



Running With The Pack

Complete the following requirements.

1. Play catch with someone in your den or family who is standing 5 steps away from you. Play until you can throw and catch successfully at this distance. Take a step back and see if you can improve your throwing and catching skills.
2. Practice balancing as you walk forward, backward, and sideways.
3. Practice flexibility and balance by doing a front roll, a back roll, and a frog stand.
4. Play a sport or game with your den or family, and show good sportsmanship.
5. Do at least two of the following: frog leap, inchworm walk, kangaroo hop, or crab walk.
6. Demonstrate what it means to eat a balanced diet by helping to plan a healthy menu for a meal for your den or family. Make a shopping list of the food used to prepare the meal.



MEAL PLAN		SHOPPING LIST	
MON	Eggs and Lentils	MEAT	Eggs
TUE	Salmon with mixed veggie and potato	MEAT, FISH, POULTRY	Chicken breast
WED	Beef with kidney beans and mixed veggie	VEGETABLES	Carrots
THU	Chicken salad with mixed veggie, potato and nuts	FRUITS	Apples
FRI	Beef and kidney beans, mixed veggie, and potato	GRAINS	Whole wheat bread
SAT		DAIRY AND ALTERNATIVES	Milk
SUN		OTHER	Oil

Additional Resources:

1. This entire adventure can be done in a single den meeting. Try a selection of different items to play catch - softball, nerfball, ping pong ball, bean bag, frisbee, football, water balloon, egg, ...
2. Lay a 2x4 board on the ground and have scouts walk from one end to the other, frontward, backward, and sideways. Then, stand it on its narrow side and support it between your feet at both ends so it does not fall over. Have scouts walk it again.
3. Remember to warm up and loosen muscles before doing these movements, and do them on a soft surface such as carpet or grass.
4. Let the den decide which game they'd like to play, from a collection you offer.
5. Try all four movements and have the scouts decide on the den favorite.
6. Do this at home.