

# Physical Recreation Activity Badge



**Name:** .....

Have fun and take part in a physical activity and improve both your body and mind.

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

<b>Which active sport or physical pursuit do you take part in?</b>
<b>Show evidence that you regularly take part in this activity, which you haven't already gained an activity badge for.</b>
<b>Show a reasonable level of skill in your sport or pursuit.</b>
<b>Explain the rules or guidelines that govern the sport or pursuit you chose.</b>
<b>Show how you would prepare before taking part in your sport or pursuit.</b>
<b>Explain how to care for the equipment you use.</b>