

cubs



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



Health Challenge Wales

Badge for Cub Scouts



Howdy Cubs!

Health Challenge Wales is about helping people live healthier lives. We need your help in our mission to get people healthy.

Health Challenge Wales has 6 main goals:

- ✔ Helping people not to start smoking or to quit
- ✔ Helping people eat better and do more exercise
- ✔ Helping people to avoid accidents and injuries
- ✔ Helping people to avoid drug and alcohol misuse
- ✔ Helping people to avoid infections
- ✔ Helping people to be happy.

Cubs in Cardiff and the Vale of Glamorgan are being invited to earn a Health Challenge Wales Badge.



In order to qualify for the award, Cubs need to complete two badges from section 1, and one from each of sections 2 & 3, or complete all of section 3.

Section 1		Section 2	Section 3
Activity Badges		Staged Activity Badges	Challenge Badges
Athlete or Athlete Plus	Skater	Emergency Aid	Fitness
Cyclist	Adventure	Nights Away	Outdoor
Equestrian	Personal Safety	Swimmer	Outdoor Plus
Martial Arts	Water Activities	Hikes Away	
Physical Recreation	Chef		

How do I earn this prestigious award?

All you need to do is complete 2 badges from section 1 and one from each of sections 2 and 3 or complete all of section 3.

Section 1 - Activity Badges

Section 2 - Staged Activity Badges

Section 3 - Challenge Badges



Notes

In section 2, Cubs need to achieve a minimum of stage 2 in the activity badge.

Only sections completed from 1st January 2008 onwards can be counted towards the award.



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Her Iechyd Cymru

Bathodyn ar gyfer Cybiau



Helo Gybiau!

Mae Her Iechyd Cymru yn ceisio helpu pobl i fyw bywydau mwy iach. Mae angen eich help arnom i annog pobl i fod yn iach.

Mae gan Her Iechyd Cymru 6 phrif nod:

- Helpu pobl i beidio â dechrau smygu neu i roi'r gorau i smygu
- Helpu pobl i fwyta'n fwy iach a gwneud mwy o ymarfer corff
- Helpu pobl i osgoi damweiniau ac anafiadau
- Helpu pobl i osgoi camddefnyddio cyffuriau ac alcohol
- Helpu pobl i osgoi heintiau
- Helpu pobl i fod yn hapus

Mae gwahoddiad i Gybiau yng Nghaerdydd a Bro Morgannwg geisio ennill Bathodyn Her Iechyd Cymru.



Er mwyn gallu ennill y bathodyn arbennig hwn, bydd angen i Gybiau gwblhau dau fathodyn o adran 1, ac un o adran 2 ac adran 3, neu gwblhau pob rhan o adran 3.

Adran 1		Adran 2	Adran 3
Bathodynau gweithgaredd		Bathodynau gweithgaredd wedi'i drefnu	Bathodynau her
Athletau neu Athletau a Mwy	Sglefrio	Cymorth mewn argyfwng	Ffitrwydd
Beicio	Antur	Aros dros nos	Awyr Agored
Marchogaeth	Diogelwch personol	Nofio	Awyr Agored a Mwy
Crefft ymladd	Gweithgareddau dŵr	Mynd ar Grwydr	
Gweithgareddau hamdden egnïol	Cogydd		

Sut y gallaf ennill y bathodyn arbennig hwn?

Oll y mae angen i chi ei wneud ydychwblhau 2 fathodyn o adran 1 ac un o adran 2 ac adran 3 neu gwblhau pob rhan o adran 3.

- Adran 1** – Bathodynau gweithgaredd
- Adran 2** – Bathodynau gweithgaredd wedi'i drefnu
- Adran 3** – Bathodynau her



Nodiadau

Yn adran 2, bydd angen i Gybiau gyflawni o leiaf gam 2 yn y bathodyn gweithgaredd.

Dim ond adrannau sy'n cael eu cwblhau ar ôl 1 Ionawr 2008 fydd yn cyfrif tuag at y bathodyn