

**Mississippi Department of Human Services
Division of Youth Services
Oakley Youth Development Center
XIII.20.D**

**Duke of Edinburgh's Award
List of Approved Physical Fitness Activities**

Listing of approved Physical Fitness Activities:

- Aerobics
- Athletics
- Badminton
- Baseball
- Basketball
- Bocce
- Croquet
- Frisbee
- Football
- Golf
- Hiking
- Orienteering
- Racquetball
- Running
- Skating
- Soccer
- Softball
- Swimming (only in Summer)
- Table Tennis
- Tennis
- Volleyball
- Water Polo (only in Summer)
- Water Aerobics (only in Summer)
- Yoga