



**The Hong Kong Girl Guides Association  
Interest Badge Syllabus  
Brownie Section**

**Physical Fitness (Stage II)**

Must be a holder of Physical Fitness Badge (Stage I)

- I. Participate in the following events for at least 3 months.
  1. Record the number of times you exercise each week (15 to 30 minutes each time) and the sports you have participated in.
  2. Practise and record how many sit-ups you do within one minute.
  3. Sit on the floor, stretch your limbs and measure your flexibility on the scale.
  4. Participate in one of any ball games, for example netball, baseball, volleyball etc.
  5. Record the distance you are able to walk or run within 9 minutes.

II. Test

Finish the following exercises within the time limit:

Sit-up in one minute	Sit and reach test (cm)	Hand grip (L+R) (kg) (at least)	Run/walk in 9 minutes (m)
20 times	26	28.5	1200 (15 rounds)

**Remarks**

This badge is part of the INTERMEDIATE Collective Emblem.

**Assessment**

Qualified Physical Education Teacher or Physical Fitness Instructor.

An appointed Guider who is a Qualified Physical Education Teacher or Physical Fitness Instructor may take this badge assessment for their own Pack.