



LEVEL 1 - ATHLETE



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 50 metres.

b.

a run of 200 metres

c.

throwing a catching a hard ball.

d.

consistently hit a thrown ball with a racquet or bat.

e.

a standing long jump.

f.

a running start long jump.

2

Explain why athletes do a range of exercises before and after an activity.

3

Name five Australian track and field athletes and explain about the sport of one of them.

EXAMINER:

DATE COMPLETED:

CUBS TESTED
