

SCOUT SESSION PLAN 2

Badge: Athletics Badge

Duration: 3-6 Hours

Spiritual Link: Importance of staying fit and healthy/
Sunnah of keeping fit and taking care of one's
physical health.

Warm up: the warm-up will satisfy the first element of the badge, by running through an appropriate warm-up and warm-down routine using all the main muscle groups. Explain why both routines are important (avoiding injury etc). To ensure all are involved, Scouts can make a circle and each scout can lead a stretch/warm-up movement starting with the head and moving down as each person demonstrates, to ensure the full body is warmed up.

When starting the session, introduce the safety rules in athletics, generally, then move to specific elements (e.g.) When throwing a Javelin (ensuring your landing zone is clear, ensuring there is a safe distance between each person, spatial awareness etc).

You can ensure the knowledge is received through a simple Q&A session, by proposing a scenario to the Scouts, and asking them if this is a safe situation to proceed, if not, why not? And how to make the situation safer.

Following this, explain personal safety measures, including appropriate clothing and footwear, tying back hair, removing jewellery etc.

For the final badge element, you'll need a large indoor or outdoor space with the correct equipment. You may find that you'd like to carry this out as a sports day, where parents can attend, or an internal 'Scouts Section Sports day'.

You'll need to take part in six athletic events.

Choose at least one from each of the three sections, improving your distance or time over a number of attempts. Field events. Track events and Team events

SESSION PLAN

For field events, the range of activities you can select is:

Discus
Shot put
Throwing a cricket ball
Javelin
High jump
Long Jump
Standing Jump
Sargent Jump

For Track events, choose from:

100m
200m
400m
800m
1500m
100m hurdles

For team events:

4 x100m relay
Team assault course
Assisted blindfold race