

# INDIVIDUAL SPORTS

All Levels



## Purpose

To help you discover that becoming a good athlete requires skill and perseverance. You will learn the value of training on a regular basis and you will discover what a wonderful body God has given you.

## Exploring

Make an attractive title page as a separate insert of the sport you like to do or are involved in and do the following work in your book.

1. List **all** the equipment you need.

.....

.....

.....

2. Make a **scrap-book** of your sport, explaining rules, scoring, equipment etc. Use pictures or diagrams to make your presentation more attractive.
3. Explain what being a **good sportsman** means.
4. List all the basic skills you think are needed to be good in your particular sport.

## Doing

1. Set up a five-day **training schedule** in your book (about 15 minutes per day) to improve skills you listed in your book. Follow the schedule for two weeks and write down the skills you worked on each day.

Day	skills	week 1	week 2
-----	--------	--------	--------

.....

.....

.....

.....

.....

2. Record that you have participated in your sports at least four times during the current Cadet season.

Date	Location
------	----------

.....

.....

.....

.....

Ask your Counsellor to sign below and arrange for the presentation of your badge.

..... date .....