

**FITNESS - SCOUTCRAFT BADGE**

 Badge Introduced:  
**March 1994**

 Requirements Reviewed:  
**March 2011**

Small outline of this badge.

**Note:** The badge tests a scout's personal fitness level and challenges them to reach and maintain a standard of fitness. Exposes a scout to a healthy way of life.



Date Passed \_\_\_\_\_ Signed \_\_\_\_\_

**Requirements**

1. After a ten-minute warm up, complete the following endurance and stamina exercises in the given time for your age:

For girls allow addition 5 seconds.

Age	11 Boys	11 Girls	12 Boys	12 Girls	13 Boys	13 Girls
Merit	5 m 20 s	5 m 25 s	5 m 10 s	5 m 15 s	5 m 00 s	5 m 05 s
Standard	6 m 00 s	6 m 05 s	5 m 50 s	5 m 55 s	5 m 40 s	5 m 45 s

- a) 12 Front lying, trunk raises (hypers)

Over a bench or other support. Hand position as for curlups. Stop at horizontal position.

\_\_\_\_\_ a \_\_\_\_\_

- b) 20 Curlups (sit-ups)

Partner grasps ankles, legs must be bent to 90°, fingers locked behind neck, chin off chest, elbows must touch knees, head must return to the floor each time. Incorrect curlup does not count.

\_\_\_\_\_ b \_\_\_\_\_

- c) 22 Pushups

Chest must touch clenched fist of partner. Incorrect pushup does not count

\_\_\_\_\_ c \_\_\_\_\_

- d) 20 Biceps curls

Standing in half squat position lifting 10% of body mass (sandbags).

\_\_\_\_\_ d \_\_\_\_\_

- e) 20 Vertical jumps

To reach a point 25 cm above arm's length.

\_\_\_\_\_ e \_\_\_\_\_

- f) 20 Lateral arm raises

Standing in half squat position lifting 10% of body mass (sandbags). Lift elbows laterally to 90°.

\_\_\_\_\_ f \_\_\_\_\_

- g) 5 square shuttle runs

Mark out a square of 5 metres along each side. Each completed circuit counts as one.

\_\_\_\_\_ g \_\_\_\_\_

- h) 5 Shuttle runs of 25 metres

Place two beacons 25 m apart. Each turn around a beacon counts as one.

\_\_\_\_\_ h \_\_\_\_\_

2. Discuss the importance of individual sports (tennis, squash, golf etc) in keeping yourself physically fit in later life. Play at least one individual sport.

\_\_\_\_\_ 1 \_\_\_\_\_

3. Participate in an outdoor cross-country race of at least 3 km in length.

\_\_\_\_\_ 3 \_\_\_\_\_

4. Achieve the given standard for your age group in the following activities:

\_\_\_\_\_ 4 \_\_\_\_\_

- a. HIGH JUMP (best of three jumps) Measurements in metres

Age	11Boys	11Girls	12Boys	12Girls	13Boys	13Girls
Merit	1,09 m	1,03 m	1,18 m	1,09 m	1,22 m	1,15 m
Standard	0,83 m	0,77 m	0,82 m	0,80 m	0,87 m	0,83 m

- b. STANDARD LONG JUMP (best of three jumps) Measurements in metres

Age	11 Boys	11 Girls	12 Boys	12 Girls	13 Boys	13 Girls
Merit	3,70 m	3,03 m	3,96 m	3,25 m	4,27 m	3,50 m
Standard	3,17 m	2,60 m	3,40 m	2,79 m	3,66 m	3,00 m

- c. 50 METRE SPRINT (time in seconds to nearest tenth of a second)

Age	11 Boys	11 Girls	12 Boys	12 Girls	13 Boys	13 Girls
Merit	8,69 s	9,21 s	8,56 s	9,10 s	8,22 s	8,75 s
Standard	9,44 s	10,0 s	9,17 s	9,75 s	8,93 s	9,51 s

- d. 800 METRE RUN (time in minutes and seconds)

Age	11 Boys	11 Girls	12 Boys	12 Girls	13 Boys	13 Girls
Merit	2m47s	2m57s	2m42s	2m53s	2m31s	2m48s
Standard	2m53s	3m11s	2m48s	3m06s	2m44s	3m02s