



Stronger, Faster, Higher 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 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.



Parent Corner

In the Scout Oath, Scouts promise to keep themselves “physically strong.” In this adventure, your Scout will put that promise into action by exercising. They will have the chance to become stronger by creating their own exercise plan and following it for a month. By the time they finish this adventure, they should feel stronger and proud of the discipline it took to complete their exercise plan. Just as with any fitness plan, physical activity takes a lot of discipline and encouragement to complete. Your Scout may need some encouragement every now and then, so be ready to act and join in the fun!



Stronger, Faster, Higher

Requirement 1: Warm-up and Cool Down

Materials Needed

Instructions

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.



Warming Up and Cooling Down

Read your Webelos Cub Scout Handbook to learn simple stretching exercises. Practice these exercises.

Before your activity stretch and warm up slowly by walking a bit before starting to run. After your activity, cool down by stretching or walking at an easy pace for a few minutes until your heart rate gets back to normal. You can check your pulse by lightly pressing two fingers in the soft area beside your Adam's Apple. You should count 30 to 50 beats in 30 seconds.



Pee Wee Says

"Have you ever felt really sore after you played hard? By warming up before doing physical activities and cooling down afterward, you reduce a chance that you will get sore or hurt yourself."



Stronger, Faster, Higher

Requirement 2: Physical Activities
Requirement 3: Exercise 30 days

Materials Needed

- Exercise log
- Stopwatch or cell phone with stopwatch app
- Pen or pencil
- Tape measure
- 5-pound weight or 5-pound bag of rice, beans or flour
- Jump rope

Instructions

1. Do these activities and record your results: 20-yard dash, vertical jump, lifting at 5-pound weight, push-ups, curls, jumping rope.
2. 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.



Exercise

Do these activities and record your results in the chart on the next page.

- a. Measure the distance of 20 yards and then run a 20-yard dash. Record your time.
- b. Vertical jump. Record how high you jumped.
- c. Lift a 5-pound weight. How many repetitions did you do?
- d. Try doing push-ups. How many did you do?
- e. Try doing curls or sit-ups. How many did you do?
- f. Jump rope for 30 seconds. How many jumps could you do?

Make an exercise plan that includes at least three physical activities every day. Carry out your plan for 30 days. Write down your progress each week. Fill-in the exercise plan sheets on the following pages in your workbook.

See exercise examples in your Webelos Cub Scout Handbook.



Pee Wee Says

"We all have things we naturally do really well. Don't stick with what you are naturally good at. By learning other physical skills and practicing them, you can get stronger, become faster and go higher, which is what this adventure is all about!"



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Do the following activities and record your climb or measure the results.

Skill	Start	Week One	Week Two	Week Three	Week Four
20-yard dash					
Vertical jump					
Lifting a 5-pound weight					
Push-ups					
Curls/Sit-ups					
Jumping rope					

My 30-day Exercise Plan

Week 1

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes (How did you feel? How much progress were you able to make?)





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My 30-day Exercise Plan

Week 2

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes (How did you feel? How much progress were you able to make?)

Week 3

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes (How did you feel? How much progress were you able to make?)





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My 30-day Exercise Plan

Week 4

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes (How did you feel? How much progress were you able to make?)

Week 5

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes (How did you feel? How much progress were you able to make?)





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Stronger, Faster, Higher

Requirement 5: Fitness Course

Materials Needed

- Items for fitness course
- Stopwatch

Instructions

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



Initial Time through Course: _____

Time through Course after 1 week: _____

Time through Course after 2 weeks: _____



Pee Wee Says

"What is a frog's favorite exercise? Jumping Jacks!"