



**Practice with Purpose**



**Badge Overview**

Even the best athletes weren't born great at sports: They had to practice with purpose. Have fun with these activities as you learn to improve a skill - no matter what track, court, rink, pool, slope, or field you like to play on. Game on!

**Badge Components**

**1. Decide on your goal**

It's time to set a fitness goal! Earn this step by completing page 1 of the [worksheet](#) to write your goal. Your goal can be related to any sport, physical activity, or exercise! Be sure to test where you are at now, so you can set a big, yet reasonable, goal! Here are some ideas.

- Running 1 mile within in a certain amount of time
- Hitting a certain free throw percentage
- Completing a certain amount of sit-up or push-ups

**2. Increase your endurance**

As you build your endurance, you will be able to do physical activity for longer periods of time! Earn this step by choosing one of the exercises below that will help increase your endurance and see how far/for how long you can go now.

- Running/jogging
- Swimming
- Biking
- Stair climbing

**3. Build up your strength**

Not only do you need endurance, you also need muscular strength to reach your fitness goals. Earn this step by checking out this video to learn some easy strength training exercises you can do at home with little to no equipment.

- Come up with a routine of your own that includes at least 5 of the exercises from the video! When putting together your workout, try to do 3 sets of full reps for each exercise, taking a small break between each if needed. For example, in the squat hold you do 5 reps as you toss the ball back and forth 5 times. In your workout, do this 3 full times, meaning you will have done 15 tosses once you complete this exercise.

**4. Drill for skill**

Drills are repetitive exercises that help you develop and improve a specific skill, like dribbling drills for soccer.

- With your parent's permission, earn this step by heading online to find a drill that aligns with your fitness goal. Test out the drill to see how you do!

**5. Practice, practice, practice!**

You can't achieve any goal without practice and sticking to a routine! Earn this step by completing page 2 of the [worksheet](#) to create your weekly routine.

- Your routine must include endurance, strength, and drill workouts twice a week each, and time to test out your goal and track your progress.
- Rest is also a key part of an exercise routine as your body needs time to rest and recover. This means you may have to double-up on workouts some days to be sure you have a rest day or two!
- Try to stick to your routine for 1 month as you work to achieve your fitness goal!

**Materials**

- Something to write with
- Something to write on
- Access to Internet
- [My Fitness Goal](#)

**Florida Educational Standards**

The content of all Girl Scout national proficiency Badges and Journeys have been correlated by grade level to national and state learning objectives.

[Click here](#) for more information on how Girl Scout Badge-work supports Florida's educational standards.



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Include her name, troop# and the name of the badge she's working on and we'll feature her.

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