



SILVER BOOMERANG - TEST # 8 FITNESS
Pursuits and Interests & Responsibility for Self



OPTIONAL

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| 1 | Ball Skills: | |
| a. | Throw a ball 10 metres to someone else and catch it on return <u>five</u> times. | |
| b. | Hit a ball with either a bat or rtacquet five times. | |
| 2 | Athletic Skills. Perform a standing broad jump as far as possible. | |
| 3 | Strength and Stamina. Skip 20 times forward and 10 times backwards. | |

EXAMINER:

DATE COMPLETED:

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| CUBS TESTED | | | |
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