

Physical Training Badge

Introduction: The badge aims at training Brigaders' physical fitness , facilitating their development in different aspects.

Course Outline

Brigaders are required to undergo the following physical training items, achieving specified levels:

1. Long-distance running

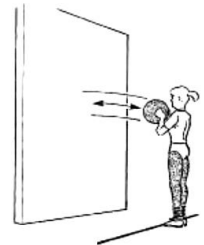
Brigaders should run along the boundary of a 12 metres × 8 metres site outside the marks at the four corners of the site for 20 laps. Marks are counted according to the time.

2. Shuttle-run

Brigaders should stand on one of the two parallel lines which are 9 metres apart. Brigaders have to sprint to the other line, stepping on the line. Then they should run back to the starting point immediately. Running back and forth is counted as two times. Marks are counted according to the time needed for running 10 times.

3. Fast-ball Pass

A Brigader has to draw a horizontal line which is 2 meters far from the wall. A Brigader has to stand behind the horizontal line. His foot should be parallel to another foot. Hold a ball in his hand (basketball or No.5 football) in front of his chest. Pass and grasp the ball towards the wall in 30 seconds without any pauses. The higher number of a Brigader finishing the action, the higher his marks are.



4. Sit-up

A Brigader lies on the mat with knees bent. He has to place his palms near his cheek or cross his arms on chest. Curl his legs like the angel 90 degrees. He should not place his hands on his ankles. Lift up the upper body until the elbows touch the thighs. Then lie down on the mat again to complete the movement. His legs may leave the ground but thigh and calf should form a right angle. The total number of a Brigader finishing the action correctly within one minute will be converted into his marks.



5. Bailey Bridge

A candidate is required to start in the front support position as if doing a push-up. Place two arms near a chair or wooden box which is about 45 cm tall. Place a beanbag or blackboard eraser or 5 x 5 cm wooden block on a chair or wooden box. A Brigader first use one hand to get a small item from the chair or wooden box and place it on the floor. Pick it up with another hand and place it back on the chair. These few steps are counted as one time. Keep repeating the above actions. The total number of a Brigader finishing the action correctly within 30 seconds will be converted into his marks.



6. Push-up

(A Brigader can choose to do the assessment by A. Hands and feet touching the ground or B. Hands and knees touching the ground)

(A. Hands and feet touching the ground)

A Brigader prostrates himself on the floor and puts his palms plainly under shoulders (Narrow arms: The distance between your hands should not exceed shoulder width.

His body has to keep straight and then two arms do the lying triceps extension. When two arms are straightening, only palms and tips of the toes can touch the ground;



Two arms curl and form an angle which is 90 degrees. Curling and straightening arms once is counted as one time. If the body of a Brigader touches the ground, it will not be counted as one time. The total number of a Brigader finishing the action correctly within one minute will be converted into his marks.

(B. Hands and knees touching the ground)

A Brigader prostrates himself on the floor and puts his palms plainly under the shoulders. (Narrow arms: The distance between your hands should not exceed shoulder width) His knees lay on the floor, calf bend upwards. Two arms do the lying

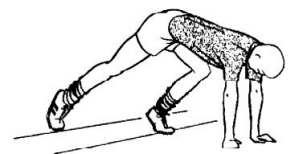
triceps extension. When two arms are straightening, only palms and tips of the toes can touch the ground, making knees, hips and shoulders to form a straight line. During the



whole process, a Brigader has to keep this straight line and cannot move backwards to the knee position; Two arms curl and form an angle which is 90 degrees. The total number of a Brigader finishing the action correctly within one minute will be converted into his marks.

7. Squat Thrust

A Brigader has to draw two horizontal lines which are 50 meters far from each other on the floor. Squat down with palms placed on the floor and keep the arms straight. Stretch the body to form a prone position as in a push-up with arms supporting the body. Use one tip of a foot to step on the front line, another leg is required to step on the back line. Keep switching the positions of both legs so that they are stepping on the two horizontal lines on the floor separately. A Brigader has to keep his hip at a higher position. The total number of a Brigader finishing the action correctly within 30 seconds will be converted into his marks.



Assessment Criteria

1. Marks needed for **Stage 1 Badge**: 24 marks

2. Marks needed for **Stage 2 Badge**: 30 marks

3. Marks needed for **Stage 3 Badge**: 36 marks

It can be calculated in two aspects

1. Attendance marks

➤ Brigaders should attend 12 sessions for training. Each session should last for half an hour. (If training time is one hour, it will be counted as two sessions.) 1 mark can be obtained from attending one session, the maximum score is 12 marks while the minimum is 10 marks.

➤ If the training time is one hour or above, a Brigader can get no more than 2 attendance marks.

- The training time cannot exceed 6 times if the training time is one hour or above. (The assessment is not included.)
2. Endurance Training: The seven training items must be completed and get at least one mark for each item according to the mark calculation in the below graph.

Items				Scores				
				Lowest 1	2	3	4	Highest 5
1	Long-distance run	Counted in minutes / seconds	Boys	4'30	4'05	3'40	3'30	3'10
			Girls	5'00	4'40	4'20	3'50	3'40
2	Shuttle-run	Counted in seconds	Boys	28	26	25	24	23
			Girls	32	28	27	26	25
3	Fast-ball pass	30 seconds / time	Boys	30	35	40	45	50
			Girls	20	26	32	36	38
4	Sit-up	1 minute / time	Boys	20	28	34	40	45
			Girls	10	20	28	32	36
5	Bailey Bridge	30 seconds / time	Boys	12	17	19	21	22
			Girls	12	16	18	20	22
6	Push-up	1 minute / time	Boys A	15	23	27	34	50
			Girls A	8	14	18	24	30
			Boys B	25	37	44	58	68
			Girls B	14	24	28	40	45
7	Squat Thrust	30 seconds / time	Boys	40	60	70	76	82
			Girls	35	50	65	72	80