

Physical Recreation

You should be aiming to work towards this badge over 6 to 12 months.

Choose 1 of the following options:



1. Equestrian

- a. Take part in an equestrian activity over a period of time and show improvement
- b. Demonstrate skills in a horse-riding activity to a group of young people and encourage them to try it out. You're not expected to have skills in instructing and your leader should organise supervision for all of you
- c. Discuss the safety rules to an appropriate adult and explain how you've used the skills you learned responsibly
- d. Take part in at least two competitions or demonstrations. Discuss your performance and ways you can improve with the examiner or instructor
- e. Demonstrate how to care for your equipment and how to look after the animal



2. Martial Arts

Recognised Martial Art activities include aikido, judo, ju-jitsu, karate, kendo, sombo, taekwondo, tang soo do and wrestling.

- a. Take part in a martial arts activity recognised by UK Sport. You should take part regularly over a period of time and show improvement
- b. Demonstrate your skills to a group of young people and encourage them to try it out. You're not expected to have skills in instructing and your leader should organise appropriate supervision
- c. Discuss the safety rules of your chosen activity. Show the examiner or instructor how you use the skills you've learned responsibly
- d. Take part in at least two competitions or demonstrations. Discuss your performance and how to improve with the examiner or instructor.



3. Master At Arms

- a. Take part in an activity such as fencing, shooting or archery. Take part in your chosen activity regularly over a period of time and work on your improvement
- b. Demonstrate your skills to a group of young people and encourage them to try it out. You're not expected to have skills in instructing and your leader should organise appropriate supervision
- c. Talk about any safety rules or laws involved in your chosen activity and how to abide by them
- d. Show how to care for and regularly maintain your equipment
- e. Take part in at least two competitions or demonstrations. After each one, discuss your performance with the examiner or instructor and identify ways to improve



4. Angler

- a. Take part in angling (inland, beach or sea) regularly over a period of time and work on your improvement
- b. Demonstrate your skills to a group of young people and encourage them to try it out. You're not expected to have skills in instructing and your leader should organise appropriate supervision
- c. Talk about the safety rules in angling and how to fish in a responsible manner
- d. Take part in at least two competitions or demonstrations. Discuss your performance with the examiner or instructor and identify ways to improve



5. Physical Recreation

- a. You can use this option if you want to improve and share knowledge about an activity that isn't covered by options 1 to 4
- b. Take part in a physical activity regularly over a period of time and work on your improvement
- c. Demonstrate your skills to a group of young people and encourage them to try it out. You're not expected to have skills in instructing and your leader should organise appropriate supervision
- d. Talk about the safety rules or laws of your chosen activity and how to abide by them
- e. Take part in at least two competitions or demonstrations. Discuss your performance and how you can improve

Explorer Scout use only: (tick when completed, for your records only)

| No. 1 | No. 2 | No. 3 | No. 4 | No. 5 |
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