

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

***Fitness (Physical Skills Group)***



Fitness is important to everybody. The Fitness Activity Badge teaches what is necessary to maintain a healthy life-style. Fitness activities also show Webelos how to be strong in body and to make them aware of substances that will weaken their bodies.

**SUGGESTED PATROL ACTIVITIES**

1. Visit with a dietician, and talk about the food groups and planning meals.
2. Visit a dentist's office, and talk about dental health.
3. Talk with an aerobics instructor about exercising.
4. Have a doctor visit your patrol, and talk about tobacco abuse.
5. Keep a chart of what you eat for a whole week. Record the foods in columns for the basic food groups and one for "junk food."
6. Have a pharmacist visit your patrol, and talk about the use and abuse of drugs and safe handling of medicines.
7. Each patrol member can bring a healthy snack to a patrol meeting, and discuss with the other patrol members what makes this a healthy food.
8. Do a service project to make people aware of the need for good nutrition.

**RULES OF HEALTH**

Have the boys discuss the following rules.

**KEEP CLEAN**

Body—take hot baths or shower often with soap.  
Hands—wash before meals and after using the toilet.  
Teeth—brush well every night. Whenever possible brush teeth or rinse mouth after eating. See your dentist twice a year.

**EAT PROPER FOOD**

Drink plenty of the right kinds of liquids—water, milk, and fruit juices.  
Eat different kinds of good food. Don't stuff yourself. Avoid between meal snacks.

**KEEP FIT**

Exercise—lots of active play outdoors.  
Rest—enough sleep at regular hours.

**LET'S GO SHOPPING**

Using the "food" section of the newspaper, have each Scout shop for a nutritious meal, without spending over \$5.00. Discuss the nutritional values and costs of fresh foods versus canned or frozen foods.

**NUTRITION**

No program concerning physical fitness and health should leave out the subject of nutrition. During the month, the boys need to have a discussion on the importance of good nutrition. They should also discuss the dangers to health posed by smoking and the abuse of alcohol and drugs.

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**BEAN BAG ACTIVITIES**

Beanbags improve the throwing and catching skills, besides being fun. They teach eye focus, weight transfer and follow through.

Provide each boy in your patrol with a bean bag. Try the following activities. Call out the commands.

1. Toss up and catch. Use one hand. Use both hands. Use the back of your hands.
2. Toss overhand from one side to the other.
3. Toss up, turn and catch.
4. Toss up, turn completely around and catch.
5. Toss up, touch the floor and catch.
6. Toss up, clap hands and catch.
7. Toss up; clap hands behind back and catch.
8. Toss forward, run and catch.
9. Toss overhead, catch behind your back.
10. Toss from behind your back, catch in front.
11. Stand, throw up, sit and catch.
12. Sit, throw up, stand and catch.



**FEET ACTIVITIES**

1. Balance bean bag on instep of foot. Hop, walk.
2. Swing leg forward and back with bag balanced.
3. Toss to yourself from your foot.
4. Toss to your neighbor from your foot.
5. Place bean bag on your feet. With both feet together, jump up and catch with your hands.

**BALANCING ACTIVITY**

1. Balance bean bag on your head.
2. While balancing, walk, run, hop, skip, without losing bag.
3. While balancing, sit down, get up, lie down, get up, without losing bag.

Note: You can make an instant beanbag. Half fill a child's sock with beans, tie with a rubber band, turn the top back over the beanbag.

**PRESIDENT'S CHALLENGE AWARDS**



Since 1956, the President's Council on Physical Fitness has been encouraging youth to improve their physical fitness. [www.presidentschallenge.org](http://www.presidentschallenge.org) has several activities and awards that kids, adults and senior citizens can pursue.