ATHLETICS BADGE

How to earn your badge…

1. Take part in a **proper warm up and warm down routine**, using all the main muscle groups. A suitable adult, Young Leader or Scout will need to lead the 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 tennis or cricket ball as far you can. Do one overarm throw and another underarm throw
   b) Throw three beanbags into a bucket. Try to increase the distance each time
   c) Throw a football or similar ball as far as you can. Do one using a chest push and another as an overhead 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

Tips

Your leader will award you the Athletics badge for taking part and doing your best. Take this chance to see how well you can do!

For number 1, your routine might involve: skipping, running on the spot, stretching both arms high above your head and then relaxing down, bending your knees and dropping your head, rolling your head slowly around, and tensing and relaxing the shoulders.

You could gain the Athletics badge by taking part in a sports day in your Pack or the District, so long as it includes the activities we've listed.

For the high jump, you must be very careful about the way you jump. You also need special equipment and crash mats for your landing. You must not try to do the Fosbury Flop unless you've been taught how to do it properly and an expert is there to watch you.

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