Swimming (if possible, have the girls do their swim/boat test and have it entered into iMIS)
- Other water based activity that allows the girls to have fun on/in the water

## **WINTER**

- Snowshoeing
- Ice Skating
- Cross Country Skiing
- Tubing
- Tobogganing/Sledding
- Hiking
- Other activity that allows the girls to be active in a winter setting

## **ASK AN EXPERT**

- This is anything that gets the girls MOVING.
  - This should not be something you completed from the above sections, but something new
  - We challenge you to include your “ask an expert” challenge in your camp setting.