



Brownies choose your own adventure! Session 6

Feel Good Stage 2 skill builder

Discover where your muscles are and when they move. There are over 600 muscles in your body, think about those you use a lot and those that need move of your attention to keep them fit and healthy. Here are

links to muscle charts with the proper names;
<https://www.pinterest.co.uk/pin/477874210457705706/>
<https://www.pinterest.co.uk/pin/512354895094399972/>

What you need: Willing assistant /
A soft toy or doll / action figure



Think about these muscles and where they are on your body and on your Willing assistant / doll / soft toy.

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|--------------------|-------------------|------------------|-----------------|
| ❖ NECK MUSCLES | ❖ ARM MUSCLES | ❖ BOTTOM MUSCLES | ❖ THIGH MUSCLES |
| ❖ SHOULDER MUSCLES | ❖ STOMACH MUSCLES | ❖ BACK MUSCLES | ❖ CALF MUSCLES |

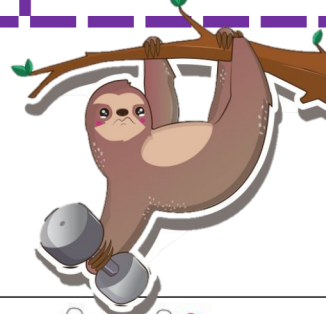
Try these moves and see which muscle are needed on yourself and your assistant
(make sure there is enough space)

Touch your toes	Press ups	Scrunch up like a hedgehog	Riding a bike action
Imagine lifting something above your head	A star jump	Reach up to the highest shelf	Crossing the road action.

Link to programme: Use it to move it / Triple Boxer
Dancing (page 50 of brownie badge book, Be Well)

Keep fit and have fun!

Now you know about muscles and keeping active, have a go at a workout!
Boxing is all about speed and skill, in this activity you will learn 3 boxing moves without touching anyone! - make sure you get into a space!



<p>Right cross</p> <ul style="list-style-type: none"> Put your left foot in front of the other Make fists with your hands, in front of your face Punch with your right arm, as fast and as far away from you as you can, with your knuckles on top. 	<p>Hook</p> <ul style="list-style-type: none"> Place your left foot in front of the other, knees bent slightly. Look forwards, in the same direction your left tow is pointing. Hands are fists, in front of your face. Twist your body to the right to face sideways. Pull your right arm back then swing it in a 'hook' motion as you twist your body back to face the front. 	<p>Uppercut</p> <ul style="list-style-type: none"> Put your left foot in front of your right and bend your knees a little Make fists with your hands, in front of your face Keep your feet still, twist to the right and bring your right fist down to your waist. Punch upwards with your right fist, in a hooking motion, as you twist your body back to face the face.
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You can watch the moves here on this video, along with a jab.
<https://www.shape.com/fitness/videos/how-to-punch-pro-boxer-form>
 practice the moves and make up your own routine to stay fit and healthy!