



LEVEL 1 - SPORTS



1	Explain what is a good sporting attitude. Show a good sporting spirit in all Cub Scout activities.	
2	State the rules or laws for two sports. These may individual or team sports.	
3	Take part regularly in and show reasonable proficiency at one of the sports you have explained.	
4	Discuss the importance of training, warming up, cooling down and changing after your game.	

EXAMINER:

DATE COMPLETED:

CUBS TESTED			