

ATHLETICS BADGE

How to earn your badge...



1. Take part in a **proper warm up and cool down routine**, using all the main muscle groups. A suitable adult, Young Leader or Scout will need to lead the routine
 - a) Warm up routine
 - b) Cool down routine
2. Explain the best clothes to wear for athletics and how to be safe.
3. Take part in one of these throwing activities:
 - a) Throw a football or similar ball as far as you can. Do one using a chest push and another as an overhead throw.
 - b) Throw three beanbags into a bucket. Try to increase the distance each time.
 - c) Throw a tennis or cricket ball as far you can. Do one overarm throw and another underarm throw.
4. Take part in two of these running activities and try your best:
 - a) shuttle run 6 x 10m
 - b) 50m skip with a rope
 - c) 50m sprint
 - d) 25m sack race
 - e) 25m egg and spoon race
 - f) 400m run.
5. Take part in one of these team activities:
 - a) 4 x 100m relay
 - b) team assault course
 - c) assisted blindfold race
6. Do one of these jumps and go as far or as high as you can:
 - a) sargent jump
 - b) standing jump
 - c) high jump
 - d) long jump