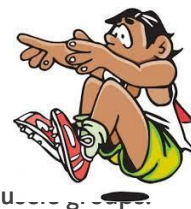


ATHLETICS PLUS BADGE



Here's what you need to do to earn this badge...

1. Run through an appropriate warm up and warm down routine using all the main muscles. Explain why both routines are important.
 - a. Warm up routine
 - b. Cool down routine
2. Talk about the safety rules for athletics, particularly throwing and jumping events.
3. Compete in any three events (two track and one field, or vice versa) and gain the points set out as indicated on the score chart below.

Points	Distance				
	100m sprint sec	200m sprint sec	400m sec	800m min	1500m min
10	13.4	28.0	64.0	2.30	5.10
9	14.0	28.8	67.0	2.40	5.25
8	14.7	31.4	71.0	3.00	5.45
7	15.3	32.6	75.0	3.10	5.50
6	15.8	33.2	79.0	3.20	6.20
5	16.3	34.0	83.0	3.40	6.50
4	16.8	35.5	88.0	4.00	7.30
3	17.6	38.3	94.0	4.20	8.00
2	18.3	40.0	100.0	4.40	8.30
1	20.0	45.0	120.0	5.00	9.30

Points	High Jump Mtr	Long Jump Mtr	Shot Mtr	Discus Mtr	Cricket Ball Mtr
10	1.60	5.00	9.5	35.0	65.0
9	1.40	4.75	8.5	29.0	55.0
8	1.30	4.40	7.2	22.0	50.0
7	1.25	4.20	6.5	17.0	45.0
6	1.20	4.00	5.5	14.0	35.0
5	1.00	3.75	4.1	12.0	30.0
4	0.90	3.30	3.7	10.0	25.0
3	0.85	2.80	3.3	9.0	20.0
2	0.80	2.45	2.8	8.5	15.0
1	0.75	2.10	1.8	6.0	10.0

Minimum points total for the award of badge	
Age	Points
Under 11	6
Under 12	9
Under 13	13
Under 14	17
Under 15	22