



District Cub Sports Day Worksheet

Full name: _____ Pack: _____

To earn the Athletics badge you need to take part in all the sports day events and complete this sheet. Give it to your leader to hand in. **If you don't complete it, you won't earn the badge.**

Which events will you take part in on sports day?

You will try out all of these events – see if you can find them all in the word search

Assault Course	T Q B S X P V Y P L N Q D Q M D R
Bean Bag Balance	H G L K K K L F J B O Q M N M S M
Bean Bag Throw	R T I Y Y I T Y R Y P N D D F A C
Blindfold Race	E H N G L H P T D M M M G X J R Z
Egg and Spoon	E R D S X R B P U F T K W R F G K
High Jump	L O F V H M S J I H X O T B U E H
Long Jump	E W O T C U G A L N R S P R I N T
Long Run	G I L T W N T L C H G M X W R T V
Running	G N D Q O V F T T K U D M K V J K
Sack Race	E G R L V F G G L J R F K T T U M
Sargent Jump	D T A R M N A F H E P A F T N M B
Shuttle Run	R B C Q I B N G T N R L C F M P T
Skiing	A T E N N W I L N T K U K E M L B
Sprint	C Y N A W H R R P X C X N Q C R L
Three Legged Race	E U E V Q E G G A N D S P O O N R
	R B E A N B A G B A L A N C E Q Z
	B C A S S A U L T C O U R S E T N

Do you know how to stay safe while taking part in athletic events?

Fill in the blanks to show that you know how to stay safe when taking part in the different events:

1. Warm **u** ___ and cool **d** ___ by stretching properly to prevent injuries
2. Make sure you drink plenty of **w** ___ and stay hydrated
3. Always listen carefully to the instructions from the **a** ___ running the event
4. Make sure that you know the **r** ___ of the event
5. Always look out for other **p** ___ before running, jumping or throwing
6. Stop if you get **i** ___ and ask an adult for help
7. Always try your **b** ___ and never cheat!

