



Special Interest Badge

Physical

For a Physical Special Interest Badge you can pick any physical pursuit, activity or sport you are involved in or would like to begin. Possible areas for Physical SIBs: Gymnastics, Tennis, GAA, Cycling, Rock Climbing, Cricket, Martial Arts, Golf, Caving, Mountain Biking, and Archery.

Creating your Special Interest Badge

1. Pick your interest/topic.
2. Design your challenge in consultation with your PL/ APL and/or one of the Scouters. This may require getting the advice of a Mentor or a Coach in the area of interest.
3. Complete the challenge.
4. Review the challenge with your PL/APL and Scouter.

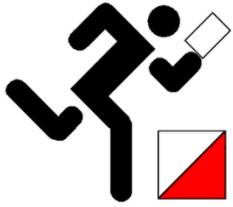
Your badge should help you:

- Learn new skills or develop existing ones.
- Increase your knowledge of the particular area.

It should also:

- Contain a practical element which will benefit others.
- Where possible, be completed within your patrol and troop programme.

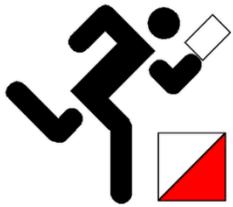




Special Interest Badge Orienteering Example 1

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|--|---|
| What is the area of interest? <i>Orienteering</i> | Planned finishing date: <i>Six weeks time</i> |
| What is your project/challenge? <i>To start orienteering</i> <i>To develop skills needed for orienteering</i> | |
| What parts will you do as an individual/by yourself? <i>Participate in two events organised by my local orienteering club</i> <i>Find out about the main parts of orienteering</i> | |
| What parts will you do in your Patrol/Troop Programme? <i>Practice compass skills and a navigation exercise</i> <i>Participate in a orienteering event organised by a local orienteering club</i> <i>Set up a simple orienteering course for the troop</i> | |
| How will you record progress? <i>Keep time records of orienteering events, see if I improve</i> <i>Get photos of me at each event</i> <i>Demonstrate my understanding of terms and parts of orienteering to an orienteering volunteer, and my compass skills to my APL</i> | |
| How does the Badge help you with your Crean Awards? <i>Terra Nova: Troop Activity – Help prepare for and participate in an activity</i> | |
| Do you need a Mentor? Do they understand the challenge? <i>Yes; she’s on the committee of my local club. Talked with her.</i> | |





Special Interest Badge Orienteering Example 2

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|--|---|
| What is the area of interest? <i>Orienteering</i> | Planned finishing date: <i>Three months</i> |
| What is your project/challenge? <i>To improve my orienteering skills and gain experience of competing in local events</i> | |
| What parts will you do as an individual/by yourself? <i>Participate in at least six competitive events organised by my local orienteering club (attend with my older sister) Exercise regularly</i> | |
| What parts will you do in your Patrol/Troop Programme? <i>Map reading and sketch mapping Patrol activity Run an orienteering skills course for my patrol Set up an orienteering course on troop camping weekend, with novice and advanced levels</i> | |
| How will you record progress? <i>Mark my times and ranking at orienteering events Keep a journal of my activities</i> | |
| How does the Badge help you with your Crean Awards? <i>Polar: Share one of your skills with another Scout</i> | |
| Do you need a Mentor? Do they understand the challenge? <i>Yes; my neighbour is an experienced orienteerer. He called up to Scouts and talked with one of the scouters</i> | |

