

EXPLORERS

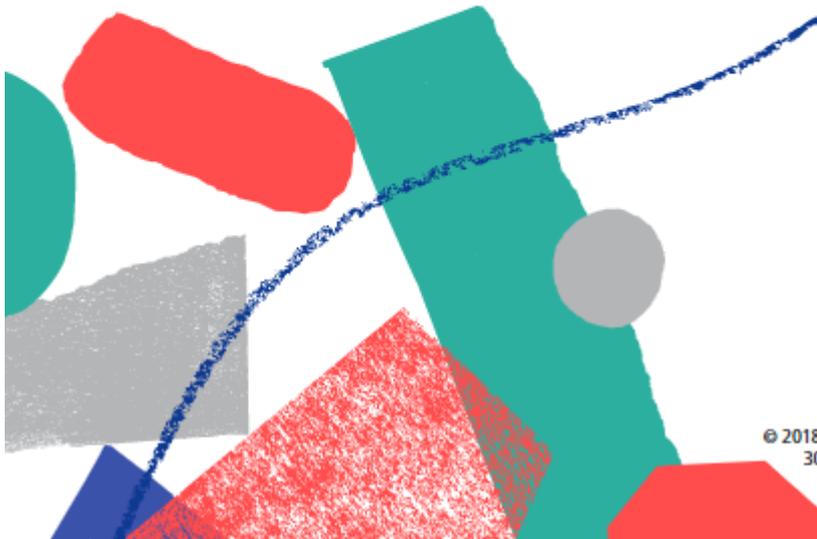
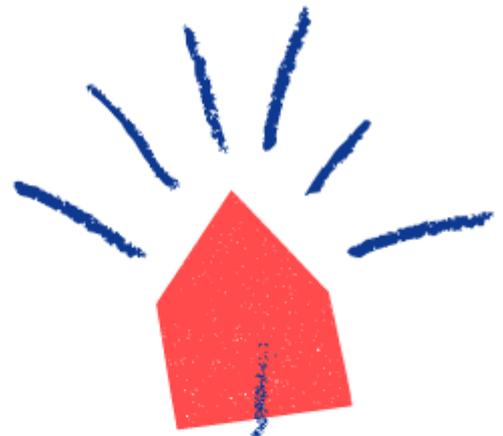
WEST DEVON - BADGES AT HOME: ATHLETICS ACTIVITY BADGE

Over a 4 week period:

- 1) Run through an appropriate warm-up routine that involves gentle stretching and loosening exercises, using all the main muscle groups. The warm-up should last between five and ten minutes. After the session, demonstrate an appropriate warm-down.
- 2) Discuss the safety rules for athletics, particularly the throwing and jumping events.
- 3) Demonstrate an athletic discipline to other Explorers and encourage them to try it out. Remember you're not expected to have skills in instructing or coaching to complete this step.
- 4) Take part in at least two demonstrations. Discuss your performance and how to improve.

westdevonscouts.org.uk

 'West Devon Scouts' (private group)





How to complete your badge:

Take part in regular athletic exercise over a minimum of 4 weeks. Run through an appropriate warm-up routine that involves gentle stretching and loosening exercises, using all the main muscle groups. The warm-up should last between 5 and 10 minutes. After the session, demonstrate an appropriate warm-down.

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/

Runners Exercise Program

https://www.youtube.com/watch?v=3q5_sFw69-l

Learn to Hurdle for Beginners

<https://www.youtube.com/watch?v=TYjuaIwS07c>

Shot Put Skills and Drills

https://www.youtube.com/watch?v=3r3IVx_tBnA

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
Monday	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	Wednesday	Thursday	Friday

Discuss the safety rules for athletics, particularly throwing and jumping events.

You could write this down, draw some pictures or create some graphics that describe the safety rules, record a video of yourself, or talk about it at the weekly virtual Explorers meeting.

Describe how you've completed this part of the badge here:

Demonstrate an athletic discipline to other Explorers and encourage them to try it out. Remember you're not expected to have skills in instructing or coaching to complete this.

This could be running, race walking, long jump or high jump (mind how you land!), shot throwing (watch the windows...), or even setting up a couple of hurdles in the garden and perfecting your technique to get over them. You could record a video and share it on the Facebook page, or even give a live demonstration at the weekly virtual Explorers meeting.

Describe how you've completed this part of the badge here:

Take part in at least two demonstrations. Discuss your performance and how to improve.

You could show your improvement over the four weeks of completing this badge by taking a video at the beginning and then taking another video after 4 weeks, or alternatively by giving a live demonstration during the weekly virtual Explorers meeting.

Describe how you've completed this part of the badge here:

Once you have completed your challenge, 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!