

# Athlete



Complete the following:

1. Sound knowledge in one of the following sport activities:
  - (a) Track and field
  - (b) Ball games
  - (c) Ice skating
  - (d) Rope skipping
  - (e) Gymnastics
  - (f) Other sport activities of the same level
2. Participate in the above sport activity regularly for at least 3 months.
3. Demonstrate the basic skills of the above sport activity.
4. Introduce one of your favorite or remarkable athlete or sports teams and able to describe their own characteristics.



Completion of this Badge, with a continuous participation of not less than twelve weeks (inclusive of a minimum of two hours every two weeks), implying a total of not less than twelve hours, would be counted as an equivalent of the relevant item under the Physical Recreation Section of the Hong Kong Award for Young People Bronze Award.