



RATIONALE FOR ADVENTURE

This adventure promotes physical fitness and good health.

TAKEAWAYS FOR CUB SCOUTS

- Increased level of fitness
- Feeling better about oneself both physically and mentally
- A Scout is friendly, clean. 

Webelos Handbook, page 78

ADVENTURE REQUIREMENTS

Complete requirements 1–3 and at least one other.

1. Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.
2. Do these activities and record your results: 20-yard dash, vertical jump, lifting a 5-pound weight, push-ups, curls, jumping rope.
3. Make an exercise plan that includes at least three physical activities. Carry out your plan for 30 days, and write down your progress each week.
4. Try a new sport you have never tried before.
5. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weightlifting, and running. Time yourself going through the course, and try to improve your time over a two-week period.
6. With adult guidance, lead younger Scouts by leading them in a fitness game or games.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. This den meeting plan, when followed as written, meets the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

Requirement 6 instructs your Webelos Scouts to teach younger Scouts fitness games. Coordination with your pack's Cubmaster and other den leaders in your pack can help your den complete this requirement.

There is no outing planned for this adventure.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Fitness chart (1 copy per Scout; see page 82 of the *Webelos Handbook*)
- Items for the fitness activities: jump rope; stopwatch, or any watch with a second hand; training cones; chalk; 5-pound bags of sugar, flour, or other pantry items (1 per Scout; check for allergies)

GATHERING: FITNESS CIRCLE GAME (REQUIREMENT 1)

- Add Scouts to the circle as they arrive. Then practice simple stretching exercises (see the *Webelos Handbook*) before the meeting starts.
- Form a circle with all the Scouts facing right, and start them walking in the circle at a moderate pace. Then, without pausing between exercises, they will:
 - Walk forward at a quicker pace, swinging their arms vigorously.
 - Walk while making themselves as tall as possible with arms high over their heads.
 - Walk while raising their knees as high as possible.
 - Hop around the circle on two feet.
 - Walk with knees slightly bent, holding their ankles.
 - Walk with long strides, bending one knee with each step.
 - Return to the moderate pace.
- Perform safe stretches as described in the *Webelos Handbook*.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- If your den has a den yell, do a den yell opening in the spirit of building energy for the physical activities of this adventure.

TALK TIME

- Carry out business items for the den.
- Explain the purposes of warming up and cooling down when exercising.
- Go over the requirements for this adventure. Explain that the Fitness Circle Game and stretching exercises helped them to warm up and stretch their muscles before doing the requirement 2 activities.
- Ask Scouts to share about a sport they currently play. What sport would they like to try or learn more about during this adventure (requirement 4)? Suggest that those who already participate in a sport might help a fellow den member to get involved in it. Remind everyone that “a Scout is helpful.”

ACTIVITIES

◆ Activity 1: Fitness Chart (Requirement 2)

- This activity will help Scouts create their own personal baseline for fitness by measuring their abilities.
- Team the Scouts in buddy pairs. Have each member of the den turn to the fitness chart for this requirement in the *Webelos Handbook*. They will do these exercises while their buddy records the score; then they switch places:
 - Run 20 yards as fast as possible. Record time.
 - Jump as high as possible near a wall with chalk on your fingers. Touch the wall at the top of the jump. Measure the height.

- Lift a 5-pound bag as many times as you can. Record the number of lifts.
- Do as many push-ups as you can. Record the number.
- Do as many curls as you can. Record the number.
- Jump rope as many times as you can. Record the number.
- When this is done, have each Scout select at least three activities that they want to improve on during the next month. They will track their progress at home and bring the results each week to share with the den.

CLOSING

- Tell Scouts that now they have an idea of how they can become stronger.
- They should not feel bad about physical activities that are difficult for them. Rather, they should feel proud of the things they do well and proud of the goals they are setting for themselves. Being physically active makes us all feel better about ourselves, and it is part of the Scout Oath: “On my honor I will do my best ... to keep myself physically strong. ...”



Do-at-Home Project Reminder:

Remind Webelos to keep doing at least three exercises at home during the next month and record their progress to share at the meetings.

Webelos Scouts also need to choose a sport that they want to try.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 1 and 2.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Balloons for the Gathering game (check for latex allergies)
- Items for the Fitness Fun Course: jump rope; basketball; large cardboard box for a tunnel; stopwatch, or any watch with a second hand; training cones; 5-pound weights or bags (1 per Scout; check for allergies if you use grocery products), etc.

GATHERING: JUMPING KANGAROOS

The Scouts line up side by side, each with an inflated balloon between their knees or ankles. On a signal, they hop across the playing field and back to the starting line. The first one to finish wins. Scouts who break their balloon are out of the race. Scouts who drop their balloon must retrieve it before they can go any farther.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and, the Scout Oath and Scout Law.
- Have the Webelos sing and act out the “Head, Shoulders, Knees, and Toes” song. They should place their hands on each part of the body as it is mentioned. Then repeat the song three times, getting faster with each verse:

Head, shoulders, knees and toes, knees and toes.

Head, shoulders, knees and toes, knees and toes.

And eyes and ears and mouth and nose.

Head, shoulders, knees and toes, knees and toes.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts. Make sure they discuss their progress on the three physical activities they are practicing at home. Also, ask those who chose to try a new sport how it is going.
- Start a discussion about activities to include in the den's Fitness Fun Course, using the materials you collected. The activities should involve jumping, avoiding obstacles, weightlifting, and running. Encourage the Scouts to keep the course relatively simple so they can easily set it up again at the next meeting.
- Remind them that fitness is fun and they should include as many activities as possible. For example, a relay race can improve running ability. A basketball game gives you practice at jumping. A jump rope competition builds aerobic ability, aiding breathing and stamina. Carrying weights makes us better at weightlifting. An obstacle course can improve agility.

ACTIVITIES

◆ Activity 1: Planning the Fitness Fun Course

Have the Webelos work together on this project without your assistance; then they can share their plan with you. With guidance from an adult, they will also be helping younger Scouts by teaching them the games (requirement 6); bearing this in mind, they should plan games that are easy to adapt for all ages of Cub Scouts.

◆ Activity 2: Building and Practicing the Fitness Fun Course (Requirement 5)

Now the Scouts can set up and go through the course. As they do this, have an adult or the den chief record each Scout's time at the different activities. This will enable them to track their progress when they repeat the course the following week.

CLOSING

- Repeat together the Scout Oath.



Do-at-Home Project Reminder (Requirement 3):

Remind Webelos to keep doing their three exercises at home and record their progress for 30 days. They may also want to practice to improve their time in the Fitness Fun Course at the next meeting.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.

MEETING **3** PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Items needed to repeat the Fitness Fun Course
- At least two weeks in advance, invite members of a younger Cub Scout den to visit this meeting so they can take part in the Fitness Fun Course—unless this will be done at a pack meeting.

GATHERING: THREAD THE NEEDLE

- Have Scouts clasp their hands in front of their bodies. They bend forward and step through the loop formed by their arms—first with the right foot, then the left foot.
- Now they move in reverse, stepping backward with the left foot, then the right, still keeping the hands together. (If their hands are clasped near the floor, the action is easier to perform.)

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Lead a discussion about how much “stronger, faster, higher” the Scouts have gone in reaching their fitness goals and learning a new sport. Encourage everyone to continue their exercises at home, even after the month is over.
- In this adventure, they have begun the great journey of staying fit and feeling good about themselves. Celebrate this with a grand howl for the den: Starting from a crouching position, the den members make the Cub Scout sign, but instead of putting their hands over their heads, they touch the ground between their feet with those two fingers. Then, wolf-like, they raise their heads and howl, “Ah-h-kay-y-la! We-e-e’ll do-o-o ou-u-ur best!” As they yell the word “best” in unison, they jump to their feet, with their hands held high above their heads in the Cub Scout sign.

ACTIVITIES

- Set up and repeat the Fitness Fun Course. Have the den chief record each Scout’s time to see if it has improved since the last meeting (requirement 5).
- If younger members of the pack are visiting, invite them to run through the course with assistance from the Webelos Scouts. Otherwise, review plans for doing this at a pack meeting.

CLOSING

- Tell Scouts they should feel proud of their accomplishments this month in becoming stronger and faster, and reaching higher toward their fitness goals. Physical fitness is a lifetime goal.
- The Scouts also demonstrated several points of the Scout Law. They were “clean” in keeping their bodies fit; they were “helpful” to each other and younger Scouts in planning their Fitness Fun Course. They were “courteous” toward younger Scouts.

- Sing the Scout Vespers—with reverence—to the tune of “O Christmas Tree”:

*Softly falls the light of day,
While our campfire fades away.
Silently each Scout should ask:
“Have I done my daily task?
Have I kept my honor bright?
Can I guiltless sleep tonight?
Have I done and have I dared
Everything to be prepared?”*

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 3, 4, 5, and 6.

Upon completion of the Stronger, Fast, Higher adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack’s tradition.

