



# 1<sup>st</sup> London Colney Cub Pack

## Athletics Activity Badge



Name: \_\_\_\_\_

### How to earn your badge

1. Take part in a proper warm up and warm down routine, using all the main muscle groups.  
A suitable adult, Young Leader or Scout will need to lead the routine.

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

3. Take part in one of these throwing activities:

- Throw a tennis or cricket ball as far you can.

Overarm throw:

Underarm throw:

- Throw three beanbags into a bucket.

5m away

10m away

15m away

- Throw a football or similar ball as far as you can.

Chest push:

Overhead throw:

Practice

Actual







4. Take part in two of these running activities and try your best:

- shuttle run 6 x 10m
- 50m skip with a rope
- 50m sprint
- 25m sack race
- 25m egg and spoon race
- 400m run



5. Take part in one of these team activities:

- 4 x 100m relay
- team assault course
- assisted blindfold race



6. Do one of these jumps and go as far or as high as you can:

- sargent jump
- standing jump
- high jump
- long jump

