



To: Physical Education Instructors, School Sports Club Coaches and Private Sports Club Coaches

From: Fitness Director, Plast USA

\_\_\_\_\_ is a member of Plast – USA, a Ukrainian Scouting Organization. In this organization, each scout focuses on the development of their spirit, mind, and body. To progress through the second level of scouting, yunatstvo, scouts must earn a Physical Fitness Badge, known in our organization as “VFV”, for each of the three progressive divisions in yunatstvo.

The test for VFV consists of five different activities: push-ups, crunches, a 5 kilometer (3.1 mile) walk/jog, a 2 kilometer (1.24 mile) run, and 100 meter swim. The push-ups and crunches are timed and measured by how many can be completed within two minutes. The scout’s achievement in each activity is measured by a corresponding grid of points. The scout must earn at least 75 points for each activity, and a total of 500 points for all five activities.

If the scout does not complete all the requirements for VFV during their summer camp or within their hometown Plast branch, they are allowed to complete any unfinished activity under the supervision of their physical education instructors or sports coaches. This supplemental review should be for no more than two activities. Please fill out the accompanying form when reviewing the scout’s performance, and please provide a contact name and telephone number so that this review may be verified. The scout will take this form to his/her own Plast counselor for proper scoring before submitting the form for review.

Should you have any questions or concerns, please do not hesitate to contact us.

Thank you!

Fitness Director, Plast USA

# PLAST UKRAINIAN SCOUTING ORGANIZATION

## VFV Supplemental Achievement Form

Date: \_\_\_\_\_

Name of Scout: \_\_\_\_\_

I am the (please circle one) Physician Education Instructor, School Sports Coach, Private Sports Coach for the above-named scout.

Under my supervision, he/she completed the following activity:

Activity	Instructions	Results
<b>Push-ups</b>	Timed for 2 minutes. Knees remain off the ground. Resting allowed in up position only. Elbows to be at 90° angle in down position. Final push-up to count is in up position.	
<b>Crunches</b>	Timed for 2 minutes. Begin with back on ground. Knees remain at 90° angle, no further than 12" apart. Arms can be back with fingers lightly touching behind the ears or can be crossed on the chest. A helper can hold the legs above the ankles. The crunch does not go all the way to the knees but when the small of the back is at a 45° angle to the ground. Final crunch counted in the down position.	
<b>Run 2 km (1.24 miles)</b>	Flat terrain. Continuously remain on the terrain.	
<b>Walk 5 km (3.1 miles)</b>	Flat terrain. Can carry water along. Can be done as a light jog.	
<b>Swim 100m</b>	Freestyle. No flippers/fins. Can wear goggles. Continuous swim, no resting.	

Supervisor's Name and Title: \_\_\_\_\_

Supervisor's Signature: \_\_\_\_\_

Address where holds Title for  
Position circled above (please print): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Telephone at Address listed above: \_\_\_\_\_