

Scout Activity Badge: Physical Recreation



Name: _____

Patrol: _____

2. Be able to demonstrate a reasonable level of skill in their sport or pursuit and give evidence of improvement.

What have you achieved in your chosen sport / physical pursuit?

How have you improved your skills recently?

3. Explain the rules or guidelines that govern the sport or pursuit chosen.

4. Demonstrate the preparations they make before taking part in the sport or pursuit. These may include any special equipment or clothes required and /or warm-up and warm-down routines.
