

Webelos Requirement: Stronger, Faster, Higher

- Understand why you should warm up before exercising and cool down afterward.
- Do these activities and record your results:

Skill	Start	Week 1	Week 2	Week 3	Week 4
20 yard dash					
Vertical jump					
Lifting a 5 pound weight					
Push-ups					
Curls (sit-ups)					
Jumping rope					

Now pick 1 of the below:

- Try a new sport you have never tried before. Write it down _____
Some things to try:
Archery, badminton, baseball, basketball, cross country, golf, gymnastics, kickball, rowing, soccer, swimming, tennis, track, ultimate Frisbee, volleyball, paddleboard, canoeing
- 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.
- With adult guidance, help younger Scouts by leading them in a fitness game or games.