

# Sports



**1. Play a team sport with the Beavers in your Colony. This could be a game of tennis, squash, football, basketball, rounders, cricket, netball, rugby or volleyball.**

**2. Understand the rules of that sport.**

**3. Take part in a sport or physical activity regularly for at least six weeks.**

**4. Take part in a match, competition, show or pass an exam or achieve a grading for that sport.**

**5. Show your Lodge, Colony or Leader the skills you have learnt and the equipment you need for your sport.**

**Explain the rules of your sport.**

