







# Sports

-  Explain simply, the rules of two sports such as: Rugby, Netball, Soccer, Cricket, Hockey, Archery, Volleyball, Baseball, etc.
-  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.
-  Demonstrate you know how to look after your sports equipment and clothing. Examples would be: blow up a ball, cleaning your shoes or boots, cleaning your bat and pads, etc.
-  Show that you are a good sports-person by demonstrating a good spirit, keeping your temper and always doing your best when playing.
-  Explain why it's important to take a shower or bath after the game and change into fresh clean clothes.
-  Explain why it's important to take good care of your feet and what can happen if you don't.

**Colour in each ball when you have completed each task!**



Tasks completed \_\_\_\_\_

Signed \_\_\_\_\_