



1st London Colney Cub Pack
Athletics Activity Badge Plus



Name: _____

How to earn your badge

Take part in all the activities on the table. Take your best four scores and, if the points you score add up to eight or more, you get your badge.

Events	You get 3 points for	You get 2 points for	You get 1 point for
50m sprint	9 seconds	10 seconds	11 seconds
Throwing a cricket ball	25 metres	22 metres	18 metres
High jump	96cm	86cm	76cm
Long jump	3 metres	2.5 metres	2 metres
Sargent jump	35cm	30cm	25cm
Shuttle run 6 x 10 metres	18 seconds	19 seconds	20 seconds
50m skip with a rope	12 seconds	13 seconds	14 seconds
1,000 metre run	5 minutes	6 minutes	10 minutes

Distance/Time Points

- 50m sprint
- Throwing a cricket ball
- High jump
- Long jump
- Sargent jump
- Shuttle run 6 x 10 metres
- 50m skip with a rope
- 1,000 metre run

Total score for best four scours: