

PHYSICAL RECREATION

- Become physically active
- Improve your endurance and fitness
- The balance between mind, body and soul

Proud to be

THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD



In Luxembourg

Time requirements

Bronze: 3 months

Silver: 6 months

Gold: 12 months

- For your Bronze Award, you can choose this section to be active for the additional time of 3 months.
- As a direct entrant you can choose this section to carry out your activity for a longer period of time (for Silver and Gold an additional time of 6 months).
- The minimum of time you have to spent on the Physical Recreation is one hour per week. Even if you do more than one hour weekly you have to continue your activity for the required period of time.

How should I proceed?

- Choose an activity you're interested in



- Discuss expectations and set goals with your Award Leader



- Let the activity coach sign your log book to provide evidence



- Once you have finished your section, make sure your activity coach signs your recordbook and fills in the dates



Examples

- Ball sports: handball, basketball, badminton ...
- Martial arts: Kickboxing, Karate, ...
- Water sports: swimming, kayaking, ...
- Horse riding
- Dancing, trampolining, skateboarding, ...
- Running, Gymnastics, ...



➔ Basically every activity during which you sweat and which challenges you belongs to the Physical Recreation section. Activities like Yoga and Pilates are not a Sport, but a Skill!



➔ If your Sport is seasonal you can use a different sport in the off-season or just carry on after the break (the break doesn't count).

