



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

**Physical Fitness (Stage I)**

Participate in the following events for at least three months.

1. Record the frequency of exercise each week (15 to 30 minutes each time) and the sports you have done.
2. Practice sit-up and record how many times you can do in one minute.
3. Sitting on the floor, stretch the upper limbs forward and measure the scale.
4. Participate in a sport which is played by hand.
5. Practice jogging until you attain the target of 1280 meters (16 Rounds) within nine minutes.

II. Test

Finish the following

Sit-up (one minute)	Sit & Reach (cm)	Bent-knee push-ups (one minute)	Nine-minutes Run (metre)
25	28	4	1280 (16 rounds)

**Remarks**

An appointed Guider who is a Qualified Physical Education Teacher or Physical Fitness Instructor of the Sponsoring Authority may take this badge assessment for her own Unit.