

ATHLETICS 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 muscle groups. Explain why both routines are important.

- a. Warm up routine
- b. Warm down routine

2. Talk about the safety rules in athletics, particularly throwing and jumping events.

Explain the most appropriate clothing to wear.

3. Take part in six athletics events.

Choose at least one from each of the three sections below, improving your distance or time over a number of attempts.

Field events	Track events	Team events
Discus	100m	4 x100m relay
Shot put	200m	Team assault course
Throwing a cricket ball	400m	Assisted blindfold race
Javelin	800m	
High jump	1500m	
Long Jump	100m hurdles	
Standing Jump		
Sargent Jump		

4. Find out and explain to your leader how to take part in athletics in your local area.



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