

FACT SHEET #07

Physical Badge

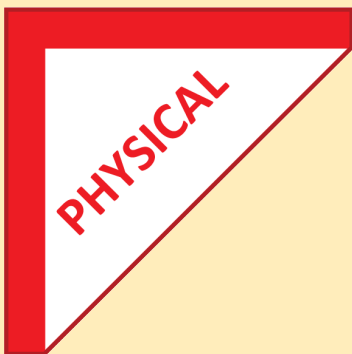
The Physical Badge is achieved by working towards a set goal in a physical activity.



THE PHYSICAL BADGE

The Physical Badge is worn on the right sleeve in the bottom right quadrant of the Baden-Powell Scout Award progress badge diamond.

The Crew awards the Physical Badge after completion of the badge requirements.



THE REQUIREMENT OF THE BADGE

The Rover Scout starts with a measured standard and must demonstrate a significant improvement in order to attain the Award.

The duration of this activity, including planning must be for at least **6 months**. Appropriate training for the planned activity is to be obtained.

Complete **one** of the following:

Option 1:

The undertaking of a physical/sporting activity.

Option 2:

Embark on a physical journey of at least three nights, over four days or two journeys each extending over 48 hours (each with two nights out)

WHAT COULD YOU DO?

Some examples for both options are below.

Option 1

- Train in self-defense
- Learn to how to swim
- Train to run a marathon, iron man, adventure race or triathlon
- Join a sporting team such as calisthenics, cheerleading, wheelchair basket ball, lawn bowls, soccer or netball
- Learn yoga
- Learn how to scuba dive, water ski, sail or surf
- Go to the gym (to meet a set training goal)
- Learn to rock climb, cave or abseil
- Coach a team sport

Option 2

- Hiking the Kokoda, Milford, Larapinta, Bibbulmun, Great Ocean, or Cradle Mountain tracks
- Canoe, raft, kayak, sail down a river or through the Whitsunday Islands
- Cycle one of the many Rail Trails in Victoria

WHAT COULDN'T YOU DO?

Some examples for both options, which shouldn't be considered, are:

Option 1

- Join a chess club

Option 2

- Travel across the State or Country by train
- 4WD expeditions

The *Rover Award Scheme Handbook* contains further details regarding the Physical Badge and how it applies to Rover Scouts.

For more information contact the Baden-Powell Scout Award Support Team in your Branch.

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