

County Programme Team

Athletics Activity Booklet



cubs



Dear All,

The County Programme team are pleased to announce our Athletics-themed resources as part of the Active and Healthy Campaign. We have produced this booklet offering a range of activities and challenges to support Young People in their efforts to achieve the Athletics Badges for their section. These are designed to be completed in your garden, local park or whatever outdoor space you are able to use for exercise.

We encourage you to send any photos or videos during this activity to your leaders, and to us, on Social Media by the following:

- Oxfordshire Scouts Facebook Page
- Oxfordshire Scouts Adult Forum Facebook Group
- @oxonscouting on Twitter and @oxonscouts Instagram

Then we can share in all your fun.

Yours in Scouting

The County Programme Team

Athletics at Home:

The Athletics badge challenges:

cubs

Take part in a proper warm up routine, using all the main muscle groups.



When exercising it is important to make sure your body has warmed up and stretched out so that you do not injure yourself when completing the challenges ahead. You will also notice as you exercise your breathing and heart rate will change. Let us find out why, and then try it for ourselves during our warmup.

<https://youtu.be/3p6Rlv9ZRY4> - Breathing

<https://youtu.be/3p6Rlv9ZRY4> - Heart rate

Count how many times you take a breath in 1 minute before completing your warmup then count how many times you take a breath after your warmup. This will show us if we have started to need more oxygen in our bodies as we start to exercise.

You need to start a timer and then place your hand on your chest, each time you breath in you will feel your chest move.

<https://www.youtube.com/watch?v=d3LPrhl0v-w> – Joe Wickes warm up

https://www.youtube.com/watch?v=vqZ9f_OskUc&t=29s – Fitness Blender for kids

<https://www.youtube.com/watch?v=dRQf3yFXO1Y> – Healthworks



Take part in one of these throwing activities:

Throw and Clap

How many times can you clap between throwing a ball into the air and catching it again?



Can you throw a ball spin around and catch it again?

Aiming Challenge

Find 5 containers (buckets, bins, pans etc). Line them up with some spaces in between. Give them a score.



1



1



2



5



10



Use a ball or sock ball and try to throw it in a container. Have 5 tries. How many points do you score altogether?

Blindfold Challenge

Using your Necker as a blindfold how close can you get to a target 3m away?

Now try different types of throw to see which is best, such as over arm, under arm, over head or chest push.



Bowling

Use some empty water bottles or plastic cups. Find a ball that is big enough, roll it and attempt to knock over as many as possible. Try and beat your score, best of 5.



Take part in two of these running activities and try your best:

Nearly an Egg and Spoon Race

Balance an object on a spoon, it could be an apple, potato, or ball, whatever you are able to find.



How many laps of your garden can you do in 1 minute?

Hurdles

Find something to jump over - it could be tea towels, sticks etc. Lay them out in on the ground around your garden. How many laps of the course can you complete in 2 minutes?



Backwards Race

How fast can you run 50m backwards?

Now try completing the challenge on your hands and knees or sideways



Packed Lunch Challenge

How fast can you make your lunch?

Put 2 plates 10m apart have all the stuff to a packed lunch (6 items) on one plate, now see how fast you can make your lunch on the other plate bringing over one item at a time



Take part in one of these activities:

Dress up Challenge

Place these items somewhere apart all over your space : A hat, a bag, a scarf, a coat.

Sit your grown up at the start line. Run and grab one item, take it back to your grown up and put it on them. Continue until they are wearing all the items. Take a photo of them!



Obstacle course

You have 4 minutes to make your own obstacle course, it must contain an over, an under, a jump and a balance.

How fast can you complete the course, what went wrong as you tried to get faster?



Do one of these jumps and go as far or as high as you can:

Ministry of silly jumps

How many different ways can you think of to jump?

Video yourself jumping in the silliest way possible and send it to your leader



How far can you Jump

Start with your feet together



Jump forward keeping your feet together, how far did you jump?

Star Jump Challenge

How many star jumps can you do in 1 minute?



Take part in a proper cool down routine, using all the main muscle groups.



When exercising it is important to make sure your body has cooled down properly after exercise so that you do not suffer from cramps or have aches afterwards. Follow the link to a cool down video and finish off your exercise routine.

https://www.youtube.com/watch?v=vqZ9f_OskUc&t=29s – Joe Wickes

<https://www.youtube.com/watch?v=M-d11QiWdm8> – Healthworks

The Athletics plus badge challenges:

cubs



Take part in all six of the activities in the table below.

Take your best scores for each activity and add it to the table below, if the points you score add up to eight or more, you get your badge.

Event:	3 points for:	2 points for:	1 point for:
50m sprint	9 seconds	10 seconds	11 seconds
Throwing a ball	25 metres	22 metres	18 metres
Long jump	3 metres	2.5 metres	2 metres
Sargent jump	35cm	30cm	25cm
Shuttle run 6 x 10 metres	18 seconds	19 seconds	20 seconds
50m skip with a rope	12 seconds	13 seconds	14 seconds

Event:	Time recorded:	Distance recorded:	Points:
50m sprint (time)			
Throwing a ball (distance)			
Long jump (distance)			
Sargent jump (distance)			
Shuttle run 6 x 10 metres (time)			
50m skip with a rope (time)			

Athletics at Home

What else can I do for athletics in Scouting? Below is a list of some other activities, on our theme of athletics, with the linked badges:

Skill	Description	Achieved
Athletics 	<p>Make a poster to explain the best clothes to wear for athletics and how to be safe.</p>	
Recreation 	<p>Dress up in the kit you use for your sport and send a picture to your leader</p>	
Sports Enthusiast 	<p>Research your favourite sport and answer these questions:</p> <ol style="list-style-type: none"> 1. What are the rules of the sport? 2. Who is your favourite player and why? 3. Explain the equipment needed 4. What are the main events or matches in the sport? 	
Sports Enthusiast 	<p>Write a short story about a sporting event you have attended or would like to attend</p>	

Please keep scouting and send in pictures of all you achieve to your group and social media so we can all share in each other's accomplishments.

Yours in Scouting

The County Programme Team