ATHLETICS PLUS BADGE

How to earn your badge…

Take part in six of the activities in the table below. Take your best four scores and, if the points you score add up to eight or more, you get your badge.

Activity	3 points	Points	2 points	Points	1 point	Points
1. 50m sprint	9 seconds		10 seconds		11 seconds	
2. Throwing the cricket ball	25m (82')		22m (72')		18m (60')	
3. High jump	96cm (3'2'")		86cm (2'10")		76cm (2'6")	
4. Long jump	3m (10')		2.5m (8')		2m (6'6")	
5. Sargent jump	35cm (14')		30cm (12')		25cm (10')	
6. Shuttle run – 6 x 10 metres	18 seconds		19 seconds		20 seconds	
7. 50m skip with a rope	12 seconds		13 seconds		14 seconds	
8. 1,000 Metre run	5 minutes		6 minutes		10 minutes	
9. 4 x 100 metre relay race	70 seconds		80 seconds		90 seconds	
	Total Points		**Total Points**		**Total Points**	
					Grand Total	

CUB NAME: _____

DATE: _____

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