



Physical Recreation activity badge



To earn this badge you need to:

- Take a regular part in an active sport or physical pursuit for which an activity badge has not been gained.

This can be a team game such as rugby, football, cricket or water polo; or an individual sport such as tennis, squash, running or gymnastics; or a pursuit such as walking, yoga, ice skating

You can gain more than one Physical Recreation badge for different sports or pursuits.

Sports that you play after school or at weekends can count towards this badge, but normal PE or games lessons do not. You cannot earn the Physical Recreation badge for: athletics, climbing, cycling, horse riding, hiking, lifesaving, martial arts, target sports, orienteering, parascending, snow sports, street sports, swimming, water sports – there are other specific activity badges for these.

- Show a reasonable level of skill in your sport or pursuit.
- Explain the rules or guidelines that govern the sport or pursuit you chose.
- Show how you would prepare before taking part in your sport or pursuit.
- Explain how to care for the equipment you use.

If you attend a club or class, ask your coach/instructor/trainer to fill out the short checklist below to certify that you have met the requirements for the badge. We will ask you to tell the other Scouts a little bit about the activity when you get the badge.

If you take part in an individual activity where you don't have a coach you can still get this badge, there's some guidance to help you show how you've met the badge requirements over the page.

To the trainer, coach or teacher - please can you fill in the following short checklist for your student and sign to say they have completed the requirements of this Scout badge. With thanks, 1st Hensingham Scouts.

Name of Scout: _____

has participated regularly in _____ (name of sport)

Dates & frequency of participation: _____

(usually approx. once per week for at least a term / 12 weeks)

He/she is able to demonstrate a reasonable level of skill and has shown improvement YES / NO

He/she has a knowledge of the necessary rules/guidelines YES / NO

He/she takes part in appropriate preparations /warm up routines/ wears any necessary clothing YES / NO

He/she knows how to care for equipment required (if any) and uses it as appropriate YES / NO

Please feel free to add information below about any awards or achievements gained (not obligatory)

Signature of supervisor _____

Date _____

