



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



Health Challenge Wales

badge for Scouts



What is Health Challenge Wales all about?

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.

Health Challenge Wales is essentially about helping people live much healthier lives and we need your help in our mission to get people healthy!

How do you get a 'Health-tastic' badge to add to your collection?

Well, you need to get active in the following ways...

Scouts need to complete three badges from section 1, and one from each of sections 2 & 3, or complete any 3 of section 3.



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

Section 1 Activity Badges

Athlete	Camper	Canoeist	Caver	Circus Skills
Climber	Cyclist	Dinghy Sailor	Dragon Boating	Equestrian
Hiker	Hill Walker	Life Saver	Martial Arts	Master at Arms
Nautical Skills (Any stage)	Orienteer	Physical Recreation	Pulling	Snow Sports
Street Sports	Water Sports			

Section 2 Staged Activity Badges

Emergency Aid	Nights Away	Swimmer	Hikes Away	
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Section 3 Challenge Badges

Adventure	Expedition	Fitness	Outdoor	Outdoor Plus
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In section 2, Scouts need to achieve a minimum of stage 3 in the activity badge.

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



Her Iechyd Cymru

bathodyn ar gyfer Sgowtiaid



Beth yw diben Her Iechyd Cymru?

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.

Diben Her Iechyd Cymru yw helpu pobl i fyw bywydau mwy iach ac mae arnom angen eich cymorth yn ein hymgyrch i wneud pobl yn fwy iach!

Sut y gallwch gael bathodyn a fydd yn ychwanegu ar eich casgliad?

Wel, bydd angen i chi fynd ati i wneud y canlynol...

Bydd angen i sgowtiaid gwblhau tri bathodyn o adran 1, ac un o adran 2 ac adran 3, neu gwblhau unrhyw 3 o adran 3.



Bydd angen i sgowtiaid gwblhau tri bathodyn o adran 1, ac un o adran 2 ac adran 3, neu gwblhau unrhyw 3 o adran 3.

Adran 1 Bathodynau gweithgaredd				
Athletau	Gwersylla	Canwio	Ogofa	Sgiliau Sycras
Dringo	Beicio	Hwyllo Dingi	Cychod Draig	Marchogaeth
Crwydro	Cerdded Bryniau	Achub Bywyd	Creffft Ymladd	Meistr ag Arfau
Sgiliau Môr (Unrhyw gam)	Cyfeiriadu	Gweithgareddau hamdden egniol	Tynnu	Chwaraeon Eira
Chwaraeon y Stryd	Chwaraeon Dŵr			
Adran 2 Bathodynau gweithgaredd wedi'i drefnu				
Cymorth Brys	Aros dros nos	Nofio	Mynd ar Grwydr	
Adran 3 Bathodynau her				
Antur	Cyrch	Ffitrwydd	Awyr Agored	Awyr Agored a Mwy

Yn adran 2, bydd angen i Sgowtiaid gyflawni o leiaf cam 3 yn y bathodyn gweithgaredd.

Dim ond yr adrannau a gwblheir ar ôl 1 Ionawr 2008 fydd yn cyfrif tuag at y bathodyn.