

Physical Activity Record Sheet

Our Skills Challenge Award Requirement 1

Try two new sports or physical activities at least once.

Your Name

Your Cub Pack:

What new sports have you tried? Write about them here.

Describe how you felt while taking part in the sport and how you felt afterwards.

Stick a photograph or draw a sketch of yourself taking part in the sport.

Stick a photograph or draw a sketch of a professional sportsperson who inspires you and explain why they are an inspiration.

Jaffa cubs

