

DOSB

 DEUTSCHES
SPORTABZEICHEN
www.deutsches-sportabzeichen.de



Nationale Förderer

 Sparkasse

 BKK
Länger besser leben.

 Erstliga family
Das ist unser Leben.

 Kinder
+ sport

DOSB & PSS

SPORT DISCIPLINES

for age 6 – 19 years

PRIVATE SCHOOL
SWAKOPMUND



Carpe Diem

Endurance

Running 800 m

Swimming 200 m (6-11 years), 400 m (11-17 years)

Cycling 5 km / 10 km (from 8 years)

Strength

80g Ball throw (6-11 years)

200g Ball throw (12-17 years)

Shot put Girls 12-18 years 3kg

Boys 12-13 years 3kg, 14-15 years 4kg,

16-17 years 5kg

Standing Long Jump

Speed

Run 30m (6-9 years), 50m (10-13 years),

100m (14-17 years)

Swimming 25m

Cycling 200m (from 8 years)

Co-ordination

High jump (from 10 years)

Long Jump

Schleuderball or Ring throw

Skipping

The points of the best result (only 1) from each category will be used to determine the overall end result.

DOSB = German Olympic Sports Council

1. The German Sports badge system has been used by the DOSB for over 100 years to evaluate and test sport accomplishments and achievements.
2. The aim of the DOSB is to expose many people to the grading, so as to achieve an overall improvement in individual sport and agility. It is an honored achievement to be awarded a German Sports Badge.
3. The assessment and grading is on general sport achievements and tested in four categories; strength, speed, endurance and co-ordination for girls and boys separately.
4. Each participating person from the age of 6 to 90 (6 – 19 for PSS students) depending on performance can achieve either a bronze, silver or gold badge.
5. Testing is ongoing throughout the academic year in normal school sports lessons and also during the earmarked sports events to cover all sport disciplines listed.
6. To take part in DOSB program outside of Germany, it is required that an official DOSB approved examiner is in attendance.
7. Swimming is a life essential and a **required skill** in order to obtain the DOSB badge.