

# Sportsman



Complete the following:

1. Be familiar with the rules governing team sport or individual sports, such as ball games, track and field, cycling, swimming, skating, etc.
2. Be an athlete with good sports spirits, skilled and keen in an individual sport and a team sport.
3. Discuss with the assessor the benefits of participating in sports activities and about the history of two sports.
4. Have knowledge of two international or local sportsmen. Discuss with the assessor their developments and show that research has been conducted concerning these two sportsmen.



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 in the completion of this Badge, would be counted as an equivalent of the relevant item under the Physical Recreation Section of the Bronze Award of the Hong Kong Award for Young People.