

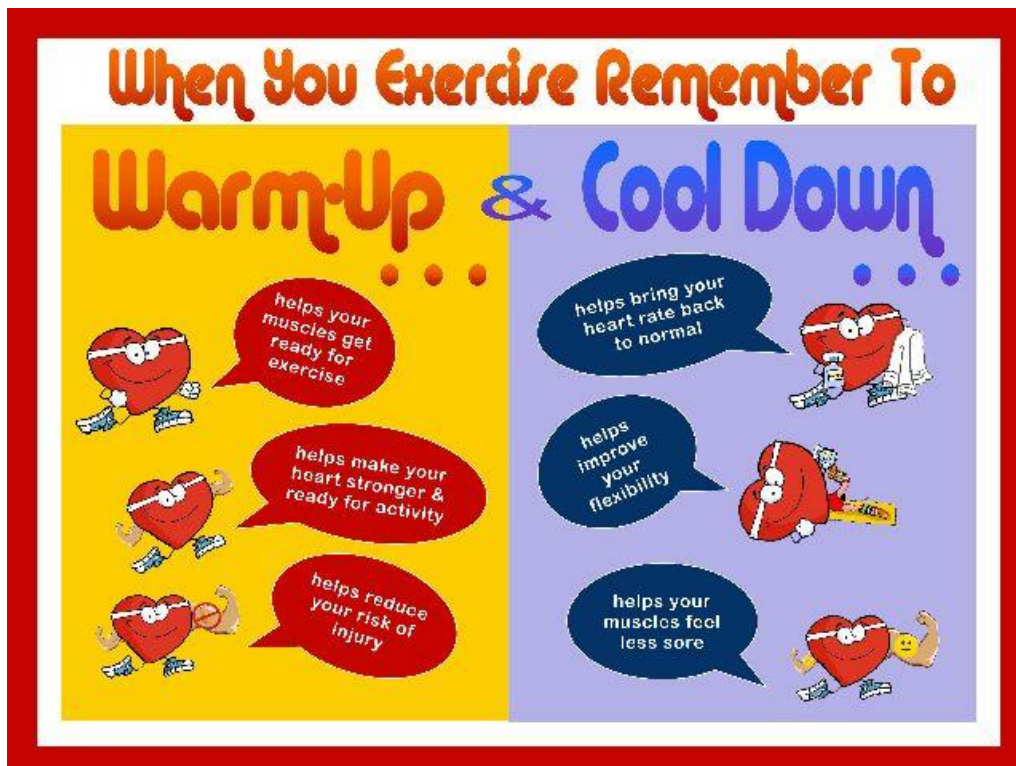


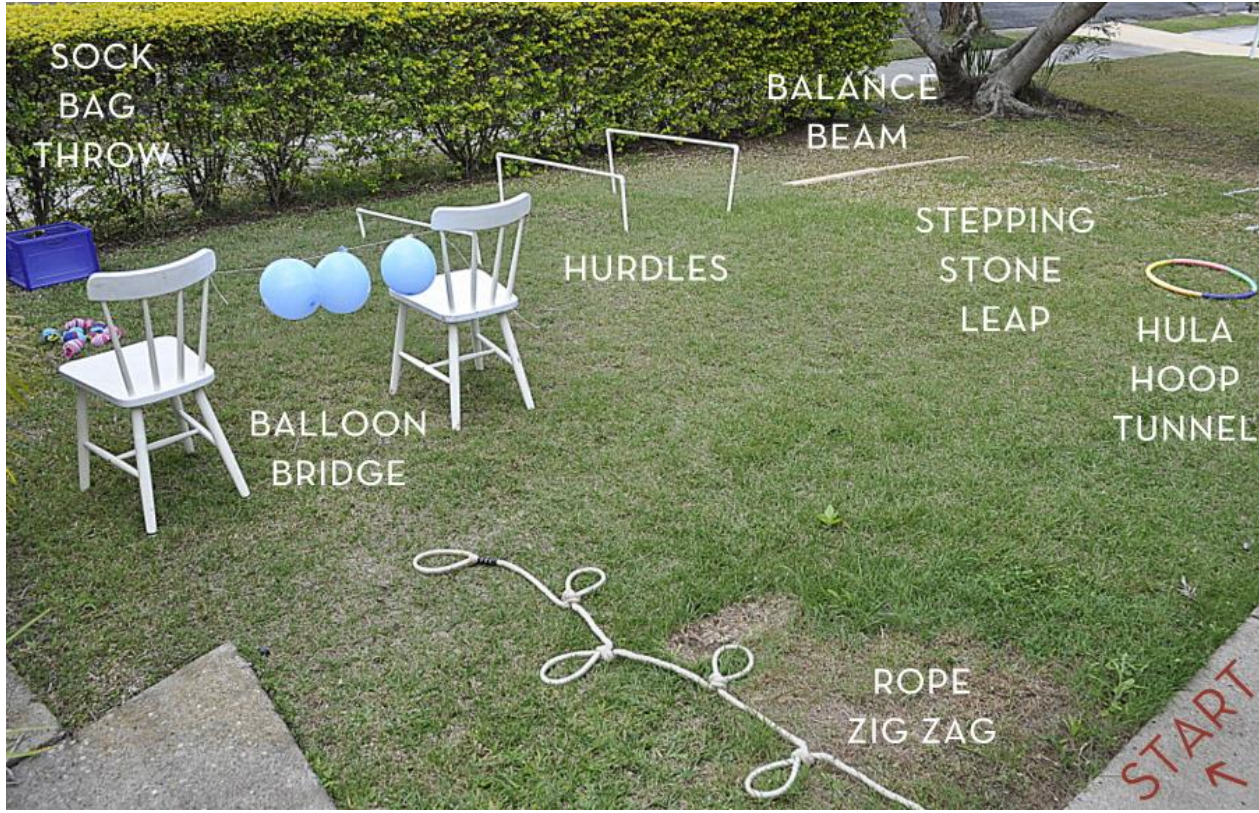
Webelos Adventure: Stronger, Faster, Higher

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.

Helpful Resources





SOCK
BAG
THROW

BALANCE
BEAM

HURDLES

STEPPING
STONE
LEAP

HULA
HOOP
TUNNEL

BALLOON
BRIDGE

ROPE
ZIG ZAG

START
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