



Exercising Athletes Badge Requirements.

1. For a period of one year take part in a team sport
2. I recognise and keep the rules of a game and always try to be fair with my teammates and opposition
3. I act with sportsmanship towards my other sportsmen and try to be useful in my team
4. Know the basic principles of fair play and always keep to them. Compete with strength and passion for my team, but never with fanaticism and I never use any unfair way in order to win
5. I recognise my physical abilities and those of my co-players and I respect their effort in the game
6. in the game I protect myself and other sportsmen from injury
7. At the end of every game I congratulate my opponents and thank them for the efforts they provided towards the exercise and entertainment they have provided