



## Skills Challenge

The Skills Challenge is wide-reaching, with lots of different parts. Most of these will be covered in our weekly meetings and activities, but there are a couple of parts that can be logged independently, then just let us know so that we can mark these elements as complete, ready to award the badge.

### #Skills for Life

Section 4 of the Skills Challenge, is about a whole range of general life skills. Scouts should learn and use at least 5 of the skills listed below. Put the date next to a skill to show when you have done this. If you can think of another similar household skill, write it in the blank box at the bottom.

<b>Mend or customise an item of clothing</b>	
<b>Cook and serve a 2-course meal for at least four people.</b>	
<b>Fix a puncture or a dropped chain on a bike</b>	
<b>Wash up after a meal, making sure everything is clean and dry.</b>	
<b>Use a washing machine to wash a load of clothes.</b>	
<b>Iron your uniform shirt.</b>	
<b>Change a lightbulb in a ceiling light.</b>	
<b>Set a heating timer and thermostat as needed for the time of year.</b>	
<b>Clean a toilet, hob or oven.</b>	

## Physical Activity

Scouting aims to promote a healthy lifestyle, and a large part of this is being physically active. To complete the first part of the challenge, you should regularly take part in physical activities over a period of four to six weeks. Keep a record showing your activities and improvement. Your goal could be to develop your skills or to train to successfully complete a challenge.

<b>Activity Chosen</b>	
<b>Your target</b>	
<b>Week 1</b>	
<b>Week 2</b>	
<b>Week 3</b>	
<b>Week 4</b>	
<b>Week 5</b>	
<b>Week 6</b>	
<b>What have you achieved?</b>	
<b>What next?</b>	Did you meet your target?  What is your next target?