













Practical Badge







Your challenge is to complete "10 Highlands logos" > and move your body and inspire others!

- Each task is worth a different amount of logos
- Bring to a senior leader to sign off your 2 points once completed which can go onto your sports badge or one on academic and one on sport
- Ensure that you include where you got any information you have researched or found
- This badge is about you being active, your friends and whanau and community - so get out there and move your body! Woop Woop!

Total of 10 logos	Tick when complete	Practical task
 COMPULSORY		<p>Set a sporting goal which is SMART</p> <p>Specific Measurable Achievable Realistic Time Frame</p> <p>Example: "I am going to train x 2 sessions per week to improve my speed for rugby. I am going to record my 50m in week 1 then train for one month and record my speed in week 4".</p> <p>This goal is something you are going to work on over the period of you going for this, You will need to day if you achieved this goal.</p>
 COMPULSORY		<p>Design a training programme to achieve my SMART goal</p> <ul style="list-style-type: none"> - Create a 4 week training programme - Evidence of your completing this programme - photos / videos in action / coach feedback on session / your feedback to show you were active - Use this template if you like  4 week training prog (just make sure you make a copy and reference J.Patrick 2024)
 		<p>Interview a sports role model - get this on video or create reel</p> <ul style="list-style-type: none"> - Connect with a sports role model who you look up to - This could be a club coach / a NZ athlete / International athlete - Complete a video / reel or powerpoint / brochure covering following questions <ol style="list-style-type: none"> 1) Why this athlete is a role model for you 2) Biggest challenge they have had

		<p>3) How they have had to be resilient</p> <p>4) Goals set</p> <p>5) Advice to year 7 &</p>
		<p>Train someone for 4 sessions</p> <ul style="list-style-type: none"> - You are required to coach a person or team - This could be a primary school team / a brother / sister / kaiako / parent - Take photos of your coaching session and your aim is to motivate them to be RAWE - Have them give you feedback on your coaching - Feel free to use this template to help you plan <p> Training someone</p> <p>(just make sure you make a copy and reference J.Patrick 2024)</p>
		<p>Kai for athlete</p> <ul style="list-style-type: none"> - Research a healthy meal to make for a athlete pre sporting event / or during - Make this kai - Write a review on the kai
		<p>Sports Quotes</p> <ul style="list-style-type: none"> - Create 5 sports quotes that you can display that motivate people who are into sport. Explain what these quotes mean to you.
		<p>Sign up yourself and three of your whanau and friends to do a community event</p> <ul style="list-style-type: none"> - Find a community sports event (5 km run etc) - Sign yourself and three others - Write a contract to show your dedication to the event and what you want to achieve - Take a photo at the finish line - Interview them post the event to see what they were most proud of
		<p>Lunchtime sport event</p> <ul style="list-style-type: none"> - Organise a event to be run at lunch time (for example, touch rugby) - Run this competition

		<p>Te Whare Tapa Wha Create your very own "visual" whare and put all of the activities you have done for this badge into the dimensions.</p>
		<p>Set up a obstacle course or something practical in your neighbourhood</p> <ul style="list-style-type: none"> - The idea of this is to get the community active when they walk past - Outside your house "you may want to draw some activities to encourage people to move their bodies - hopscotch or high knees etc" - Or create a workout that neighbours may want to do with you - Jump on line and do a live workout with a friend - Take a photo of your "encouraging people to move"
		<p>Healthy Habit</p> <p>Think of a habit that you want to create that will promote your hauora (wellbeing)</p> <p>Implement this habit for 21 days</p> <p>Ideas:</p> <ul style="list-style-type: none"> - Limit screen time by 50% - Drink 3L of water per day - Sleep 9hours at night - Be grateful each day - Journal your progress - Feel free to use this template to help you plan - Healthy Habit to improve Hauora - 21 days (just make sure you make a copy and reference J.Patrick 2024)
		<p>Inspire a staff member at Highlands to improve their hauora</p> <p>Get a long side a staff member at Highlands and have them "create a healthy habit to improve their wellbeing.</p>

		<p>7 days they are to do this habit for (no takeaways / active 30 min a day)</p> <p>You are going to inspire them and help them with this goal.</p> <p>To complete this do a mini interview on their 7 day habit and get them to reflect on how this improved their hauora</p>
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