



THE *Scout* ASSOCIATION  
OF MALTA

**Xghajra Scout Group**

[xghajrascouts.org](http://xghajrascouts.org)

## 2.04. Athletes

- (a) Take part in a warm-up and cool down routine.  
(b) Explain the clothes for athletics and how to be safe.

1 Hardest	2 Moderate	3 Easiest
- 50m sprint in 15sec	- 50m sprint in 18sec	- 50m sprint in 20sec
- Long jump 1.5m	- Long jump 2m	- Long jump 2.5m
- x20 skipping rope in 15 sec	- x20 skipping rope in 18 sec	- x20 skipping rope in 20 sec
- 800m run in 5mins	- 800m run in 8mins	- 800m run in 10mins
- Shuttle run 10m x6 in 18sec	- Shuttle run 10m x6 in 20sec	- Shuttle run 10m x6 in 22sec
- Throwing 25m	- Throwing 22m	- Throwing 18m
- Hurdle jump 0.8m	Hurdle jump 0.7m	Hurdle jump 0.6m