



Sportsman

Cub badge

1. Explain simply the rules of two sports such as Rugby, Soccer, Cricket, Hockey, Softball, Horse Riding, Judo, Archery, Netball, Volleyball etc.
2. Take a regular active part and demonstrate reasonable proficiency in at least one sport. You may use a school sports team to pass this badge.
3. Demonstrate that you know how to look after your sports equipment and clothing. e.g. blow up a football, netball or basketball, take care of your footwear, your cricket bat and cricket pads.).
4. Show that you are a good sports-person by demonstrating a good spirit, keeping your temper and always doing your best when playing.
5. Explain why it is important to take a shower or bath after games and to change into fresh clean clothes.
6. Explain why it is important to take good care of your feet and what can happen if you don't.

Youth name: _____

Parent/examiner: _____

