



Paws of Skill

Complete at least requirements 1–4. Requirements 5–7 are optional.

1. Talk with your family or den about what it means to be physically fit. Share ideas of what you can do to stay in shape.
2. With your family or den, talk about why it is important to stretch before and after exercising. Demonstrate proper warm-up movements and stretches before and after each activity you do that involves action.
3. Select at least two physical fitness skills and practice them daily for two weeks. See if you can improve during that time.
4. With your family or your den, talk about what it means to be a member of a team. Working together, make a list of team sports, and talk about how the team works together to be successful. Choose one and play for 30 minutes.
5. With your den, develop an obstacle course that involves five different movements. Run the course two times and see if your time improves.
6. With your den, talk about sportsmanship and what it means to be a good sport while playing a game or a sport. Share with your den how you were a good sport or demonstrated good sportsmanship in requirement.
7. Visit a sporting event with your family or your den. Look for ways the team works together. Share your visit with your den.



Cub Scout Personal Fitness

Cub Scout Academics and Sports Workbook

This workbook is not required but can help you with this award. Belt Loops and Pins may be earned more than once. Links to other workbooks and resources are at the end of this workbook. [Cub Scouts](#). Send comments to the workbook developer: crash@cragcubs.com Workbook updated: May 2009.

Cub Scout's Name: _____ Pack: _____

Cub Scout Personal Fitness Belt Loop (See the [Pin Requirements](#) below.)

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

Pick Five Skills	Starting	Ending	Improvement
push-ups.			
curl-ups.			
the standing long jump.			
the 50-yard dash.			
and the softball throw.			
other:			
other:			
other:			