

Virtual Badge Awards

Sport badge Award

To achieve this badge complete ten minutes of exercise a day for five days.

Choose from the following:

- Sit ups, star jumps, squats, one leg balance, jog on the spot, arm circles.
- Throw and catch a ball 10 times
- Complete a chair aerobic session
- Go for a walk outside
- Complete a Joe Wicks workout
- Ride a bike
- Walk your dog
- Go for a jog outside
- Dance
- Skip

Once you have successfully completed it, let your pastoral manager know via their email.