

### Required For



### Takeaways

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

### Preparation for:

Tenderfoot Requirements 10a & b  
Athletics Merit Badge  
Personal Fitness Merit Badge  
Cycling Merit Badge  
Swimming Merit Badge

## Stronger, Faster, Higher

---

### Do these:

#### 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 that you have never tried before.
5. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weight lifting, and running. Time yourself going through the course, and try to improve your time over a two-week period.
6. With adult guidance, help younger Scouts by leading them in a fitness game or games.

**“I PROMISE to keep myself physically strong”**

## **Requirement #1: Warm Up and Cool Down**

Warm-up exercises are essential to any workout. Preparing the muscles and joints for more intense activity helps prevent injury, as well as promoting circulation. Warm-up exercises increase the temperature of the body, making the muscles more flexible and receptive to strenuous activity. Most experts even advise that you engage in warm-up exercises before stretching. Warming up should slightly increase the heart rate but not to the level experienced during your workout.

The boys will likely know many warm-ups and stretching activities. The problem I've run into is that often the boys will only know activities that warm-up or stretch one part of the body. The following is a standard warm-up that is open to whatever activities you and the boys want to do.

1. Raise the heart rate (running in place for 1-5 minutes, 10 squat thrusts, 10 jumping jacks, etc.)
2. Stretch the legs (forward lunge, side lunge, cross-over toe-touch, quad stretch, butterfly stretch.)
3. Stretch the torso and back (side bends, waist rotations)
4. Stretch the shoulders and arms (arm raises, windmills, shoulder stretches, shoulder rolls)

After your activity, cool down by stretching or walking at an easy pace until your heart rate gets back to normal. Your pulse should return to 30-50 beats in 30 seconds.

### **How to Complete**

Lead the boys in a warm-up routine before starting Requirements 2 or 4. Encourage them to warm up while completing requirements 3 and 6. Have them lead the younger cub scouts in warm-ups and stretches during requirement 5.

## Requirement #2: Physical Activities

Exercise with a buddy. Record your results in the “Start” column on page 91 of your handbook.

Skill	Start	Week One	Week Two	Week Three	Week Four
a. 20-yard dash	1.52	1.51	1.45	1.42	1.40
b. Vertical jump	56”				
c. Lifting a 5-pound weight	10 /ea	10 /ea	12 /ea	12 /ea	15 /ea
d. Push-ups	5	6	8	10	15
e. Curls	20				
f. Jumping rope	6				

### How to Complete

Do ALL of the activities in Den Meeting 1, recording the boy’s results (see below) in the “Start” column.

**20-yard dash** – Record their times with a stopwatch. Your smart phone has a stopwatch function.

**Vertical jump** – Rather than chalk, have them slap a Post It note to the wall. Have them complete two jumps, then measure from the floor to halfway between the two Post Its. Record this result

**Lifting a 5-pound weight** – Curl the weight as many times as you can with each arm until your arm gets tired. Record the results.

**Push-ups** – Standard push-ups, as many as they can do. Record the results.

**Curls** – Like sit-ups, but with your arms crossed in front of your chest. Have a buddy hold your feet. Do as many as you can. Record the results.

**Jumping Rope** – Boxers jump rope to help with their footwork. It’s also a great aerobic activity. Count how many times you can jump over the rope without stopping or landing on the rope. Record your best out of 3 tries.

Each boy will have one or more exercise that they’re great at, and one or more that they need improvement in. Some boys will be able to do endless numbers in the exercise. Challenge them for speed and see how many they can do within a 1 minute time limit.

### **Requirement #3: Make an Exercise Plan.**

Make an exercise plan that includes at least three of the physical activities in Requirement 2. Carry out your plan for 30 days, and write down your progress each week.

#### **How to Complete**

Have them pick three of the activities that they want to improve in and with their parents' or a buddy's help, come up with an exercise plan that determines how often they'll do the activity and assign them to complete their plan over the next 4 weeks as a "Do At Home" activity. Inform their parents that they will need to record and report their results each week in order to complete this Adventure.



## Requirement #4: Fitness Course

With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weight lifting, and running. Time yourself going through the course, and improve your time over a two-week period.

### How to Complete

In week 2, have the boys plan fitness course. Have a few ideas that will help them get started, but encourage them to be creative and to use the exercises they learned in week 1.

This doesn't have to be an obstacle course, rather setup a series of fitness stations where they have to perform a timed number of exercises.

Record their times for this day.

In week 3, have them run the course again and record their times to see if they improved.



## **Requirement #5: Lead a Younger Scouts in a Fitness Activity**

With adult guidance, lead younger Scouts in a fitness game or games as a gathering activity for a pack or den meeting.

### **How to Complete**

At a pack or combined den meeting, have the Webelos teach the younger boys how to play a game, or even have them run through the fitness course they created in Requirement #4.

## **Requirement #6: Try a New Sport You Have Never Tried Before**

Some boys play one or more sports regularly. Encourage them to think about a sport they've never tried, but would like to try.

### **How to Complete**

In Week 1, discuss with the boys which sports they play and ask them if there's a sport they've never tried before. The list on page 97 will have some ideas for them.

- Archery
- Badminton
- Baseball
- Cycling
- Cross Country
- Golf
- Gymnastics
- Hockey
- Kickball
- Rowing
- Snow Skiing
- Soccer
- Softball
- Swimming
- Tennis
- Track
- Ultimate (Frisbee)
- Volleyball

Assign this as a "Do at Home" project. Notify their parents that they should help their boy try a new sport over the next month.