



LEVEL 2 - ATHLETE



The advanced level of this badge should be attempted at least six months after gaining the basic badge

1	The requirement of this badge is to show improvement in athletic endeavour. To do this a Cub Scout needs to be recorded doing their best at any five of the following and over a three month period show significant improvement at:	
	a. a run of 100 metres.	
	b. a run of 400 metres	
	c. throwing a catching a hard ball over an increasing distance.	
	d. consistently hit a thrown ball with a racquet or bat.	
	e. a standing long jump.	
	f. a running start long jump.	
	g. a triple jump.	
	f. a track or field event of their choice.	
2	Demonstrate a series of stretching and warm up techniques that should be undertaken before and after sport.	
3	Pick a track and field event and explain the rules of that sport and if possible demonstrate its techniques.	
4	Research the history of the Olympic Games and explain their purpose in modern society.	

EXAMINER:

DATE COMPLETED:

CUBS TESTED			