



Feel good

Use it to move it

For virtual meeting

Stage

2

30 mins



Skills builder



Check out the [adaptation ideas](#) on the Girlguiding website for help.

Aim of activity

Your muscles are amazing, they let you move and play. But do you really know what they do or where you can find them?

What you'll get out of it

- Discover where muscles are.
- Explore how muscles move.
- Move your body.

What you'll need

- Balloons 1 per girl
- A ball or soft toy, 1 per girl
- Clear space



WE DISCOVER, WE GROW

Girlguiding



Feel good

This can be done the same as steps 2 and 3.

Note to leader

If anyone in the group is allergic to latex, try using a ball instead.

What to do

1 Find a space. Your leader will read out different types of muscles from the list below. When she does, quickly place your hand on that area. ~~The last girl to do it is out and should stand at the side. The last girl left in is the winner.~~

Muscles

- Neck muscles
- Shoulder muscles
- Arm muscles
- Stomach muscles
- Bottom muscles
- Back muscles
- Thigh muscles
- Calf muscles

2 Now you know where your muscles are, it's time to use them. Get into teams and stand in lines, one behind another, at one end of your space. If you're at the back of your line, grab a balloon.

3 When your leader calls 'Go!' get your balloon to the other side of your space. To do this, pass the balloon to the girl in front of you. Then move to the front of the line. Keep going until the whole team reaches the end.

For steps 2 and 3, get everyone to grab their balloon or ball. They have to walk from one side of their space to the other while constantly throwing and catching it. They can't let it drop.

If a girl has a small space they can do several laps.

4 Get ready to race again! This time, you can only use certain muscles when touching the balloon. Race four more times and each time pick a new challenge from below:

- Use your arm muscles, but no hands!
- Use your thigh and stomach muscles.
- Use your shoulder and neck muscles.
- Use your calf and thigh muscles.

5 When you've finished, come together and talk about how it felt to use only certain muscles. Why do you think it's important to keep our muscles in tip-top condition?

Top tip

You need to move your muscles to keep them healthy and strong. This also helps your joints and bones.

6 Next, find a space. Your leader will read out the muscles again. This time, think about whether you use these muscles a lot or don't move them too much. If you move it a lot, point to your muscle and jump. If you don't move the muscle that much, point to it and crouch down. Come up with a way you can move it more, call it out and jump up.