

Sam Houston Area Council
2005 Cub Scout Leader Pow Wow — Texas Proud

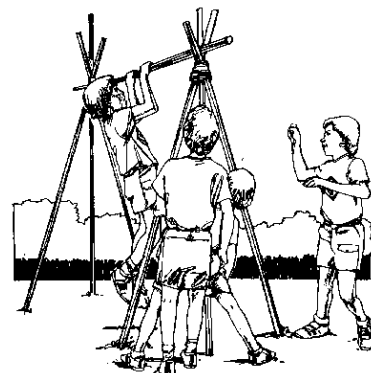
Athlete (Physical Skills Group)



This activity badge enables a boy to really “Do His Best.” It encourages pride in growing strong in mind and body, fosters a sense of personal achievement by developing new skills and interests and convinces boys that fitness is essential to good health.

SUGGESTED PATROL ACTIVITIES:

1. Help them set up a regular schedule of exercising with a chart for keeping a record of improvement.
2. Make physical fitness equipment. A barbell can be made with a 3-foot dowel or broomstick with $\frac{3}{4}$ inch pipe on the ends, embedded in 46 oz can filled with cement. A bicycle inner tube is good for stretching exercises to build leg, arm, and back and chest muscles.
3. Practice pull-ups and push-ups.
4. Practice the 600-yard run (walk) and 50 yard dash.
5. Plan a short physical fitness demonstration for pack meetings. For example: show proper techniques for doing front roll, back roll, push-ups, sit-ups, etc.
6. Practice light, loosening-up exercise to be done before strenuous exercises.
7. Make a chinning bar by suspending a broomstick from an exposed beam in the garage with rope. Make sure there is head clearance.
8. Plastic bleach bottles (1/2 gal. To 1 gal. Size) filled with sand, make good barbells used to develop arm and shoulder muscles.
9. Make an obstacle course. Use boxes to crawl through, hurdles to jump, bars to chin, trees to climb, etc.
10. Invite a gym teacher to the patrol meeting to discuss fitness.
11. Work on Physical Fitness belt loop and sports pin.



REMEMBER:

- When putting boys to any test, the important point is that they do their best!
- While some in physical feats do excel, some others in mental abilities do well.
- So don't compare and expect the same of all.
- Let each set his personal best goal.
- Give them encouragement and praise their skill, and you'll find they will strive their best to fulfill.

HIGH-JUMP TEST

Tack a yardstick on the wall just the height you can reach with your feet flat on the floor. Jump with a piece of chalk in your hand to mark the wall at the highest part of the jump.

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ROPE GYM

A rope is a “gym” that can be carried and used for all kinds of physical fitness activities. For example, to exercise alone, tie the rope to a tree or pole, and pass the end over the shoulder. Hold your body rigid, lean back, and then pull the rope until you are up-right. Do this several times for stomach and back muscle exercise.

Rope jumping also develops strength, aerobic fitness, and coordination between leg and body muscles. Wrists and arms get training in rhythm and timing. Olympians use it for training. Skipping rope is NOT just for girls.



FOUR-WAY TUG-OF-WAR

Take two 10' lengths of ½ inch or larger rope. Tie the ropes together in the middle with a granny knot (the one acceptable use for this knot), so that there are four 5' lengths of free rope. Each of four boys will pull his rope in a different direction (north, south, west, and east). Place an object on the ground 10 feet behind each boy, then tell them all to pull on the rope and try to get their own object. This is fair and fun even for small groups, and the teamwork is surprising.

THE NEW USDA FOOD PYRAMID

Introduced in 2005, the US Department of Agriculture has a new set of guidelines for what foods to eat and their quantities. The quantities vary by age, sex, daily physical activity levels.

To view personal food pyramids for you and your patrol, visit the USDA's MyPyramid.gov website. For the Physical Fitness sports pin, have the boys track the food that they eat for a week, and categorize them by the five food groups: Grains (bread and cereal), Vegetables, Fruits, Milk (dairy products), and Meat & Beans.

JUMP ROPE CONTEST

Have the boys make jump ropes out of nylon ropes, with lengths that are appropriate to their heights. Den leaders should wrap the end of the ropes with tape to keep them from fraying. Have a contest to see how many times they can skip rope in a minute.

A screenshot of the MyPyramid.gov website. The page title is "My Pyramid Plan". It shows a table of food groups and their recommended amounts for a 1800 calorie pattern. The table is as follows:

Food Group	Amount	Tip
Grains ¹	6 ounces	tips
Vegetables ²	2.5 cups	tips
Fruits	1.5 cups	tips
Milk	3 cups	tips
Meat & Beans	5 ounces	tips

Below the table, there are sections for "Make Half Your Grains Whole", "Vary Your Veggies", and "Oils & Discretionary Calories". There are also links to view, print, and learn more about the plan.