

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 muscle groups. Explain why both routines are important.
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

Guidance for leaders

- Ideally young people should work towards this badge as part of a Scout activity. If that is not possible, they may use timings or distances they have achieved at school or other athletic events. A teacher or athletics coach can confirm these timings.
- For the field events, we recommend the shot weighs around 2.73kg, the discus 1 kg and the cricket ball 0.135kg

! Young people must be especially careful when doing the high jump. They will have to think about the way they are going to jump, land and what they are going to land on. They must use proper equipment at all times and unless expert tuition and supervision is available they must not attempt the Fosbury Flop. The scissor jump is an easier way to do it.