



GLADIATORS

Every Society has its own form of relaxation and enjoyment. Rome was no different and this is what the Gladiators in the places like the Colosseum did. In Ancient Rome the Gladiators became Heros to the ordinary people because of the things that they could do and the strength that they had. How difficult was it to be a Gladiator and how much work would it take?



Getting Started...

Plan

- The challenge should be about health and fitness
- Look into what makes a healthy body and what preparation is needed
- The Six should come up with a fitness plan to help them develop to the needs of each Cub Scout

Do

- Have a full day of activities planned like a Sports Day
- This should include Gladiator skills of strength and fitness to test the body and mind
- The activities need to be achievable but also a challenge for the Cub Scouts to do

Review

- The sixes should review their fitness plan and say what they found easy and hard
- What would they do differently the next time they do it
- Check to make sure that each Cub Scout reached their challenge on the People Cards

Resources

Exercise plan
Obstacle Course

Comments

Have a meeting with the Patrol Leaders from the Scout Section so that they can set a challenge for the Cub Scouts to do.



CUB SCOUTS