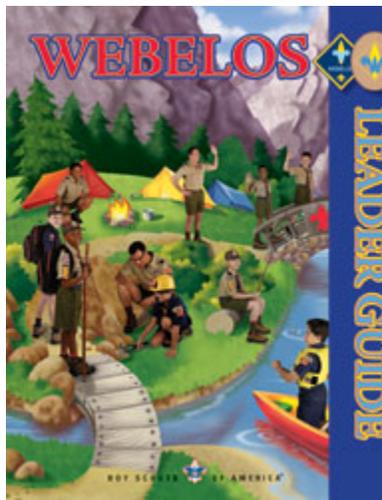


# Webelos Activity Badge

## Athlete



Prepared By:

Rich Smith

Cubmaster Pack 133

June, 2007

The information in this Activity Badge Outline has come from many sources, including the Internet, BALOO'S BUGLE, the Pow Wow books listed on MacScouter, and some items created especially for this activity by me, often following the requirements of the Webelos Scout book.

Where possible, I have tried to give credit to the source of the material. However, often the same material appears on numerous sites or in numerous sources. My name only appears on worksheets or activities that I developed. If no reference or credit appears on an item, it simply means that it is available from multiple sources or that the source is unknown. I am in no way attempting to take credit for the fine work performed by other Scouters. I have only tried to assemble the available information that I have collected over the years, and supplement it with my own work when the Webelos requirements changed or when a specific need was not met by the available resources. Other Scouters have gone before me in this endeavor, such as Barb Stephens and R. Gary Hendra, and to them I offer my thanks.

Please use this information in the spirit that it was intended – to make the job of the Webelos Leader easier by providing a format to follow with the necessary resources to fulfill the requirements of the Activity Badge, while providing the Scouts with fun and interesting activities!

Rich Smith  
Cubmaster  
Pack 133  
Coatesville, PA



## Athlete

### *Do these:*

1. With your parent, guardian, or Webelos Den Leader, complete the **Perseverance Character Connection**.
  - a. **Know:** Review the requirements and decide which ones might be more difficult for you to do. Make a plan to complete one of the harder requirements.
  - b. **Commit:** When doing the harder requirement, did you ever feel frustrated or angry? What did perseverance have to do with that? Name another type of task for which you will need to persevere.
  - c. **Practice:** Practice perseverance by following your plan to do that requirement for the Athlete activity badge.
2. Explain what it means to be physically and mentally healthy.
3. Explain what you as a Webelos Scout can do to stay physically and mentally healthy.
4. Every time you work on requirement 5 below, start with at least 5 minutes of stretching warm-up activities.
5. Do as many as you can of the following and record your results. Show improvement in all of the activities after 30 days.
  - a. Have another person hold your feet down while you do as many curl-ups as you can.
  - b. Do as many pull-ups from a bar as you can.
  - c. Do as many push-ups from the ground or floor as you can.
  - d. Do a standing long jump as far as you can.
  - e. Do a quarter-mile run or walk.

### *And do two of these:*

6. Do a vertical jump and improve your reach in 30 days.
7. Do a 50 yard dash as fast as you can, and show a decrease in time over a 30 day period.
8. Ride a bike 1 mile as fast as you can, and show a decrease in time over a 30 day period.
9. Swim a quarter mile in a pool or lake as fast as you can, and show a decrease in time over a 30 day period.
10. While you are a Webelos Scout, earn the Cub Scout Sports Pin for [physical fitness](#).

**NOTE:** Requirement 10 above does NOT appear in the list of requirements on page 125 of the Webelos Handbook, but is referenced on page 126.

If you've earned the Physical Fitness Sports pin earlier in Cub Scouting, you must earn another Physical Fitness Sports pin as a Webelos Scout for requirement 10.

# Athlete Signoff

Requirement							
<b>Do these requirements:</b>							
1. With your parent, guardian, or Webelos Den Leader, complete the <b>Perseverance Character Connection</b>							
2. Explain what it means to be physically and mentally healthy.							
3. Explain what you can do to stay physically and mentally healthy.							
4. Every time you work on requirement 5, start with at least 5 minutes of stretching warm-up activities.							
5. Show improvement in curl-ups, pull-ups, push-ups, the standing long jump and the ¼ mile walk or run over a 30 day period.							
<b>And do two of these requirements:</b>							
6. Improve your vertical jump reach over a 30 day period.							
7. Show a decrease in your 50 yard dash time over a 30 day period.							
8. Show a decrease in your 1 mile bike ride time over a 30 day period.							
9. Show a decrease in your quarter mile swim time over a 30 day period.							
10. Earn the Cub Scout Sports Pin for <b>Physical Fitness</b> .							

# Athlete Activity Badge

1. Premeeting Activities
  - a. Athlete Word Search *(Handout)*
  - b. Athlete Crossword *(Handout)*
  - c. Sports Terminology *(Handout)*
  - d. Being Healthy *(Handout)*
  - e. Brain Teasers *(Handout)*
  - f. Fitness Circle *(Handout)*
2. Introduction
  - a. Background Information
  - b. Ideas for Den Activities
3. Staying physically & mentally healthy p 126 *(Requirement 2)*
  - a. Discuss and answer questions *(Handout)*
4. How a Webelos Scout can stay healthy p 126 *(Requirement 3)*
  - a. Discuss and answer questions *(Handout)*
5. Stretching Warm-up Activities p 127 *(Requirement 4)*
  - a. Discuss and demonstrate *(Handout)*
  - b. Play the “Fitness Circle” *(Handout)*
6. Keep a record of improvement p 132 *(Requirement 5)*
  - a. Curl-Ups p 127 *(Handout)*
  - b. Pull-Ups p 128
  - c. Push-Ups p 128
  - d. Standing Long Jump p 129
  - e. Quarter Mile Walk or Run p 130
7. Keep a record of improvement p 127 *(Requirements 6-9)*
  - a. Vertical Jump p 129 *(Handout)*
  - b. 50 Yard Dash p 130
  - c. One Mile Bike Ride p 131
  - d. Quarter Mile Swim p 131
8. Earn the Physical Fitness Sports pin p 126 *(Requirement 10)*
  - a. Build an Obstacle Course *(Handout)*

*Rich Smith*  
*6/11/2007*

# How To Use These Resources

By Rich Smith

1. Review the requirements of the Athlete Activity Badge and become familiar with the requirements. They are straightforward. There are two main ideas of this badge – *knowing* about physical and mental health and *doing* physical exercises.
2. Decide how to breakup the requirements into Den Meetings. Since requirements 5 through 9 require the Webelos Scout to show improvement in activities over a 30 day period, completion of this badge will take at least one month. It is sometimes difficult to get the boys into the habit of doing the exercises at home, so plan on doing them at every Den Meeting while working on this Badge.
3. It is helpful to combine this badge with the Fitness Activity Badge, since both cover the subjects of being physically healthy and eating a balanced diet.
4. Start each Den Meeting with a Gathering Activity from the resource list. It will keep the boys occupied and lead into the Athlete activities. Do the exercises required for requirements 5-9 at the beginning of each Den Meeting. This will set the tone for the meeting and fulfill the “practice” part of the requirements.
5. Introduce the Activity Badge using the information from the Introduction to the Athlete Activity Badge resource, combined with your personal experience.
6. Break up the Den Meeting with a game from the Athlete Games resources or with another of the Gathering Activities. This will keep the boys on task.
7. Make the sessions as interesting as you can. The handouts that require answers (for instance, Physical Health) can be used in two ways – *Static and Active mode*. In the Static mode, ask questions, allow the boys a few minutes to write their answers, and then ask them for their answers. Go around the group and allow only one answer per Scout. Some boys will want to dominate the discussion and give all of their answers at once. By only allowing one answer per boy you insure that all boys will participate. The Active mode makes a game out of every activity. Line the boys up shoulder to shoulder. Ask each boy a question, one at a time. If he answers correctly, he advances one step (or one floor tile). The first boy to reach an arbitrary end line or who advances the farthest wins!
8. Introduce the Physical Fitness Sports Pin on one meeting night.
9. If possible, take a Den trip to a high school, college, or professional athletic event. Make sure that all of the parents are involved, and *plan ahead*.
10. Finish off the month by learning a song or a skit with an athletic theme for the Pack Meeting. Choose from the resources contained at the back of this packet or find one from your other resources that better suits your needs or interests.

# Introduction to the Athlete Activity Badge

Modified from Baloo's Bugle, National Capital Area Council

An athlete is one who keeps his body physically fit... strong, graceful, coordinated and agile...a desire of practically every boy. Tell your boys about the athlete and what it takes to become one. Impress them with the fact that the body is a priceless gift and only a few minutes of exercise each day are required to keep it physically fit. By adequate exercise, getting the proper food each day - adequate servings from the four food groups - and taking care himself, a boy can become an athlete.

The activities of the Athlete Activity Badge can help a boy measure up to the standards of strength, agility, endurance and coordination necessary for good active Boy Scouting and activities in later life.

Many Webelos Leaders use Athlete as the first badge a boy earns upon joining the Den. This starts off their year in Webelos with an early badge to inspire them onward. By laying out a permanent, accurately measured 50-yard dash and 600-yard run near your meeting place, you can easily test your new Webelos Scouts in less than half an hour. Use a stop watch when timing these sprint and distance runs.

Make up a permanent Fitness Progress Chart, or use the ones in this packet, and retest the boys at different times throughout the year and chart their progress. They will be interested in bettering their records.

For fun and to stimulate interest in improving their physical abilities, use some of the dual contests found in the *Webelos Book* and the *Program Helps*.

To be an athlete, a person must be physically fit. This means he can rise to each task with bounce and enthusiasm and enjoy life more than anyone who is physically unfit. If he is fit as a boy, he can be fit as a man.

Remember: When putting boys to any test, the important thing is that they do their best! While some do excel in physical feats, others do well in mental abilities. So don't compare and expect the same of all; let each set his Personal Best goal.

***"Give them encouragement and praise their skill,***

***And you'll find they will strive their best to fulfill".***

This badge is part of the Physical Skills group, and provides activities where a boy can really ***"Do His Best"***. The objectives of this badge are:

- To encourage pride in growing strong in mind and body.
- To foster a sense of personal achievement by developing new skills and interests.
- To convince boys that fitness is essential to good health.

# Some Suggested Den Activities

From Baloos' Bugle May 2006

Great Salt Lake Area Council

- Make your own physical fitness equipment.
- Watch a high school track meet.
- Have a Physical Education instructor talk to your den concerning fitness.
- Invite a professional weight lifter to talk to your Den and demonstrate.
- Attend a gymnastics exhibition or meet.
- Plan a physical fitness demonstration for Pack Meeting.

From Baloos' Bugle February 2005

- Attend a high school or college athletic event.
- Invite a professional athlete to a Den meeting or discuss exercise, training rules and why they are important. If not a professional athlete, then use a college athlete or a high school coach.
- Practice light stretching exercises to be done before strenuous exercises.
- Review exercise requirements and demonstrate correct way to do the exercises.
- Help the boys set up a regular schedule of exercise with a chart for keeping records of activity and improvement. Encourage them to exercise at least 15 minutes each day, not just while working on this badge, but every day.
- Visit a local gym or fitness club. See if someone there will give you a tour and describe some of the equipment and what it is used for.
- Make an obstacle course with boxes to crawl through, hurdles to jump, and bars to chin. Time the boys as they go through it.
- Measure some of each boy's muscles at the beginning of the month. Do the same at the end of the month to see if their regular exercise has made any difference
- Put on a skit or sing a song about athletes or exercising for the Pack Meeting

# Athlete Word Search

By Rich Smith

## Directions

Find the words in the puzzle that are listed below.

The words are horizontal, vertical, and diagonal, forwards and backwards.

All of the words are associated with the Athlete Activity Badge!

Put the unused letters in the boxes to find a hidden message!

V E H E A L T H Y R I D E X  
E E N D U R A N C E R C C I  
S T R A I N I N G A R U N E  
A I S T R E T C H C N R O D  
S M E K I B T A Y H F L I I  
T E E S I C R E X E G U T H  
W D C U B W A R M U P P I R  
E P A J A T H L E T E K R E  
B A L S L O N G J U M P T G  
E T M D H P U L L U P F U I  
L R I I M P R O V E M E N T  
O O W A L K P U S H U P O P  
S L S T R E N G T H B E A R

H I D D E N M E S S A G E

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--	--	--

--	--	--	--

--	--	--	--

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ATHLETE

BIKE

CURL UP

DASH

ENDURANCE

EXERCISE

HEALTHY

IMPROVEMENT

LONG JUMP

MILE

NUTRITION

PULL UP

PUSH UP

REACH

RIDE

RUN

STRENGTH

STRETCH

SWIM

TIME

TRAINING

VERTICAL JUMP

WALK

WARM UP

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E E N D U R A N C E R C C I  
S T R A I N I N G A R U N E  
A I S T R E T C H C N R O D  
S M E K I B T A Y H F L I I  
T E E S I C R E X E U T  
D W A R M U P P I  
A A T H L E T E R  
S L O N G J U M P T  
M H P U L L U P U  
I I M P R O V E M E N T  
W A L K P U S H U P  
S T R E N G T H

H I D D E N M E S S A G E

E X E R C I S E A N D S T A Y F I T !

ATHLETE

BIKE

CURL UP

DASH

ENDURANCE

EXERCISE

HEALTHY

IMPROVEMENT

LONG JUMP

MILE

NUTRITION

PULL UP

PUSH UP

REACH

RIDE

RUN

STRENGTH

STRETCH

SWIM

TIME

TRAINING

VERTICAL JUMP

WALK

WARM UP

# Athlete Crossword

By Barb Stephens

Place the following words into the crossword spaces below.

The first letter of each word is already filled in for you!

- |          |              |          |         |
|----------|--------------|----------|---------|
| Bend     | Hurdles      | Longjump | Run     |
| Bridge   | Jog          | Play     | Situps  |
| Crawl    | Jump & Reach | Pullups  | Squat   |
| Crunch   | Kneebends    | Pushups  | Stretch |
| Dash     | Leap         | Records  | Walk    |
| Exercise | Lift         | Relay    | Wrestle |

The crossword puzzle grid is 15 columns wide and 15 rows high. The pre-filled letters and symbols are as follows:

- Row 1: Column 2: L
- Row 2: Column 5: B, Column 8: D
- Row 3: Column 11: P
- Row 4: Column 1: J, Column 5: W, Column 6: S
- Row 5: Column 2: J, Column 4: &
- Row 6: Column 11: R
- Row 7: Column 2: P, Column 3: L
- Row 8: Column 7: W, Column 14: L
- Row 9: Column 2: C
- Row 10: Column 4: R, Column 7: S
- Row 11: Column 1: K, Column 8: S
- Row 12: Column 11: B, Column 14: R
- Row 13: Column 6: E
- Row 14: Column 1: H, Column 4: P
- Row 15: Column 4: P







# Being Healthy

By Barb Stephens

## Good Health Habits

Circle the correct answer(s).

1. Bathe/shower (every/day OR 1/week) and especially after exercise.
2. Wash your hair (1/month OR 2+ times/week).
3. Wash hands (before eating OR after using the restroom) and when they're dirty.
4. Eat right - (3 OR 4 OR 6) regular meals each day at regular times!
5. Eat (just some OR a variety of) food from each of the 4 food groups.
6. The average 10 year old should get (6 OR 9 OR 12) hours of sleep each night.

## Clean & Strong

Circle T for True or F for False.

- T F 1. Our bodies "repair" themselves while we sleep.
- T F 2. Clean clothes aren't necessary after a bath or shower - just in the morning.
- T F 3. Use proper lighting for all activities including reading, TV viewing, and playing.
- T F 4. Fitness is never just physical - it involves both the mind and body together.
- T F 5. Stand tall, and walk tall with shoulders back and stomach in.
- T F 6. It's OK to share drinking cups, washcloths and towels.
- T F 7. Different foods provide different nutrients, and no one food can sustain us.
- T F 8. Rushing meals or skipping meals can be harmful to your body.

## Basic Food Groups

Match each food to the appropriate food group.

<b>DAIRY</b>	<b>PROTEIN</b>	<b>GRAINS</b>	<b>VEGATABLE &amp; FRUIT</b>
banana	egg	cereal	yogurt
porkchop	apple	butter	pasta
cheese	hotdogs	corn	bread
melon	nuts	crackers	ice cream
potatoes	milk	oatmeal	steak

# Being Healthy

By Barb Stephens

## Good Health Habits

Circle the correct answer(s).

1. Bathe/shower (**every/day** OR 1/week) and especially after exercise.
2. Wash your hair (1/month OR **2+ times/week**).
3. Wash hands (**before eating** OR **after using the restroom**) and when they're dirty.
4. Eat right - (**3** OR 4 OR 6) regular meals each day at regular times!
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<b>DAIRY</b>	<b>PROTEIN</b>	<b>GRAINS</b>	<b>VEGATABLE &amp; FRUIT</b>
butter	egg	bread	apple
cheese	hotdogs	cereal	banana
ice cream	porkchop	crackers	corn
milk	Nuts	oatmeal	melon
yogurt	Steak	pasta	potatoes

# Brain Teasers

From BALOO's BUGLE March 2005

Match Up: Match each sport with the appropriate term:

- |               |                   |
|---------------|-------------------|
| 1. Bowling    | a. Grand Slam     |
| 2. Ice Hockey | b. Right Hook     |
| 3. Archery    | c. Slalom         |
| 4. Baseball   | d. Gutter Ball    |
| 5. Golf       | e. Love           |
| 6. Basketball | f. Place Kick     |
| 7. Tennis     | g. Bull's-eye     |
| 8. Skiing     | h. Bogey          |
| 9. Football   | i. Icing the Puck |
| 10. Boxing    | j. Free Throw     |

# Brain Teasers

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| 8. Skiing     | h. Bogey          |
| 9. Football   | i. Icing the Puck |
| 10. Boxing    | j. Free Throw     |

## Answers

- |      |       |
|------|-------|
| 1. d | 6. j  |
| 2. i | 7. e  |
| 3. g | 8. c  |
| 4. a | 9. f  |
| 5. h | 10. b |

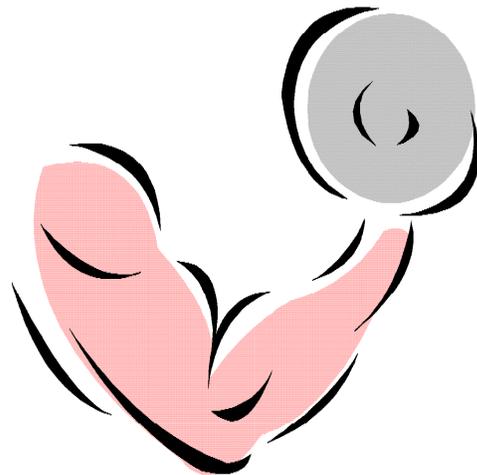
# Fitness Circle

By Barb Stephens

Have all of the Webelos Scouts get in a large circle, facing the same direction.

Give instructions for the various activities as follows:

1. Walk in a circle, and keep walking between these exercises.
2. Start hopping.
3. Make yourself small as possible and keep walking.
4. Make yourself as tall as possible and keep walking. Reach you hands over your head.
5. Bend you knees slightly, grasp your ankles, and continue walking.
6. Walk as if the heel of one foot and the toes of the other were sore.
7. Walk stiff-legged.
8. Squat down and jump forward from that position.
9. Walk on your hands and one foot with the other foot held high, like a lame dog.
10. Walk forward at a rapid pace (don't run) while swinging the arms vigorously.
11. Take giant steps.
12. Walk forward, raising your knees as high as possible with each step.
13. Run, lifting your knees high.
14. Walk on your hands and feet.
15. Stop and walk backwards.
16. Stop!





# Athlete Activity Badge

## Physical and Mental Health

### **Requirement 2**

Explain what it means to be physically and mentally healthy.

### Physical Health

by Rich Smith

There are many aspects of good physical health. Having a healthy body that can fight off sickness, infections and diseases is an important part. Having a strong body that lets you compete in sporting activities, and perhaps successfully, is another part that is very appealing to boys. Perhaps one idea that is difficult to impress on young boys is the idea that we only get one body, and it has to last us our whole life long!

1. Almost every boy has a favorite athlete that can do amazing things on the court, on the ball field, on the track, or wherever they compete.

List what your favorite athlete does that amazes you.

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2. List some sicknesses that you or a family member or friend has had.

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3. List an injury that you or a family member or friend has had.

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4. List something that that you noticed an elderly person cannot do that you can do. (Climb steps easily, kneel down, etc.)

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# Athlete Activity Badge

## Physical and Mental Health

### **Requirement 2**

Explain what it means to be physically and mentally healthy.

### Mental Health

by Rich Smith

Physical and mental health go together hand in hand. Exercising and being in good physical health can make you feel good, and can also make you feel good about yourself. Being in poor physical health can make you feel tired, run down, sickly, and can lead to low self esteem. When you are mentally healthy it is easier to smile, you feel happier, and you enjoy being around others and competing in sports activities. It is easier to handle stressful situations and deal with changes and other difficulties that occur in life. You have a better outlook on life!

1. Doing a good job in school or in a sports activity makes us feel good.

Write about a time when you felt good about doing something.

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2. Doing a poorly in school or in a sports activity can make us feel sad.

Write about a time when you felt sad about something you did.

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# Athlete Activity Badge

## Physical and Mental Health

### Requirement 3

Explain what a Webelos Scout can do to stay physically and mentally healthy.

### Physical Health

by Rich Smith

To stay in good physical health, you must take good care of your body. This means knowing how to eat properly so our body has the right tools to do its job, and exercising so our bodies are strong enough to fight off diseases and let us enjoy doing the things we do. We also have to give our bodies enough rest so that they can repair the damage we do during the day.

We like to run, jump and play sports, but injuries can prevent us from doing these things. Strong, healthy bodies also resist injuries and let us stay active longer. We must also avoid the things that can hurt or injure our bodies. The Fitness Activity Badge teaches us many important lessons in this area. Remember what you learned while completing that badge.

1. Eating right is very important. Our body needs vitamins and minerals to give us energy and to repair itself.

Why is it important to eat a balanced diet?

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2. List some things that adults do that can harm our body and health (drugs, alcohol, etc.).

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3. Why is it important to get a good night's sleep? How many hours of sleep do you need?

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4. What does exercise do for you? List some exercises that you can do to improve your health and to make you stronger.

---

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# Athlete Activity Badge

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Explain what a Webelos Scout can do to stay physically and mentally healthy.

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We like to run, jump and play sports, but injuries can prevent us from doing these things. Strong, healthy bodies also resist injuries and let us stay active longer. We must also avoid the things that can hurt or injure our bodies. The Fitness Activity Badge teaches us many important lessons in this area. Remember what you learned while completing that badge.

1. Eating right is very important. Our body needs vitamins and minerals to give us energy and to repair itself.

Why is it important to eat a balanced diet?

Our body needs protein, vitamins, minerals, carbohydrates, and fiber to grow strong. These come from different food groups, so we need servings from each group.

2. List some things that adults do that can harm our body and health (drugs, alcohol, etc.). Smoking or chewing tobacco causes lung cancer and other diseases, irritates the eyes, and stains teeth. Alcohol slows down the brain and body and can lead to accidents. Drugs, if used improperly, can be dangerous or even kill.

3. Why is it important to get a good night's sleep? How many hours of sleep do you need? Our bodies repair themselves while we sleep. A 10 or 11 year old needs 9 hours or more of sleep each night.

4. What does exercise do for you? List some exercises that you can do to improve your health and to make you stronger.

Exercise helps make our body strong and fit. Some exercises strengthen only certain parts of our body, like push-ups, curl-ups, and pull-ups. Other exercises, like running, swimming and biking are good for all parts of our body.

# Athlete Activity Badge

## Physical and Mental Health

### **Requirement 3**

Explain what a Webelos Scout can do to stay physically and mentally healthy.

### Exercise

From BALOO's BUGLE February 2005

Exercise is unique in that the more you do, the more you can do. As you grow older, exercise becomes more and more important. It protects us from heart attacks, high blood pressure, and excess fat (which can cause or add to many other problems).

#### **Four-Step Exercise Plan**

1. Start with a warm-up period of stretching exercises about 5-7 minutes. The warm-up exercises will gradually raise your heart rate to the right activity level.
2. Move on to your main exercise period from 20-30 minutes.
3. Check your heart rate every 5 minutes or so.
4. Finish with a cool-down period of about 5 minutes. Stopping heavy exercise suddenly can make you dizzy, even faint. So taper off with a good cool-down exercise. One of the best is walking. After cooling down, stretch major muscle groups to keep flexible.

#### Note:

This can also be used for Requirement 3 of the Physical Fitness Sport Pin.

# Athlete Activity Badge

## Stretching Warm-up Activities

### **Requirement 4**

Start with at least 5 minutes of stretching exercises to limber up your muscles before doing any of the activities in Requirement 5.

### Flexibility Exercises

Santa Clara County Council 1999 Pow Wow

Perform these exercises for the time periods designated.

Rest two minutes between each set of stretching exercises.

1. Fingers: Extend arms to the side, palms down. Quickly flex by alternating between fist and open hand position. (30 seconds)
2. Palms: Extend arms to the front, palms down, wrists locked. Turn palms inward and outward in quick, short movements. (30 seconds)
3. Wrists: Same position as palms above. Rotate wrists clockwise, then counterclockwise. (30 seconds)
4. Forearm Twist: Arms extended sideways and parallel to ground. Flex at elbow bringing tips of fingers to shoulders. Return to starting position. Perform both palms up and palms down. (1 minute)
5. Shoulder Stretches: 3-part exercise. (2 minutes)
  - a) Rotate one arm over your head and down slowly. Repeat with other arm.
  - b) Shrug your shoulders slowly in complete circle starting the movement by moving up and back.
  - c) Lock your hands behind head and pull back slowly from shoulder.

# Athlete Activity Badge

## Show Improvement After 30 Days With Practice

### **Requirement 5**

Do as many as you can of the following exercises and record your results.

Show improvement in all of the activities after 30 days.

- a. Have another person hold your feet down while you do as many curl-ups as you can.
- b. Do as many pull-ups from a bar as you can.
- c. Do as many push-ups from the ground or floor as you can.
- d. Do a standing long jump as far as you can.
- e. Do a quarter-mile run or walk.

Practice makes us better at whatever we do. Exercising regularly makes us better at the exercise, and at the same time makes us stronger. The more you practice an activity, the more you will improve. Practice these five exercises or activities as often as you can over the next month.

Record your results in the chart provided at the end of this packet so you can keep track of your progress. Celebrate your improvement at the end of the month!

# Athlete Activity Badge

## Show Improvement After 30 Days With Practice

### **Requirement 5**

Do as many as you can of the following exercises and record your results.

Show improvement in all of the activities after 30 days.

- e. Do a quarter-mile run or walk.

## Running Right

Santa Clara County Council 20011 Pow Wow

Developing good running habits should start when boys are young. Share these hints for “running right” with your boys. Practice them while doing their 600-yard run.

- Keep your head level and your eyes forward. This helps keep your balance.
- Relax your shoulders and let them rise and fall naturally as your arms swing.
- Let your chin drop occasionally to keep your neck from tensing.
- Run with your back straight. Avoid leaning forward.
- Bend your arms, but don't lock them at the elbows. Hold your bent arms slightly above the waist and let them swing lightly up and across your chest.
- When jogging, stride as you walk--heel down first, then toes. As you speed up to run, you'll almost automatically land toe first.
- Flex your knees and keep your stride reasonable.
- Loosely cup your hands.

### **Mistakes For Beginners To Avoid:**

- Failing to do warm up exercises before a run.
- Bending your head forward or looking up or down.
- Swinging your arms too high and too hard.
- Locking your elbows.
- Clenching your fist.
- Taking giant strides.
- Never letting your heels touch the ground.
- Failing to do cool-down exercises after a run.

# Athlete Activity Badge

## Sports Pin for Physical Fitness

### **Requirement 10**

Earn the Cub Scout Sports Pin for Physical Fitness

Although Requirement 10 (as listed above) does NOT appear in the list of requirements on page 125 of the Webelos Handbook, it is referenced on page 126.

### **Cub Scout Sports**

From usscouts.org



### **Physical Fitness**

U.S. SCOUTING SERVICE PROJECT -- [HTTP://USScouts.org](http://USScouts.org)

The requirements listed below are taken from the  
Cub Scout Academics and Sports Program Guide (34299B) 2006 Printing.

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### **Belt Loop**

#### **Complete these three requirements:**

1. Give a short report to your den or family on the dangers of drugs and alcohol.
2. Practice finding your pulse and counting your heartbeats per minute. Determine your target heart rate.
3. Practice five physical fitness skills regularly. Improve performance in each skill over a month. Skills could include pull-ups, curl-ups, the standing long jump, the 50-yard dash, and the softball throw.

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## Sports Pin

**Earn the Physical Fitness belt loop, and complete five of the following requirements:**

1. Make a diagram of the Food Guide Pyramid. List foods you ate in a week and show where they fit in the pyramid.
2. Choose a form of exercise, bring your heart rate up to target, and keep it there for 15 minutes. Don't forget to warm up and cool down.
3. Set up a four-step exercise program. Chart your progress for five days a week for two weeks.
4. Explain the reason for warming up and cooling down before and after each exercise session.
5. Visit a local gym and talk to a trainer about exercises and programs for young people.
6. Participate in some aerobic exercises at least three times a week for four weeks.
7. Build an obstacle course that could include some exercises with jumping, crawling, and hurdles. Time yourself three times to see whether you can improve your time.
8. Swim for a total of an hour, charting your time as you go.
9. Participate for at least three months in an organized team sport or organized athletic activity.

### **Notes:**

The requirements for the belt loop are straightforward. Requirement 3 is covered by Requirement 5 for the Athlete Activity pin.

As the boys are fulfilling these requirements over the course of a month, the additional 5 requirements selected for completion of the Sports Pin can be worked into Den Meetings or weekend activities.

Information on a Four Step Exercise Program is also given under Requirement 3 (page 25 of this handout).

Building an obstacle course is a neat activity for a Den meeting, and one which the boys will really get into, since they can have input as to the obstacles included, and then compete against each other and the clock. The following page has some ideas from Baloo's Bugle for an obstacle course. If one obstacle proves too difficult for some of the boys, remove it and have the boys do the course again. The object is to *have fun*, not to frustrate the boys!

Rich Smith

# Athlete Activity Badge

## Sports Pin for Physical Fitness

### **Requirement 10**

Earn the Cub Scout Sports Pin for Physical Fitness

## Obstacle Course

From BALOO's BUGLE February 2001

These are some suggestions on how to layout an obstacle course, depending on the abilities of the boys. Missed obstacles have to be repeated.

1. For hand-over-hand crossing obstacle, use a 12' ladder raised 6' above the ground.
2. Old tires from a service station placed flat on ground for broken field running obstacle.
3. Three sawhorses to jump over and under.
4. Tarp, 6'x8' (or larger) on ground for somersault.
5. Curved 2' wide path, marked by string or by other means. Runner must stay in bounds.
6. Wooden 2x4, 10' long, laid on the ground with narrow side up to cross without losing balance. Peg the board at intervals to prevent it from wobbling.
7. Large carton or crate to crawl through.
8. For hand-over-hand climb, use 9' knotted rope or broomstick rope ladder.
9. Series of 2' and 4' high boxes to dive over head first, landing on hands.
10. Ladder laid on bricks or boards about 6" off of the ground. Run fast through the ladder rungs.
11. Marked path to the finish line.



# Athlete Games

Santa Clara County Council 2000 Pow Wow

## La Plama (Bolivia)

The Indians of Bolivia used a bone, but you can use a stick for this game.

- Set the stick up on end in a hole in the ground.
- Draw a straight line away from the stick.
- Measure out a distance of 3' along the line and from the stick. Drive in a peg.
- Repeat until 6 pegs are in the ground along the line and spaced 3' apart.
- You will need a supply of tennis balls.
- The boys take turns trying to hit the stick from the first peg.
- Those who do hit it move on to the next peg. Those who do not stay at one peg until they hit the stick.
- The first boy to complete the six throws from the 6 pegs wins the game.

## Crossing the Rice Fields (China)

Players line up in teams of two, forming two or more columns as in relay formation.

- On the word "rice" the first team in each column forms a wheelbarrow and races across the rice fields to the river (two parallel ropes stretched out on the floor crossed by two 2 x 4's - one for each team).
- At the edge of the river, the players break up and walk across the "bridge" being careful not to fall in the river.
- On the other bank they turn around and come back across the bridge and then reform their wheelbarrow reversing positions and "roll" home again.
- The first team to get all of the pairs across the river and back again wins.

From BALOO's BUGLE February 2005

## Anatomy Tag

Boys should be in a restricted area such as a back yard. One person is "it" and runs after any of the other boys until he tags someone. The boy that was tagged becomes "it" and must keep his hand on the spot where he was tagged until he tags someone else. Boys should try to tag each other in inconvenient places such as the back of the knee, ankle, etc.

## Kangaroo Hop Relay Race

Boys assume semi-squat position. Keeping their feet together, they spring forward to cover a set distance. The first team finished wins.

# Athlete Games

From BALOO's BUGLE February 2005

## Dizzy Dash (or Den Leaders Revenge)

Sometimes for a Cub to plop down on the ground and whip out 30 sit-ups or 8 push-ups can be such a hassle. They usually can, except for the thought of it. So maybe you can try hiding it in a game like this. (Don't tell them what they are doing.) Every leader should try this at least once.

Line the Cub Scouts up side by side with some room between each. Have them lay down on the ground in the up (start) position (for push-ups). Have them touch their face to the ground and come back up (one push-up). Then while still in the up position, "walk" their feet up so they can do one somersault, stopping on their back with their knees up in the air. They can then touch their elbows to their knees (one sit-up).

Have them do the somersault and the sit-up combination three more times for a total of four sit-ups in a row. Then when doing the next somersault, have them "roll" on over to their bellies and do one push-up. Have them continue this one push-up with four sit-ups and a somersault in between each. When they have done the 9th push-up, they have also done 32 sit-ups. Challenge another Den, or other leaders to laugh, too!

## Exercise Game

Webelos form a circle around the leader. Leader begins to do an exercise. He may do a complete exercise (e.g. one jumping jack) or a number of them (three jumping jacks) or just a part of one (1 / 2 jumping jack ending with feet apart and hands together overhead), then stops. Webelos Scouts are to follow the leader. After just a moment, he continues with the same exercise or goes on to another one. The idea is to trick the other Scouts into doing too much, too little, or the wrong exercise. The Den Chief acts as judge. The last one left become becomes the leader in the center of the circle.

## Hobble Racing

Boys gather at the starting line and each of them tie their own ankles together with a strip of fabric or cord. At a given signal, they all start racing for the finish line. The boys may jump, waddle, hop, creep, or crawl toward the finish line. If a boy purposely bumps another player, he is disqualified. The first racer to cross the finish wins.

## Three Chair Trick

Scout "bridges" two chairs with his head on one chair and heels on the other. A third chair is under the Scout's rear. On signal, Scout lifts middle chair over his body and puts it back underneath himself from the other side. Have two Scouts hold the end chair.



# Athlete Games

## Guess What I'm Doing Game

York Adams Area Council

Cut out the exercises shown on the following page.

Put the slips in a hat and ask the first player to pick out one.

He reads his direction and does the exercise or pantomimes the action.

The player who first guesses what he is doing does the next pantomime.

Pull ups

Push ups

Curl ups

Standing long jump

Vertical jump

50 yard dash

# Athlete Skits

## Shape Up!

Source Unknown – Probably From BALOO's BUGLE

Cub 1: I can lift an elephant with one hand.

Cub 2: I don't believe you.

Cub 1: Give me an elephant with one hand and I'll show you.

Cub 3: I can bend bars with my bare hands.

Cub 4: Iron bars?

Cub 3: No, chocolate bars.

Cub 5: Why are you jumping up and down?

Cub 6: I took some medicine and forgot to shake well before using.

## How Far?

From BALOO's BUGLE May 2005

Piedmont Council

**Personnel:** Any number of boys

**Equipment:** Pedometer (can be an oversized prop for effect)

**Setting:** Boys are heaped in a pile - looking worn out after a long hike.

**Cub # 1:** Wow! That was a long hike.

**Cub # 2:** We sure walked a long time!!

**Cub # 3:** Did you see all those trees?

**Cub # 4:** The bear sure was neat!!

*Continue on until all boys have added an experience until you get to the last boy.*

**Last Cub:** How far did we walk?

**Den Chief:** (Checks pedometer) It looks like about 2 blocks!

# Athlete Skits

## The Exerciser

From BALOO's BUGLE February 2002

Inland Northwest Council

The Narrator reads the instructions, and everyone does the motion.

The exerciser stood up tall,  
And stretched his arms from wall to wall,  
He put his hands way up high,  
Then down again beside each thigh.  
He put his chin upon his chest,  
Then pulled it back, his neck to rest.  
He reached way down and touched the ground,  
And turned himself two times around.  
Then with his hands he touched his feet,  
Then quietly he took his seat.

## Muscle Building Champs

From BALOO's BUGLE February 2001

**Cast:** 6 boys in uniform holding props as described below.

**Setting:** All boys come on stage and one at a time step forward and speak their lines.

**All Together:** We all excel in building muscles  
We're champs at that, you see;  
Just listen to our stories  
And we're sure you will agree.

**1st Boy:** I hold the title of strongest in my Den, do you suppose it's because of my friend?  
(Holds up toy skunk. Other boys hold their noses.)

**2nd Boy:** I'm known as the Den's muscle man this year, Most of my muscle is between my ears.  
(Pulls out small hat from behind his back and tries desperately to fit it on his head.)

**3rd Boy:** I hold the title of fastest of all, I'm first in line for the chow hall call.  
(Pulls out bag of cookies and begins eating.)

**4th Boy:** I'm known as the champion of the high jump, One time I missed and got a big lump.  
(Rubs head, with painful expression on face.)

**5th Boy:** To keep in shape, I exercise each day, I wonder why my muscles turned out this way.  
(Removes sweatshirt to show colorful padding on arms and legs.)

**6th Boy:** I'm the champ at making things disappear, you see, watch us all disappear, as I count to three.  
(He counts slowly 1-2-3 as curtain closes.)

# Athlete Songs

## Athlete

From BALOO's BUGLE February 2005

*Circle Ten Council*

Tune: My Bonnie

They gave me a suit and a number  
And sent me out on the field  
They gave me a ball called the pigskin,  
And shoes with some cleats, toe and heel

Next time they gave me a racquet,  
They sent me out on the court  
Funny the things you encounter,  
While trying to learn a new sport.

### ***Chorus***

Muscles, Cramps,  
Wracking my body with pain, with pain  
I stand, wondering,  
If ever I'll do this again!

(Chorus)

The ordeal was finally over,  
At least, that's what I thought,  
When they shoved me the soccer equipment  
I fainted dead on the spot!

(Chorus)

From BALOO's BUGLE June 2005

## Cub Scout Sports Song

*Baltimore Area Council*

Tune: My Bonnie

My baseball went over the fence,  
My arrows are broken to bits.  
My volleyball has been deflated,  
After riding a horse I can't sit!

### **Chorus:**

Belt loops, belt loops,  
I'll earn my sports pin today, today.  
Belt loops, belt loops;  
My letter is not far away

My bicycle has a flat tire  
My boomerang just won't return.  
They say that I've lost all my marbles  
And I still haven't gotten my turn.

### **Chorus:**

My dog ate my ping pong paddle.  
My badminton birdie has flown.  
I sprained my right ankle while jogging  
And was stranded ten mile's from home.

### **Chorus:**

They say that Cub Scout sports are fun.  
Some day I would like to know.  
I've been wandering around for an hour  
Just waiting for my Den to show.

# Athlete Songs

## The Warm-Up

By Barb Stephens

Make sure the boys have plenty of room to move around. The Leader should read it in a slow monotone at first while letting the boys go through the motions. Then try it in the sing-songy rhythm a little faster. Continue, repeating it faster and faster!

Hands on your hips, hands on your knees,  
Put them behind you, if you please.

Touch your shoulders, touch your nose  
Touch your ears, touch your toes.

Raise your hands high in the air,  
At your sides, on your hair.

Raise your hands as before,  
While you clap: one, two, three, four.

Your hands upon your head you place,  
On your shoulders, on your face.

Then you raise them up on high,  
And make your fingers quickly fly.

Then you put them in front of you,  
And quietly clap: one, two; one two!



