

WEST DEVON - BADGES AT HOME: PHYSICAL RECREATION ACTIVITY BADGE

- 1) Take part in an active sport or physical pursuit over a 3 week period. Ensure you do your best each time you exercise.
- 2) Show how you've improved over time.
- 3) Explain the rules or guidelines that govern the sport or pursuit you chose.
- 4) Show how you would prepare before taking part. You could run through any special equipment or clothes you need and any warm-up and cool-down routines.
- 4) Explain how to maintain the equipment used. Explain what you should check for when the equipment is nearing the end of its life.





How to complete your badge:

Take part in regular exercise over a minimum of 3 weeks. Individual sports like tennis, running or gymnastics count too, so do pursuits like walking, yoga, ice skating or dancing. Show a reasonable level of skill in your sport or pursuit.

Show how you've improved over time.

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
Monday	Tuesday	Wednesday	Thursday	Friday

Show how you would prepare before taking part in your sport or pursuit. You could write this down or think about recording to camera and sending a film to your leader.

You could run through any special equipment or clothes you need and any warm-up and warm-down routines.

Explain how to care for the equipment you use.

Explain what you should look out for when the equipment is nearing the end of its life.

Explain the rules or guidelines that govern the sport or pursuit you chose.

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

Good Luck!