

Health and Fitness



Badge Activities

If you enjoy being active, here are some more challenging activities you can try out. These activities can be done by yourself, or with your six, pack, family or friends.

Athlete Badge

CHECK OFF WHEN COMPLETED AND WRITE THE DATE.

- _____ () 1. Show the proper way to sit, stand, walk, and run.
Learn how to take your pulse rate before and after exercise.
- _____ () 2. Explain to an adult and your six the importance of diet, sleep, and exercise to the development of your body.
- _____ () 3. Take part in an ongoing personal fitness program.
Explain the importance of warm up and cool down exercises.
- _____ () 4. Demonstrate your best in any seven (7) of the following:
 - _____ a) a 50 metre run
 - _____ b) a 200 metre run
 - _____ c) a running high jump
 - _____ d) a running long jump
 - _____ e) a standing long jump
 - _____ f) sit-ups
 - _____ g) push-ups
 - _____ h) a rope or pole climb
 - _____ i) a baseball or frisbee throw
 - _____ j) a long distance run
 - _____ k) rope

I completed my Athlete Badge requirements on: _____

Name : _____