

Athlete

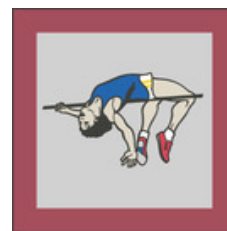
Level 1



1. The requirement of this badge is to show improvement in athletic endeavour. To do this the Cub Scout needs to be recorded doing their best at any five of the following and over a three month period show significant improvement at:
 - a. a run of 50 metres.
 - b. a run of 200 metres.
 - c. throwing and catching a hard ball.
 - d. being able to hit a thrown ball with a racquet or bat consistently.
 - e. a standing long jump.
 - f. a running start long jump.
2. Explain why athletes do a range of exercises before and after an activity.
3. Name five Australian track and field athletes and explain about the sport of one of them.

Athlete

Level 2



The advanced level of this badge should be attempted at least six months after gaining the basic badge:

1. The requirement of this badge is to show improvement in athletic endeavour. To do this the Cub Scout needs to be recorded doing their best at any five of the following and over a three month period show significant improvement at:
 - a. a run of 100 metres.
 - b. a run of 400 metres.
 - c. throwing and catching a hard ball over an increasing distance.
 - d. being able to hit a thrown ball with a racquet or bat consistently.
 - e. a standing long jump.
 - f. a running start long jump.
 - g. a triple jump.
 - h. a track or field event of their choice.
2. Demonstrate a series of stretching and warm up techniques that should be undertaken before and after sport.
3. Pick a track and field event and explain the rules of that sport and if possible demonstrate its techniques.
4. Research the history of the Olympic Games and explain their purpose in modern society.