



# RUNNING WITH THE PACK



**For more slides and support materials - Use this Google Classroom Code:  
mmtxb65**

**Still need Bobcat?? Start with this Google Classroom: 6odhkcu**

## **Complete each 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.

## **Resources and Ideas:**

1. Use any ball or safe, tossable items you have at home or with your den during a meeting.
2. Use a local playground if you want to add some extra challenge. You can balance on a short wall, sidewalk curb, or a piece of lumber if you want to stay closer to home.
3. Don't forget to warm up and stretch before you try these movements and try them on a soft surface like grass, carpet, or gym mats.

Front and Back Roll How-To:

[https://www.youtube.com/watch?v=L5qrHRu9\\_5c&feature=emb\\_logo](https://www.youtube.com/watch?v=L5qrHRu9_5c&feature=emb_logo)

Frog Stand: [https://www.youtube.com/watch?v=Vp86vFUIV84&feature=emb\\_logo](https://www.youtube.com/watch?v=Vp86vFUIV84&feature=emb_logo)

4. Pick a family favorite game and just go play!!
5. Have as much fun as you can with these - Make it a race or get some fun video!  
#1 \_\_\_\_\_ #2 \_\_\_\_\_
6. Everyone plans shopping trips differently, but you can involve your Scouts in the planning with a few basic tips:

<https://togethercounts.com/5-simple-ways-to-involve-kids-in-meal-planning/>

