

WEST DEVON BADGES AT HOME:

cubs

ATHLETICS ACTIVITY BADGE



Over a 2 week period:

- 1) Take part in a proper warm up and warm down routine, using all the main muscle groups.
- 2) Explain the best clothes to wear for athletics and how to be safe.
- 3) Take part in an activity to see how you can improve your throwing.
- 4) Take part in two running activities and try your best.
- 5) Try doing some different jumps and go as far or as high as you can.

westdevonscouts.org.uk
Facebook 'West Devon Scouts' (private group)





How to complete your badge:

Take part in regular exercise over a minimum of 2 weeks. Take part in a proper warm up and cool down routine, using all the main muscle groups

Some ideas:

Joe Wicks on YouTube 9am each weekday morning

<https://www.youtube.com/user/thebodycoach1/featured>

Active Devon

www.activedevon.org/how-to-get-and-stay-active-while-youre-at-home/

Write what you did and how it went! You could also take a picture or record it and post to our Facebook page with your parents permission.

Monday	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	Wednesday	Thursday	Friday

Explain the best clothes to wear for athletics and how to be safe

Take part in an activity to see how you can improve your throwing.

You could try a few different types over 2 weeks, making sure you have a clear area and have removed anything from the area that you could break.

If you have space try throwing a tennis or cricket ball as far as you can, over arm and under arm.

Try throwing a beanbag or similar into a bucket, try moving the bucket further away to see how you could improve.

Try throwing a football as far as you can with perhaps a cheat or overarm throw.

Note what you did each day, and your distances plus how you have improved.

Monday	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	Wednesday	Thursday	Friday

Take part in two running activities and try your best.

You could try running on the spot, try counting your steps and see if you get better over 2 weeks.

You could try running up stairs and timing yourself to see if you get quicker over 2 weeks.

Monday	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	Wednesday	Thursday	Friday

Try doing some different jumps and go as far or as high as you can.

You could try a standing jump, long jump, star jump. Perhaps ask someone to watch how high you can jump up.

Monday	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	Wednesday	Thursday	Friday

Once you have completed your challenge, either upload this completed form to Online Scout Manager under 'Badges' and click the 'Athletics' Badge. Then click 'Complete at Home' and submit your evidence.

Good Luck!