



Stronger Higher Faster



For more slides and support materials - Use this Google Classroom

Code: hxip5wq

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

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.

Resources and Ideas:

1. You can learn about warm ups here:
<http://www.scouterlife.com/blog/2020/1/21/warm-up-and-cool-down>

2. Record your results here:
20 yard dash _____ Vertical Jump _____ Lift a 5 pound weight _____
Push ups _____ Curls _____ Jumping Rope _____

3. Exercise 1: _____ Exercise 2: _____ Exercise 3: _____

	Start	Week 1	Week 2	Week 3	Week 4
Exercise 1					
Exercise 2					
Exercise 3					

4, 5, & 6 allow your Scouts to be as creative as they'd like. Relay races with a twist can be a great new game, or try a sport like Ultimate Frisbee or a new type of race.

