

## Scout Badge

# SPORTSMAN/SPORTSWOMAN



MY NAME \_\_\_\_\_

MY PATRON / MY PATRONESS \_\_\_\_\_

**GOAL:** Those who would like to earn this badge should show a strong will and a willingness to develop, never gives up, and play fair. This badge is for those who loves sports. They should pick a sport ("my sport") for which they want to achieve the badge.



### POINTS TO GAIN THE BADGE

(I choose my task after a discussion with my patron/patroness)

	GAIN IT (main conditions)	PROVE YOURSELF (additional conditions)
Younger Boy and Girl Scouts	○ ○ (2)	○ ○ ○ (3)
Older Boy and Girl Scouts	○ ○ ○ ○ (4)	○ ○ ○ ○ ○ ○ ○ (7)
Rovers and Rangers	○ ○ ○ ○ ○ ○ (6)	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ (11)

### I fulfilled:

In the category of younger Boy and Girl Scouts on:	Signature of the unit leader:
In the category of older Boy and Girl Scouts on:	Signature of the unit leader:
In the category of Rovers and Rangers on:	Signature of the unit leader:

**Note the number/letter of the chosen task into the circle above.**

**After passing the task, colour the circle according to how easy it was to carry it out.**

● Green – "This task was quite easy for me. I did not move forward by carrying it out."

● Orange – "This task was appropriately difficult for me. Carrying it out was a challenge."

● Red – "This task was very demanding for me. To carry it out was almost beyond my skills and knowledge."

If you have already passed (coloured) some task from previous age category, copy it into the line of your present age category.

DESCRIPTION OF THE TASK	SIGNATURES
<b>9 Wins and losses.</b> I will try to describe the emotions I felt during my wins and losses in sports. I will write down my thoughts and talk about them with my guide.	Me Patron/Patroness
<b>10 New sport.</b> I will try a new sport for the equivalent of four practice lessons. I will learn its rules and try out my abilities in this sport.	Me Patron/Patroness
<b>11 Contest participation.</b> I will participate in a sports race/competition/contest.	Me Patron/Patroness
<b>12 Inspiration.</b> I will watch 5 motivational videos related to "my sport" (important sports moment, concrete trick, lineup etc.). I will explain to others why they are important to me. I will choose three motor skills from these videos which I will then learn.	Me Patron/Patroness
<b>13 Why "my sport"?</b> I will write an essay, somehow formulate an experience etc. and present it to my patrol/troop. I will answer the question why they should try out "my sport".	Me Patron/Patroness
<b>14 Teaching others.</b> I will teach a friend a part of "my sport".	Me Patron/Patroness
<b>15 I am a Patron/Patroness of this badge.</b> (Only for R&R age category.)	Me Patron/Patroness
<b>16 My own activity.</b> (If you are missing an activity to fulfil this section, you can invent one after discussion with your patron/patroness.)	Me Patron/Patroness

## GAIN IT (main conditions)



DESCRIPTION OF THE TASK	WHAT KIND OF KNOWLEDGE/SKILL/ ABILITY TO USE DO I PROVE BY CARRYING OUT THE TASK?	SIGNATURES
<b>A Training journal.</b> I sport regularly and keep track of the time I spent doing sport activities and results I reach for the duration of one month. I dedicate the equivalent of three sport practices per week to doing sports.	<ul style="list-style-type: none"> <li>• I do sports on a regular basis and I can plan my schedule.</li> <li>• I can keep records of my activities.</li> <li>• I do sports often and I enjoy them, I keep records of sports which can be reproduced (e.g. in a journal, spreadsheet, on-line app).</li> </ul>	Me
		Patron/Patroness
<b>B Technique of “my sport”.</b> I will focus on one specific motor skill of “my sport” for the duration of three months and improve in it. I observe the effects it has on “my sport” and I will talk about the results with my guide.	<ul style="list-style-type: none"> <li>• I can observe my sport performances for a longer period of time.</li> <li>• I can evaluate my improvements.</li> </ul>	Me
		Patron/Patroness
<b>C Warm-up exercises.</b> I will lead the warm-up before a sport activity so that we are properly prepared for it. I will explain to others the point of each exercise and the effects of a warm-up before physical strain.	<ul style="list-style-type: none"> <li>• I can lead a warm-up exercise.</li> <li>• I know why we do each exercise.</li> <li>• I can prepare myself for a training.</li> </ul>	Me
		Patron/Patroness
<b>D My sport.</b> I'll prepare an event for my troop during which everyone will be able to try out an appropriate version of “my sport”. I'll introduce my troop to the rules of “my sport” and safety hazards related to it.	<ul style="list-style-type: none"> <li>• I can present “my sport” to my troop.</li> <li>• I can comprehensively explain the rules and safety hazards of “my sport”.</li> </ul>	Me
		Patron/Patroness
<b>E Compensatory exercises.</b> I'll introduce a basic compensatory sport or exercises suitable for “my sport”. I will explain why compensatory exercises are important for sports and how they compensate one-sided encumbrance.	<ul style="list-style-type: none"> <li>• I know which compensatory exercises are suitable for “my sport”.</li> <li>• I can explain why compensatory exercises are important.</li> </ul>	Me
		Patron/Patroness
<b>F Sports goal.</b> I will establish an objective in “my sport” which will be realistic, but also a challenge. I will plan out my way of achieving it. I will consult the objective with my guide. I will achieve my goal.	<ul style="list-style-type: none"> <li>• I can estimate my capabilities.</li> <li>• I can establish an objective and the path to it.</li> <li>• I can pursue a goal.</li> <li>• I can evaluate my efforts.</li> </ul>	Me
		Patron/Patroness

## PROVE YOURSELF (additional conditions)



DESCRIPTION OF THE TASK	SIGNATURES
<b>1 Personalities of “my sport”.</b> I will prepare an article, presentation, comic or quiz for my patrol/troop, through which I will introduce them to an important sportsperson of “my sport”.	Me
	Patron/Patroness
<b>2 Basic anatomy.</b> I will present on my body the muscles which are under most strain during “my sport” and I will explain why that is. I will explain how to look after one's body during “my sport”.	Me
	Patron/Patroness
<b>3 Mental hygiene.</b> I will present some ways of handling stress for amateur athletes (by creating a poster etc.)	Me
	Patron/Patroness
<b>4 Olympic Games and competitions.</b> I will introduce my patrol/troop to the idea and history of Olympic Games. I'll describe the system of competitions in “my sport” (classes, categories, leagues)	Me
	Patron/Patroness
<b>5 Doping.</b> I'll prepare a program for my troop/patrol in which I will explain the effects of doping on efficiency, health and morals. I will also explain mechanical doping and I will contemplate what counts as mechanical doping and what doesn't (advanced technique, better materials etc.)	Me
	Patron/Patroness
<b>6 Improvement in one motor skill.</b> I will pick one of the basic motor skills (strength, speed, dexterity, mobility, perseverance). I will find out how this skill works and how it is measured. I will improve in this one skill within the span of one month.	Me
	Patron/Patroness
<b>7 Nutrition.</b> I will find out what the food pyramid looks like. I will compile my own pyramid based on the foods I regularly eat and then compare it with the official one. I will explain the differences to my guide and propose some possible improvements.	Me
	Patron/Patroness
<b>8 Injuries and recovery.</b> I will introduce my patrol/troop to injuries and diseases typical for “my sport”. I will explain why they occur, how to treat them and how to avoid them. I will introduce the others to adequate recovery and compensation for “my sport”.	Me
	Patron/Patroness