

## **Fitness Activity Badge Outline -- Physical Skills Group**

The Fitness Activity Badge is recommended to be presented in a one month format, as outlined in the Webelos Program Helps booklet. This example outline presents the Badge in four weekly meetings. Every requirement is covered in the outline in four meetings. This badge requires considerable work done at home. It is often possible to work on something else in the Den at the same time that this badge is worked on.

This is another one of those badges that you really need to get the parents on board for early. I suggest sending home a requirements outline and reporting sheet a week before the badge work starts. An example of one is attached to this outline.

Use the Webelos book in the meeting. Have the Scouts read sections from the book. Use all the resources you have available, such as the Program Helps and the Webelos Den Activities Book. Perhaps your local police department can provide brochures on drug and alcohol abuse to give out to the Scouts. Make sure you sign off their books each meeting.

### **Week 1**

#### **Requirements to be fulfilled:**

##### **Do Both of These:**

1. With a parent or other adult family member complete the exercises in the pamphlet, "How to protect Your Children from Child Abuse and Drug Abuse," found in the front of this book.

#### **Discussion :**

1. Read the introduction and requirements on pages 161 - 162. Discuss the requirements and how they will be worked on in and outside the Den. Show the Scouts the pamphlet in the front of their Webelos Book and show them the exercises section in the pamphlet.
2. Begin by reading page 163 on Exercising for Fitness.  
Refer to pages 68 to 77 to describe the various exercises that can be chosen. Provide each scout with an exercise chart, such as the one attached to this outline. Have each scout choose exercises and write them on the top of the chart. I have found it best to choose as a group so that all exercises are the same. I urge the Scouts to do things that are easy to do at home, or at worst, school, such as pushups, sit-ups, long jump, jump and reach, knee bends, etc. At least choose something that will tire them out so they can show improvement.

Now, have the Scouts do the exercises as a pre-test and fill out their charts for the first date. Have them put in the date on the left column for each day they do their exercises. They should do the exercises a few times a week at least. I personally will not pass a Scout on this requirement if he has missed many days in a row -- that is not consistency.

#### **Homework:**

1. Do your exercises!

### **Week 2**

#### **Requirements to be fulfilled:**

##### **And Do Three of These:**

3. Tell an adult member of your family five bad effects smoking or chewing tobacco would have on your body.
4. Tell an adult member of your family what drugs could do to your body and how they would affect your ability to think clearly.

#### **Discussion :**

1. Review the Home Activities chart and sign off anything in their books that their parents have initialed.
2. Read pages 163 - 164 on the Dangers of Smoking and Chewing Tobacco.

Discuss the dangers. Do the Scouts know any other dangers? Make sure the dangers are clear in every Scout's mind before the meeting is over so they can tell their parents.

3. Read pages 164 - 165 on the Dangers of Alcohol and other Drugs and Inhalants  
Your scouts either have gone through or are about to go through a drug abuse awareness program in their school. If they have they can probably teach you a few things. If not, you will not be able to impart to them nearly as much information as they will receive. So, hit the high points, making sure again that it is clear enough in their minds to tell their parents about it.

#### **Homework:**

1. Do your exercises!
2. Tell an adult member of your family five bad effects smoking or chewing tobacco would have on your body.
3. Tell an adult member of your family what drugs could do to your body and how they would affect your ability to think clearly.

### **Week 3**

#### **Requirements to be fulfilled:**

5. Tell an adult member of your family what a balanced diet is and whether or not your diet is.
6. Tell an adult member of your family why you should not use alcohol and how it could affect you.

#### **Discussion :**

1. Review the Home Activities chart and sign off anything in their books that their parents have initialed.
2. Read page 165 on Your Diet.  
Again, your scouts have learned in school about food groups and diet. Get them to tell you about balanced diets and about food groups. Again make sure that it is clear enough in their minds to tell their parents about it.
3. Discuss alcohol use and how it affects people. Again make sure that it is clear enough in their minds to tell their parents about it.

#### **Homework:**

1. Do your exercises!
2. Tell an adult member of your family what a balanced diet is and whether or not your diet is.
3. Tell an adult member of your family why you should not use alcohol and how it could affect you.

### **Week 4**

#### **Requirements to be fulfilled:**

2. Choose six exercises that will help keep different parts of your body fit. Record your best in each of them. Show improvement in each after practicing them regularly for 30 days.

#### **Discussion :**

1. Review the Home Activities chart and sign off anything in their books that their parents have initialed.
2. Final exercise test in the Den. Sign off all requirements passed in the books.

**NOTE: At this point each Scout has completed 1/3 of the exercise requirement for the Athlete Activity Badge. If any Scout wishes to continue exercising for two more months, this will fulfill a major requirement for that badge.**

## Fitness Badge Activities at Home

Your Scout is working on the Fitness Activity Badge this month. This badge, which is required for the Webelos rank, requires work to be done at home. The most important thing is to get your Scout started on his exercises. He was given a 30 day exercise chart on which he chose six exercises to do. It is not mandatory that he do these exercises for 30 days with no interruptions -- he simply needs to be consistent, do his best and try to improve. Please make sure he has the exercise chart in his binder, as we will be doing tests throughout the month.

We will be discussing the following requirements in detail in the Den meetings. As your Scout completes the work in the Den, he needs to tell you about what he has learned. Then, please initial where indicated and make sure this page stays in his binder.

**Scout's Name:** \_\_\_\_\_

**Requirement 1. With a parent or other adult family member complete the exercises in the pamphlet, "How to protect Your Children from Child Abuse and Drug Abuse," found in the front of this book.**

I have completed Requirement 1 with my Scout (parents initial please): \_\_\_\_\_

**Requirement 3. Tell an adult member of your family five bad effects smoking or chewing tobacco would have on your body.**

I have completed Requirement 3 with my Scout (parents initial please): \_\_\_\_\_

**Requirement 4. Tell an adult member of your family what drugs could do to your body and how they would affect your ability to think clearly.**

I have completed Requirement 4 with my Scout (parents initial please): \_\_\_\_\_

**Requirement 5. Tell an adult member of your family what a balanced diet is and whether or not your diet is.**

I have completed Requirement 5 with my Scout (parents initial please): \_\_\_\_\_

**Requirement 6. Tell an adult member of your family why you should not use alcohol and how it could affect you.**

I have completed Requirement 6 with my Scout (parents initial please): \_\_\_\_\_

## Fitness Badge Exercise Chart

Scout's Name: \_\_\_\_\_

<u>Date</u>						

# Fitness Activity Badge Den Leaders Record

List Boy's Names

Date: \_\_\_\_\_  
 \_\_\_\_\_  
 Month/Year

Requirements

**Do Both of These:**

1. With a parent or other adult family member complete the exercises in the pamphlet, "How to protect Your Children from Child Abuse and Drug Abuse," found in the front of this book.

2. Choose six exercises that will help keep different parts of your body fit. Record your best in each of them. Show improvement in each after practicing them regularly for 30 days.

**And Do Three of These:**

3. Tell an adult member of your family five bad effects smoking or chewing tobacco would have on your body.

4. Tell an adult member of your family what drugs could do to your body and how they would affect your ability to think clearly.

5. Tell an adult member of your family what a balanced diet is and whether or not your diet is.

6. Tell an adult member of your family why you should not use alcohol and how it could affect you.

**Date Completed  
 Awarded**

1. With a parent or other adult family member complete the exercises in the pamphlet, "How to protect Your Children from Child Abuse and Drug Abuse," found in the front of this book.													
2. Choose six exercises that will help keep different parts of your body fit. Record your best in each of them. Show improvement in each after practicing them regularly for 30 days.													
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3. Tell an adult member of your family five bad effects smoking or chewing tobacco would have on your body.													
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