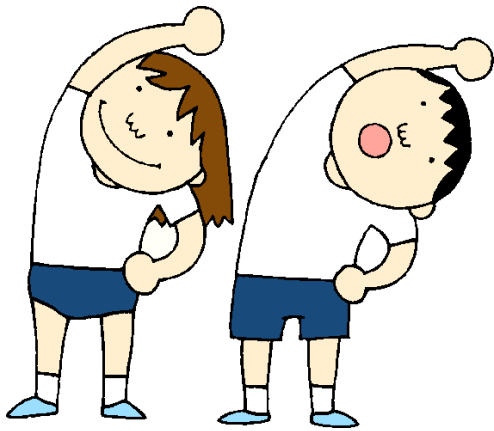


January

Year A



Helpful



Year A - January – Den Meetings

Advancement

Helpful/Exercising/Keeping Fit

Wolf Rank Advancement

Wolf Adventures:

Running with the Pack

1. Play catch with someone in your den or family who is standing 5 steps away from you. Play until you can throw and catch successfully at this distance. Take a step back and see if you can improve your throwing and catching skills.
2. Practice balancing as you walk forward, backward, and sideways.
3. Practice flexibility and balance by doing a front roll, a back roll, and a frog stand.
5. Do at least two of the following: frog leap, inchworm walk, kangaroo hop or crab walk.

Paws of Skill

1. Talk with your family or den about what it means to be physically fit. Share ideas of what you can do to stay in shape.
2. With your family or den, talk about why it is important to stretch before and after exercising. Demonstrate proper warm-up movements and stretches before and after each activity you do that involves action.
3. Select at least two physical fitness skills and practice them daily for two weeks. See if you can improve during that time. (Partial home assignment.)

Webelos Rank Advancement

Webelos /Arrow of Light Adventures:

Stronger, Faster, Higher (4th grade Webelos)

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.
6. With adult guidance, help younger Scouts by leading them in a fitness game or games.

