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## ★ **Physical Activity**

To encourage participation in physical activities and improvement in fitness and performance.

### **Hobby**

To encourage the development of personal interests and practical skills.

### **Volunteering**

To develop and encourage a sense of community spirit and responsibility to others.

### **Adventure**

Encourage a spirit of adventure and increase confidence in unfamiliar places.

## ★ **Levels and Requirements**

	Level 1	Level 2	Level 3	Level 4
<b>Physical Activity</b>	Minimum 3 hours	Minimum 6 hours	Minimum 10 hours	Minimum 15 hours
<b>Hobby</b>	Minimum 3 hours	Minimum 6 hours	Minimum 10 hours	Minimum 15 hours
<b>Volunteering</b>	Minimum 3 hours	Minimum 6 hours	Minimum 10 hours	Minimum 15 hours
<b>Adventure</b>	Minimum 3 hours	Minimum 6 hours	Minimum 8 hours	2 days/1 night or 2 day trips at least 6 hours each

## ★ **Examples (a starting point)**

### **Physical Activity**

AFL (football), Athletics, Ballet, Basketball, Canoeing, Cricket, Cycling, Dancing, Golf, Gymnastics, Hockey, Horse riding, Jogging, Karate, Netball, Rugby, Swimming, Tae-kwon do, Tennis, Volleyball, Yoga

### **Hobby**

Art/Craft, Astronomy, Chess, Coaching, Computing, Cooking, Dance choreography, Electronics, Fishing, Gardening, Jewellery making, Learning a language, Model construction, Photography, Woodwork

### **Volunteering**

AT SCHOOL, School Council, Tutoring, CHILDREN, Help at pre-school/Kindy, Environment, Litter collection, Fundraising, For a community group or charity, Elderly/Unwell, Reading for the elderly

### **Adventure**

WALKING, National parks, Waterfalls, Canoeing, Nearby rivers and lakes, Cycling, National parks, City/Local sites, Museums, Art galleries, Historical landmarks/sites, Zoo, Planetariums, Aquariums