



CUBS INTEREST BADGE: ATHLETE BADGE



Do any SIX of the following:

	Date Completed
1. Run 50 m in 9.5 seconds.	
2. Long jump (standing) 1.5m.	
3. Throw a cricket ball 27m or more.	
4. High jump 0.85 m.	
5. Long jump (running) 2.5m.	
6. Run 200m in 40 seconds or less.	
7. Lie on your back. Hold your feet under something heavy and do 40 sit-ups.	
8. Do 3 pull-ups on a bar and 10 push-ups from the ground or floor.	

Parent/Guardian Signature: _____

Akela/Cub Leader: _____

1st Randburg