



Physical Recreation

Description

Are you into sports and games? Here's your chance to get more involved and take part in a sport or physical activity that interests you.

Requirements

Take part for at least 3 months in your chosen sport.

You need to show:

- Good sporting attitude in all games and sports that you take part in.
- That you know the rules and laws of the sport;
- You can dress appropriately and can use equipment and look after it.
- That you practice, train and prepare properly for your sport.

If you attend a regular group or lesson for this sport your instructor can validate this badge. If not create a poster showing these points.

Instructors Name

Instructors Position

Signature

Date