

# Guide Badges 10-14 years

## **AGILITY**

1. Bring to the assessment a note to show that you have completed one of the following:
  - a. Climb 3 metres up a rope.
  - b. Jog for 2 kilometres.
  - c. Walk 5 metres over a rope bridge.
2. Complete the following:
  - a. Demonstrate good walking and running
  - b. Turning rope backwards, skip continuously for 1 minute.
3. Throw a lifeline within easy reach of a person 7 metres away.
4. Complete the following ball activities:
  - a. Throw a cricket/hockey/baseball or similar ball overarm a distance of 20 metres to land between two sidelines 3 metres apart.
  - b. Catch a cricket/hockey/baseball or similar ball from quick short throws and from high throws.
  - c. With a tennis ball, from a distance of 6 metres, hit a target 30 cms square
5. Showing control and good posture perform a balancing feat on the floor or balance apparatus.
6. Do a handstand against a support.
7. Leapfrog in good style.