

P.E. Badge

The aim of this badge is to promote an awareness of physical well being

Junior Candidates

- 1 Hop from one foot to another
- 2 Walk in a circle
- 3 Jump across a line
- 4 Balance on two feet for the count of five, with a bean bag on your head
- 5 Join in a simple team game

Candidates

- 1 Move around the room showing you can hop, skip and jump
- 2 Balance on two feet for the count of five, with a bean bag on your head. Walk 5 steps
- 3 March in time to music
- 4 Join in a simple team game
- 5 Throw and catch a ball or bean bag

Junior Members 7-9 years Complete 1 and 5 others 9-11 years Complete all

- 1 Know why it is important to warm up and cool down prior to and after exercise
- 2 Figure marching in time to music
- 3 Throw or catch a ball or bean bag working with a partner or in a group
- 4 Skip using a rope - music may be used
- 5 Posture - Walk and turn with bean bag or book on your head
(7-9 years - 8 steps each way)
(9-11 years - 12 steps each way)

- 6 Complete a simple assault course including moving over, under and around obstacles
- 7 Take part in a game using music
- 8 Within a group be able to perform a series of movements to music

Members

Complete questions 1 and 2 plus 7 others

- 1 Know why it is important to warm up and cool down prior to and after exercise
- 2 Know why a 'fit girl' is a healthy girl.
- 3 Show that you have taken part in a team game in school/youth club etc. (minimum 2 terms)
- 4 Figure marching in time to music
- 5 Throw or catch a ball or bean bag working with a partner or in a group
- 6 Skip forwards and backwards to music using a rope - to last at least eight bars
- 7 Complete a simple assault course including moving over, under and around obstacles
- 8 Within a group be able to perform a series of movements to music - lasting at least 16 bars
- 9 Take part in a relay game.
- 10 Take part in a circuit spending a minimum of 30 seconds at each of 8 activities. See resource pack for details of activities.

Senior Members

Complete questions 1 & 2 and 8 others

- 1 Know why it is important to warm up and cool down prior to and after exercise
- 2 Know why a 'fit girl' is a healthy girl.
- 3 Show that you have taken part in a team game in school/youth club etc. (minimum 2 terms)
- 4 Figure marching in time to music
- 5 Throw or catch a ball or bean bag working with a partner or in a group

- 6 Do a skip routine to music of your choice using a rope incorporating forward and backward movements
- 7 Complete a simple assault course including moving over, under and around obstacles
- 8 Within a group be able to perform a series of movements to music - lasting at least 16 bars
- 9 Take part in a relay game
- 10 Take part in a circuit spending a minimum of 30 seconds at each of 8 activities. See resource pack for details of activities.
- 11 Demonstrate a number of exercises using a piece of exercise equipment e.g. fit ball