



Badge Work
Division 2 – Fitness



Compete in 2 different endurance events (eg. Fun Run , Bike-a-thon):

Event	Date	Signature

Show fitness improvement:

Over 4 weeks – choose a new activity to do at least 3 times a week. Record your start activity and date. Set a goal with your SWAG leader to achieve. After 4 weeks record your achievement level.

(eg. Swim 10 laps of Olympic pool , goal = improve time by 20%)

	Activity/description	Date	Signature
Start			
Goal			
Achieved			

Complete these activities:

Correctly answer the 'Fitness' theory		
Complete the 'Fitness' activities		

Badge Achieved!

By (SWAG boy)	Date	Signature (SWAG leader)

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Theory

Answer the following questions:

Name a health benefit of each vitamin and 2 sources? (example shown)

Vitamin	Benefit	Sources
A		
B ₂	Energy - metabolism of fats	Dairy products - Eggs
C		
D		
E		

Identify 3 signs of dehydration

What do electrolytes do in sports drinks?

Smoking and other drugs can be dangerous for your health.

List 3 health problems caused by smoking:

- 1: _____
- 2: _____
- 3: _____

Activities

Do the following activities:

1st 'Beep Test' - Do a 'Beep Test' – stage _____

2nd 'Beep Test' – Achieve 1 stage higher – stage _____

2km run within 15 min

50 push-ups

50 sit-ups