



Division One - SWAG Badge Fitness Badge



Compete in 2 different team-based sporting activities (organized or social).

Sport	Date	Signature

Complete at least 30mins of physical activity 3 times in a week, for 4 weeks.

Week	Activity	Duration	Date	Signature
1				
2				
3				
4				

Complete the following activities.

Activity	Repetitions	Timeframe	Date	Signature
Pushups (knees)	20	1 minute		
Sit-ups	20	1 minute		
500m run		2 ½ minutes		

Demonstrate the following skills.

Skill		Number	Distance	Signature
Ball throwing and catching	Tennis ball	4 times	20m	
	Basketball	4 times	20m	
Skipping	Long rope			