

Webelos Activity Badge: Aquanaut

Ideas for Den Meetings:

1. Assign buddies and explain the importance of the buddy swimming system.
2. Make a simple buddy board and have buddy tags for all the boys.
3. After separating the boys into groups of like skill levels, play some water games.
4. Have a demonstration of mask, fins and snorkel by an expert.
5. Have the boys learn the basic safe rescue methods.
6. Learn about water pollutants in lakes and rivers nearby. Discuss how they affect the water used for consumption and recreation.
7. Study the Safe Swim Defense Plan.

Discuss, then Play

Tell what to do for cramps, currents, undertow, weeds, how to disrobe in the water, using clothing for floatation, and use of survival floating techniques. The following are some good games for beginners:

- Catching ball in shallow water
- Passing water ball while standing in the water
- Tunnel ball-passing a ball back and between the legs.
- Cat and mouse - cat outside circle, mouse inside.
- Spoon and ping-pong ball relay.

Games:

Heave a Lifeline: Construct a board 5ft by 6 inches with 9 evenly placed upright dowels. From the outsides toward the center, mark the point values of 5, 10, 15, 20, (two each of these) and one 25 point dowel in the center. Let each boy practice their skill and accuracy in heaving a rescue rope (25 feet long) toward the board from a distance 20 feet from the board. Be sure to add a bean bag weight to the end of the rope first.

Up and Under: Get two large rubber balls (the larger, the more fun). Teams line up in relay fashion in waist-deep water. The ball is given to the first boy in each line who passes it over his head to the next player, who then passes it below his legs underwater to the next, and so on. The last boy "runs" to the head of the line and continues the passing process. The first team to get back into its original order is the winner.

Snorkeling Skill Race: Weight several inflated balloons of various colors and sink them in 3-4 feet of water in a winding course of 50 to 100 feet. Using a mask, fins, and a snorkel, have the boys swim the course passing over each balloon and tapping it.

Turtle Float: The boys will pretend to be turtles. They start by standing in a circle in waist-deep water. On signal, they take a deep breath, grasp their ankles, and pull their knees against their chest. The boys will float with their backs out of water.

Webelos Activity: Aquanaut

Safe Swim: The Three Basic Rules

Use the following key to decode these three rules:

1	2	3	4	5	6	7	8	9	10	11	12	13
A	B	C	D	E	F	G	H	I	J	K	L	M
14	15	16	17	18	19	20	21	22	23	24	25	26
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

4 15 14 20 16 1 14 9 3

20 8 9 14 11

19 1 22 5 25 15 21 18 19 20 18 5 14 7 20 8

Safe Swim Spots

Circle the correct answer, True (T) or False (F), for each statement.

- T F 1. The best place to swim is one that has qualified lifeguards. If there is no supervision, always make sure you go with a buddy... never alone.
- T F 2. WEEDS... It's pretty creepy to swim through weeds as they can get tangled in your legs and cause trouble. If you get trapped, don't struggle... take it easy with slow movements to free yourself.
- T F 3. AFTER DARK... Don't do it. Supervision is impossible. If you go under you might not be spotted.
- T F 4. CURRENT... Sometimes you run into these in rivers. It's best to stay away from them. If you are caught, don't try to swim against it; swim with the flow and diagonally until you reach the shore.

Rules for a Safe Swim

Fill in the blank with the term that best completes each item:

- 1. Secure adequate _____ **methods**
- 2. Teach the Buddy _____ **rules**
- 3. Maintain _____ discipline **System**
- 4. Follow pool _____ **qualified**
- 5. Teach rescue _____ **good**
- 6. Use a _____ instructor **facilities**

(Answers: Basic Rules: Don't Panic Think Save Your Strength
 Swim Spots: 1-True 2-True 3-True 4-True
 Swim Rules: 1-facilities 2-System 3-good 4-rules 5-methods 6-qualified)

Webelos Activity: Aquanaut

Boat Safety

Fill in the blank with one of the following words:

weight shore hang overload middle flotation

1. Always wear a personal _____ device.
2. Don't _____ the boat.
3. Balance the _____ evenly in the boat.
4. If the boat tips over, _____ onto it and kick to shore.
5. Step into the _____ seat when changing seats or getting in.
6. Head for _____ if bad weather comes.

Do's and Don'ts In and Around Water

Fill in the blank with **DO** or **DON'T** for each statement.

1. _____ learn how to swim from a qualified instructor.
2. _____ check with your buddy to see if he knows how to swim.
3. _____ be a "show off" or bother others.
4. _____ swim with a buddy.
5. _____ dive into water without knowing its depth.
6. _____ get out of the water when you are tired or cold.
7. _____ swim alone.
8. _____ beware of sunburn. Cover up and use sun screen.
9. _____ dive into water without knowing what is under the water's surface.

Scout Rules for a Safe Swim

Number these items in order of importance to you. Start with #1 being the most important.

- _____ Know the dangers of water.
- _____ Know your abilities and your limitations in water.
- _____ Always swim with a buddy.
- _____ Know your boat or watercraft.
- _____ Get regular physical examinations by your family doctor.
- _____ Wait a while after eating to give your food time to digest.
- _____ Practice to improve your abilities.
- _____ Know and follow all waterfront rules and beach regulations.
- _____ Never dive into unknown waters.
- _____ Never show off or take a dare.
- _____ Never swim underwater more than a few seconds.
- _____ Never drink alcoholic beverages.

(Answers: Safety: 1-flotation 2-overload 3-weight 4-hang 5-middle 6-shore

Do/Don't: 1-do 2-do 3-don't 4-do 5-don't 6-do 7-don't 8-do 9-don't)

Webelos Activity Badge: Athlete

Den Obstacle Course

Use your playground or yard's terrain and natural features plus a little ingenuity to make an obstacle course. Here are some ideas for obstacles and feats:

- ring a bell seven feet off the ground
- crawl through cardboard tunnels
- using a water glass transfer water from one bucket to another
- climb twelve feet up a tree and touch a marker
- shoot three baskets from at least ten feet away
- vault a three foot hurdle
- walk a twelve foot 2x4 while balancing a hard-boiled egg on a spoon held in your mouth
- eat two crackers and then immediately whistle "Yankee Doodle"

Fitness Circle Game

Have all of the Webelos Scouts get in a large circle, facing the same direction. Tell them:

1. Start walking in a circle and keep walking between these exercises.
2. Start hopping.
3. Make yourself as small as possible and keep walking.
4. Make yourself as tall as possible and keep walking. Reach your hands over your head.
5. Bend your knees slightly, grasp your ankles, and continue walking.
6. Walk as if the heel of one foot and the toes of the other were sore.
7. Walk stiff-legged.
8. Squat down and jump forward from that position.
9. Walk on your hands and one foot with the other foot held high, like a lame dog.
10. Walk forward at a rapid pace (don't run) while swinging your arms vigorously.
11. Take giant steps.
12. Walk forward, raising your knees as high as possible with each step.
13. Run, lifting your knees high.
14. Walk on your hands and feet.
15. Stop and walk backward.
16. Stop!

Running Right

Developing good running habits should start when kids are young. Share these hints for running right with your boys. Have them practice them while doing their 600-yard run.

- Keep your head level and your eyes forward. This helps you keep your balance.
- Relax your shoulders and let them rise and fall naturally as your arms swing.
- Let your chin drop occasionally to keep your neck from tensing.
- Run with your back straight. Avoid leaning forward.
- Bend your arms, but don't lock them at the elbows. Hold your bent arms slightly above the waist and let them swing lightly up and across your chest.
- In jogging, stride as you walk - heel down first, then toes. As you speed up to run, you'll almost automatically land toe down first.
- Flex your knees and keep your stride reasonable.
- Loosely cup your hands.

Webelos Activity: Athlete

Good Health Habits

Circle the correct answer(s) for each statement.

1. Bathe/shower (every/day OR 1/week) and especially after exercise.
2. Wash your hair (1/month OR 2+ times/week).
3. Wash hands (before eating OR after using the restroom) and when they're dirty.
4. Eat right - (3 OR 4 OR 6) regular meals each day at regular times!
5. Eat (just some OR a variety of) food from each of the 4 food groups.
6. The average 10 year old should get (6 OR 9 OR 12) hours of sleep each night.

Clean & Strong

Decide if each statement is True (T) or False (F).

- T F 1. Our bodies "repair" themselves while we sleep.
- T F 2. Wear clean clothes & socks every day, but you don't need "new" clothes after a shower or bath.
- T F 3. Use proper lighting for all activities including reading, TV viewing, and playing.
- T F 4. Fitness is never just physical - it involves both the mind and body together.
- T F 5. Stand tall, and walk tall with shoulders back and stomach in.
- T F 6. It's OK to share drinking cups, washcloths and towels.
- T F 7. Different foods provide different nutrients, and no one food can sustain us.
- T F 8. Rushing meals or skipping meals can be harmful to your body.

Four Basic Food Groups

Draw a line from each food item to the appropriate food group.

DAIRY	PROTEIN	GRAINS	VEG & FRUIT			
banana	egg	cereal	yogurt	apple	porkchop	pasta
butter	corn	hotdogs	bread	cheese	melon	nuts
crackers	ice cream	potatoes	steak	oatmeal	milk	onion

(Answers: Health: 1-every day 2-2+/week 3-both 4-4 5-variety 6-9 or 12
Clean: 1-T 2-F 3-T 4-T 5-T 6-F 7-T 8-T
Groups: Dairy: butter, ice cream, yogurt, cheese, milk
Protein: egg, hotdogs, steak, porkchop, nuts
Grains: crackers, cereal, bread, oatmeal, pasta
Fr/Veg: banana, corn, potatoes, apple, melon, onion)

Webelos Activity: Athlete

What'll She Do? - A Road Test for Your Body

If you were about to buy a new car, you'd probably want to drive it first. Car buyers try to answer the question, "What'll she do?" But do they ever ask the same question about their own bodies? Do you? It seems only fair that people give as much time to studying their main means of transportation - their bodies - as they do their secondary means of movement - their cars.

Finding out how your body performs is important for two reasons:

- 1) A complete performance test usually gives you some good news about your body. Even if you could be better in some of the test, in many areas, you'll surprise yourself with success. And you should know what's right as well as what's not right with your body.
- 2) If you plan to improve your body's performance, you need some baseline measurements to start with - something to compare your progress with. These tests give you that.

A complete performance test checks you in many areas:

+ endurance	+ agility	+ balance	+ flexibility
+ speed	+ power	+ strength	+ relaxation

On the next page, you'll find at least one test for each of these abilities. To help keep a record of how you do, make a performance test score sheet like this:

What'll She Do? - Performance Score Sheet			
Name:		% Fat:	
Height:	Weight:	Date 1:	Date 2:
1	GO CLIMB CHAIR (endurance: heart)	Starting: After 1 min.:	Starting: After 1 min:
2	9-MINUTE MARATHON (endurance: heart & lungs)	Distance:	Distance:
3	JACK BE NIMBLE, JACK BE QUICK (agility)	#Successes: (3 tries)	#Successes: (3 tries)
4	ROLLING STONE (agility)	#Completed: (3 tries)	#Completed: (3 tries)
5	HIGH DIVER (balance)	Held for a count of:	Held for a Count of:
6	HAIRPIN (flexibility)	Hands reach to:	Hands reach to:
7	ARCHER (flexibility)	Distance from floor:	Distance from floor:
8	DRAG RACE (speed)	Time:	Time:
9	LEAPIN' LIZARD (power)	Distance:	Distance:
10	LAY-UP (power)	Distance: base & higher mark:	Distance: base & higher mark:
11	BRIDGE (strength)	Held for:	Held for:

Athlete Performance Tests:

Go Climb a Chair: Need a bench or sturdy low chair 12" to 14" from seat to floor. Also, get a watch with a second hand. Begin standing in a relaxed position and take a few deep breaths. Measure pulse for 30 seconds and double that to get pulse for one minute starting pulse. Begin stepping exercise. Step up onto the chair, first one foot then the other, then step down, first one foot then the other. Do this for one minute, rest the next minute, and then take your pulse again. Compare to the first pulse: same pulse or less, great! One or two beats faster, good. Three or four beats faster, fair. Five or six faster, poor. Seven or more beats faster, you need more work!

9-Minute Marathon: Need a measured course such as a school track. Start running and start a stopwatch. When you get short of breath, you can stop running and walk until your breathing is easier. Then start running again. Run for exactly 9 minutes. Record how far you've gone.

Jack Be Nimble, Jack Be Quick: Agility is a talent for quickly changing direction of movement. Jump from a squat position. Spring into the air with a 1/2 turn so you land facing your take-off point. Land your feet together, and hold your balance for 3 seconds. Try this several times and record the number of successes.

Rolling Stone: Squat down again, arms outside your knees and hands on the floor. Roll backward onto your bottom, then onto your lower back, and up to your shoulders. Keep your knees snug to your chest. Pause, then, keeping your feet close to your bottom, roll forward, returning to the squat position, then stand up straight. Record results.

High Diver: Pretend you are on a high dive, up on your toes, arms pointed in front, eyes closed. Hold your balance without moving your feet for as long as you can. Time how long you can keep your balance.

Hairpin: Bend over and try to touch the floor, keeping your knees straight. See how far you can go. Hands flat on the floor? Fingertips? Down to your ankles? Just below your knees? You need to be able to at least touch the floor.

Archer: Lie face down on a rug. Clasp your hands behind your neck extending your elbows. See how far you can raise your chin off the floor. 6" is fair, 9" is good, 12" is excellent!

Drag Race: Run a measured 50 yards at your top speed. Time it with a stopwatch.

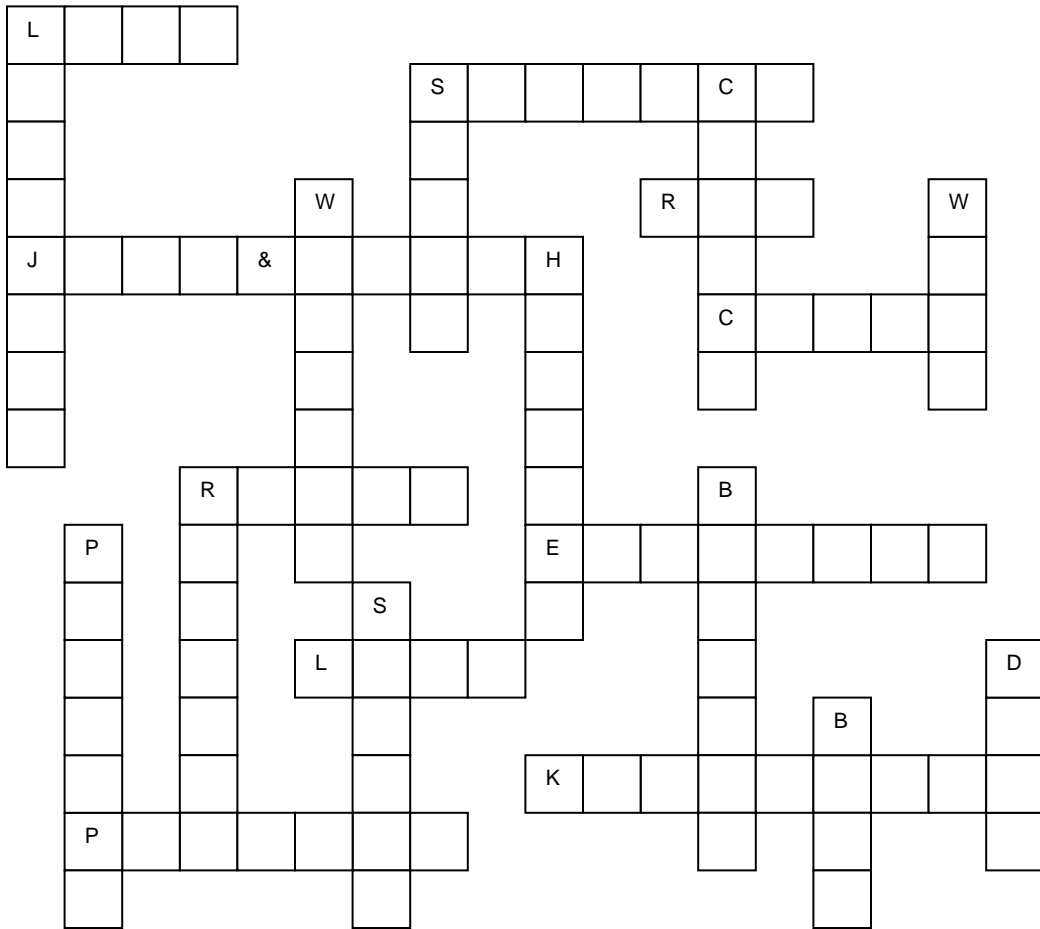
Leapin' Lizard: Draw a starting line. Stand with both feet behind the line. Put arms out behind you then swing them forward as you leap. Jump as far as you can. Measure the distance to where your heels touched down.

Lay-Up: Stand sideways next to a wall with a piece of chalk in your hand and mark as high as you can reach without moving your feet. This is your base line. Squat and jump as high as you can, making a chalk mark at your highest point. Measure the distance between your marks. 16" is great, 8" is okay, 6" or less, and you need more work!

Bridge: Get in a down push-up position. Without swaying your back, raise up on your hands and toes and hold this position. Record how long you can hold it. 20 seconds is excellent!

Webelos Activity: Athlete

Exercise Crossword Puzzle



Place the following words into the crossword spaces above. The first letter of each word is already filled in for you!

- | | | | | |
|----------|----------|------------|-----------|---------|
| Bend | Bridge | Crawl | Crunch | Dash |
| Exercise | Hurdles | Jump&Reach | Kneebends | Leap |
| Lift | Longjump | Pullups | Pushups | Records |
| Relay | Run | Situps | Squat | Stretch |
| Walk | Wrestle | | | |

Webelos Activity: Athlete

The Warm-Up

Make sure the boys have plenty of room to move around. The leader should read it in a slow monotone at first while letting the boys go through the motions. Then try it in the sing-songy rhythm a little faster. Continue, repeating it faster and faster!

Hands on your hips, hands on your knees,
Put them behind you, if you please.

Touch your shoulders, touch your nose
Touch your ears, touch your toes.

Raise your hands high in the air,
At your sides, on your hair.

Raise your hands as before,
While you clap: one, two, three, four.

Your hands upon your head you place,
On your shoulders, on your face.

Then you raise them up on high,
And make your fingers quickly fly.

Then you put them in front of you,
And quietly clap: one, two; one two!

Webelos Activity Badge: Fitness

How Are You Eating?

For a few days keep track of everything you eat using a chart that includes all four food groups (Fruit/Veg, Meat, Milk, Bread/Cereal). See if you are eating healthy food from all four food groups at least 3 times a day.

Here's another activity to see how well you eat. Have the boys make a list of the 20 foods they eat most often. Using only the foods on their list, they must compose three well-balanced meals: breakfast, lunch, and dinner. Then discuss the following questions:

- a) Were you able to compose the three well-balanced meals?
- b) Do you most often eat the foods that are healthy for you or those that are not?
- c) Are all the nutrients included in your diet or are some missing?
- d) Which foods on your list do you think you should eliminate?
- e) Which foods not on your list do you think you should add?
- f) How else might we analyze you?

It's No Joke to Smoke

Individuals have reasons for making decisions that affect their lives. There are reasons why individuals make decisions to use or not use tobacco and tobacco products. Complete the following statements with the first thought that occurs to you. You may want to discuss your answers when you are finished.

I believe that smoking is _____
Smokers are _____
Smoking is _____
If everyone smoked, _____
Smoker's teeth _____
Smoker's breath _____
Smoker's clothes _____
If I smoke, it is because _____

Smart Snacking

Well-chosen snacks help to keep you healthy. What kinds of snacks do you choose? Soft drinks and candy? These foods are not in the food pyramid because your body does not need sweets to stay healthy and they are not good for your teeth. Here are some snacks that are good for you and taste good too. Add other snacks you can think of that are good for you.

Banana	Plum	Orange	Melon	Raisins
Figs	Carrot	Radish	Cucumber	Fruit/Veg. Juices
Cooked Meat	Poultry	Peanut Butter	Eggs	Nuts
Cheese	Ice Cream	Milk	Cocoa	Yogurt
Eggnog	Cheese Pizza	Puddings w/milk		Crackers
Biscuit	Muffin	Toast	Granola	Grits
Waffle	Noodle Salad	Soup	Popcorn	Sunflower seeds

Webelos Activity: Fitness

Treat Your Body Right!

Write or True or F for False in front of each question.

1. Smoking or chewing tobacco makes you cool.
2. Smoking can cause lung cancer and heart disease.
3. Athletes who smoke always play as long and as hard as athletes who don't smoke.
4. Smoking will not affect your eyes at all.
5. Smoking stains teeth and fingers.
6. Chewing tobacco is OK because it doesn't get into your body's organs.
7. Alcohol doesn't slow down the brain and body.
8. Alcohol can make a person see double.
9. Alcohol can make people do bad things they would never consider doing when sober.
10. Drunk drivers kill thousands of people each year.
11. All drugs, even prescription drugs, are dangerous.
12. It's OK to take someone else's medicine if you're sure you have the same illness.
13. Sniffing glue is OK to do once in a while.
14. Toxins from certain sniffing substances can affect the liver, kidneys and muscles.
15. Marijuana is OK in small amounts, but cocaine, heroin, and LSD are not.
16. Eating a cheeseburger, french fries and a soda for every lunch would be a balanced diet.
17. There are five food groups.
18. You should have 2 or more servings from each food group every day.
19. Your body needs vitamins, minerals, carbohydrates, fat and protein to operate smoothly.
20. Rushing meals or skipping meals can be harmful to your body.



(Answers: True: 2, 5, 8, 9, 10, 11, 14, 18, 19

False: 1, 3, 4, 6, 7, 12, 13, 15, 16, 17, 20)

Webelos Activity: Fitness

Food Jumble

The puzzle below contains food item words. When you find a hidden word, circle it and cross it off the list. Challenge: Circle the words that are **nutritious in blue**. Circle the words that are **not nutritious in red**.

P B C T O R W U A X D S A X F
I O R A N G E P Q V E S G K O
C P T T X Z A I F K M L N U I
K A E A P P L E G J N P R V Z
L B E H T K N Q T W A D G J M
E N H C O O K I E S N K O P Q
S R U V X Z C Y B C U F H K L
M F N P Q R V H W A T E R S W
F R E N C H F R I E S T A Z X
C U F H C I K M O P Q S I T U
V I X P R E T Z E L S Y S Z A
D T H C A N D Y K S L O I P Q
T V Z S C A K E B A N A N A E
P M I L K B I L O L W S H W E
S T C H E E S E E T R L I V O
U E P R R S U O D B W H W U O
W O N B S O D A T V W X P Q R

APPLE	BANANA	CAKE	CANDY
CHEESE	COOKIES	CRACKERS	FRENCH FRIES
FRUIT	MILK	NUTS	ORANGE
PICKLES	PIE	POTATO CHIPS	PRETZELS
RAISINS	SALT	SODA	WATER

Webelos Activity: Fitness

Effects of Alcohol, Tobacco and Drugs



(The leader may ask the Webelos Scouts to first read these sections from their handbooks. Then they can complete this worksheet.)

Identify the symptoms and/or effects of abuse for Alcohol (A), Tobacco (T) or Drugs (D).

1. ___ Shortened memory
2. ___ Slows down the brain
3. ___ Causes lung cancer
4. ___ Loss of motivation
5. ___ Slows down the body
6. ___ Causes heart disease
7. ___ Less will power
8. ___ Makes people see double
9. ___ Can't breathe deeply
10. ___ Tendency to drop out of sports, school, family
11. ___ Can damage the liver
12. ___ Irritates eyes, making them red and sore
13. ___ Lack of concentration
14. ___ Can make people do things they wouldn't consider when they're sober
15. ___ Stains teeth and fingers
16. ___ Causes poor judgement

(Answers: Alcohol: 2, 5, 8, 11, 14 Drugs: 1, 4, 7, 10, 13, 16 Tobacco: 3, 6, 9, 12, 15)

Webelos Activity Badge: Sportsman

Sportsmanship

You hear a lot about being a good sport, but just what does it mean? Good sportsmanship is part of good citizenship. For example, to lose a class election gracefully is good sportsmanship. The following is the Sportsmanship Brotherhood's code of sportsmanship. The "spirit of good sportsmanship" means being modest in victory as well as accepting defeat gracefully after you try your best.

A good sport learns the rules so he will not break them. He competes with all his heart, striving to outclass his competitor. If he wins, he doesn't act smug, but instead compliments the loser for the fine job they did. If he loses, he accepts it and tries to figure out why. He doesn't blame it on other players; maybe he can win next time.

A good sport accepts defeat, congratulates the winners, learns how he can improve his game, and determines to do better the next time.

Signal Game

After going over the Official's Signals in the handbook for football, basketball and baseball, divide the den into two teams to practice the signals for a few minutes. To start the game, have the two teams face each other and toss a coin to see who starts. The winners can elect to receive or send the first signal. The first player to send then states the name of the sport and gives the signal. The first player on the other team must state what the signal is without aid from his teammates. If he gets the signal correct, his team scores one point. If the receiver misses or has help from his teammates, the sending team gets a point. The first boy to be receiver is now the sender and the other boy is the receiver. Continue down the line, tallying points for correct answers.

Baseball Game

Cut a square from a large piece of cardboard. In each corner, draw a square. Connect each square by drawing a line parallel to each of the sides. The square will look like four bases connected with running lanes. Label the four bases "Single," "Double," "Triple" and "Home Run." Label the running lanes "Strike," "Out," "Ball," and another "Out." Now cut a bat shaped spinner that is about as wide as the square. Attach it to the center of the square with a paper brad. Make sure it can spin freely. Follow regular baseball rules and play a game of baseball, keeping score. Each player gets to keep spinning until he has three outs. Play nine innings.

Webelos Activity: Sportsman

Sports Belt Loops

Webelos Scouts need to earn two belt loops for both individual and team sports. Here are some ideas on how to organize your den's participation in these **individual** sports.

Badminton

You may want to start with doubles and then go to singles when the Cubs get good enough.

Bicycling

Check the Handyman section for setting up a bike tune-up and rodeo. This way they can get credit for the Handyman badge and the Bicycling belt loop.

Bowling

This is an opportunity for a fun-filled field trip, especially in the dead of winter. This can get pricey and only plan on playing two games - this can wear out the boys faster than you think!

Fishing

This is a perfect overnigher activity. Bring the Cubs with one parent each and camp out. Make sure you practice water safety!

Golf

Cub-aged boys love to play miniature golf. Incorporate this field trip as a good-behavior reward for the den. Or your den may elect to make their own backyard game using frozen juice cans.

Gymnastics

You need access to both tumbling and apparatus. Check with your local school or gym to see if they can help out. Be sure to have qualified help.

Marbles

This is so easy and quite inexpensive. The lost art of marbles is coming back and Cubs will enjoy it.

Physical Fitness

Start this early in the school year, so it can be done outdoors. Does your school's gym program provide this instruction already?

Skating

Another great get-away field trip. Many boys have their own skates too, which helps reduce the cost. Check with the skating rink to be sure they allow personal equipment.

Skiing

In Nebraska, water skiing is your best bet, but be sure to provide adequate safety and supervision.

Swimming

Gather for some fun in a neighborhood pool. If it's a private pool, try to incorporate some activities from other badges, like Aquanaut and Scientist!

Table Tennis

Ping-pong by any other name is still lots of fun. Run a simple tournament like with badminton.

Tennis

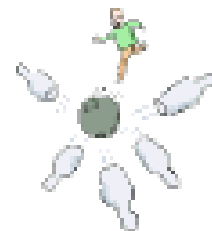
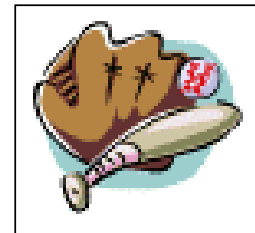
Local school or neighborhood courts are great for this. Borrow some rackets or purchase some used inexpensive ones. Get the cheapest balls as these are easily lost.

Webelos Activity: Sportsman

World of Sports

See if you can match the item on the left to the appropriate game on the right.

- | | |
|-----------------------|-------------------|
| 1. ____ Spare | a. Hockey |
| 2. ____ Shell | b. Trap-shooting |
| 3. ____ Shuttlecock | c. Boxing |
| 4. ____ Fairway | d. Bowling |
| 5. ____ Slalom | e. Polo |
| 6. ____ Double fault | f. Skiing |
| 7. ____ Eight ball | g. Basketball |
| 8. ____ Chukker | h. Archery |
| 9. ____ Clay Pigeon | i. Boating |
| 10. ____ Technical KO | j. Football |
| 11. ____ Jump Shot | k. Baseball |
| 12. ____ Puck | l. Figure Skating |
| 13. ____ Double Play | m. Tennis |
| 14. ____ Figure Eight | n. Badminton |
| 15. ____ Field Goal | o. Pool |
| 16. ____ Headlock | p. Wrestling |
| 17. ____ Casting | q. Golf |
| 18. ____ Quiver | r. Diving |
| 19. ____ Jack-knife | s. Hunting |
| 20. ____ Oar | t. Fly Fishing |



(Answers: 1-d 2-s 3-n 4-q 5-f 6-f 7-o 8-e 9-b 10-b 11-g
12-a 13-k 14-l 15-j 16-p 17-t 18-h 19-r 20-i)

Webelos Activity: Sportsman

You Make the Call

Place the correct abbreviation in the space by each "call" made in the following sports:

FOOTBALL=**F** BASKETBALL=**BK** BASEBALL=**B** SOCCER=**S** HOCKEY =**H**

___ Pass Interference

___ Illegal Dribble

___ Technical Foul

___ Holding the Face Mask

___ Kneeing

___ Time-in

___ Slashing

___ Time-out

___ Charging

___ Fair Ball

___ Offside

___ Substitution

___ Ball

___ Hooking

___ Corner Kick

___ Incomplete Pass

___ Strike

___ Touchdown

___ Penalty Kick

___ Out

___ Delay of Game

___ Holding

___ Clipping

___ Foul Ball

___ Unsportsmanlike Conduct

___ Safe

___ Traveling

___ Illegal Motion

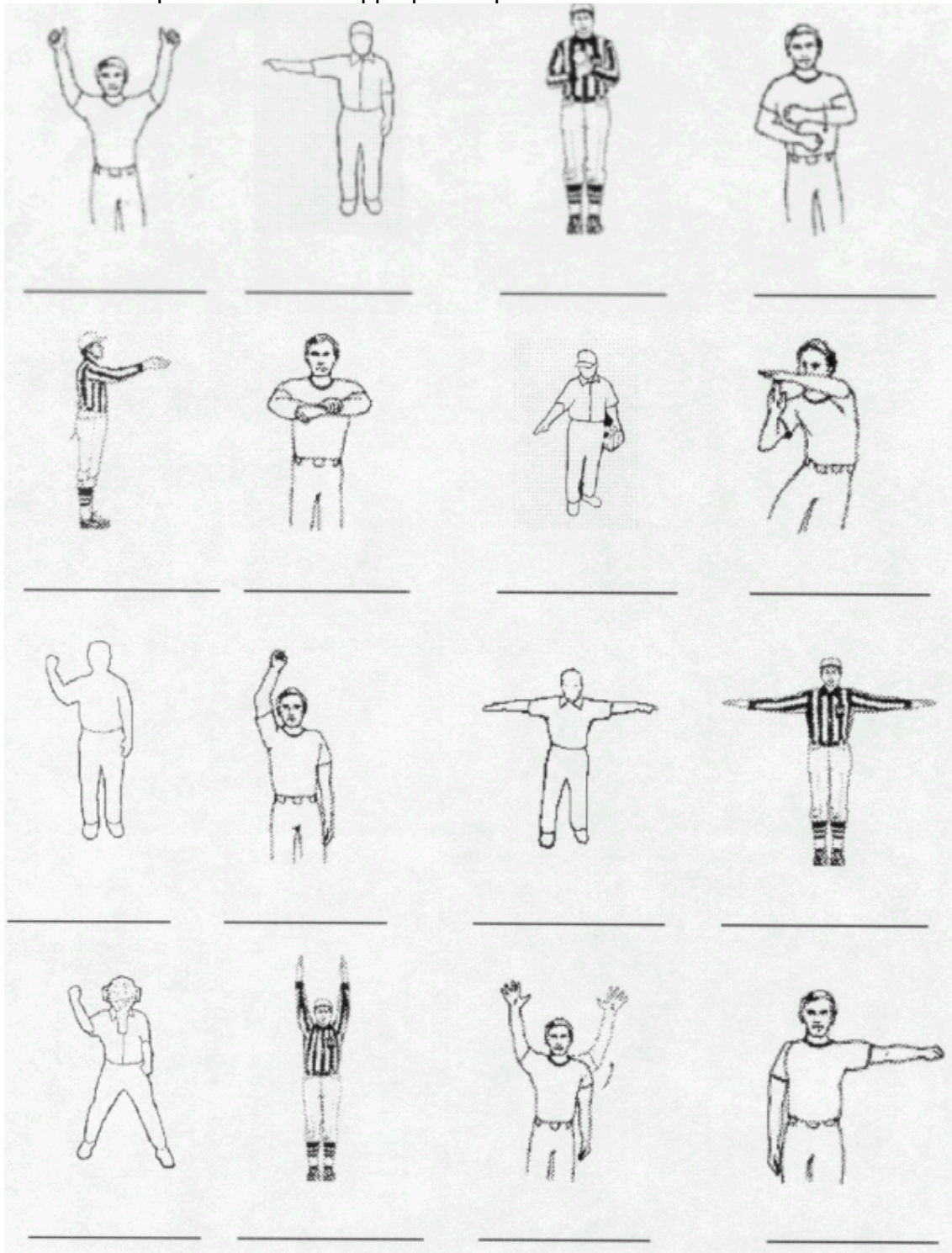
___ Tripping

___ Foul

Some calls may belong to more than one sport. Which of these can you identify?

Webelos Activity: Sportsman

Label each of the pictures with the appropriate sport and the official's call:



(Answers: Row 1: Bsk-Jump Ball Bs-Fair Ball Ft-Holding Bsk-Traveling
 Row 2: Ft- 1st Down Bsk-Holding Bs-Count Run Bsk-Tech Foul
 Row 3: Bs-Out Bsk-Foul Bs-Safe Ft-Unsportsmanlike Conduct
 Row 4: Bs-Strikeout Ft-Touchdown Bsk-3 Points Bsk-Charging)