



WEBELOS

Requirements:

The Webelos rank is earned by completing six adventures as described below.

1. Be an active member of your Webelos den for three months.
2. Complete each of the five required adventures:
 - Cast Iron Chef
 - Duty to God and You
 - First Responder
 - Stronger, Faster, Higher
 - Webelos Walkabout
3. In addition to the five required adventures, complete at least one elective adventure of your den's or family's choosing (for a total of at least six adventures).
4. With your parent, guardian, or caring adult, complete the exercises in the pamphlet How to Protect Your Children From Child Abuse: A Parent's Guide.
5. Earn the Cyber Chip award for your age. <https://cubscoutideas.com/2854/bsas-cyber-chip-kids-internet-safety/> (The Cyber Chip requirement may be waived by your parent or guardian if you do not have access to the internet.)

Leaders Guide: <https://pigeonpost.scouting.org/wp-content/uploads/2019/07/Webelos-Leader-Guide.pdf>

Intro Video: <https://www.scouting.org/programs/cub-scouts/den-meeting-resources/den-leader-tips-tricks-video-series/#video-gallery-d5791a3-13>



WEBELOS FASTER, STRONGER, HIGHER

WEBELOS FASTER, STRONGER, HIGHER REQUIREMENTS:

Complete requirements 1–3 and at least one other.

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.

4. Try a new sport you have never tried before.

5. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weightlifting, and running. Time yourself going through the course, and try to improve your time over a two-week period.

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

Video Resource: <https://vimeo.com/446866858>

November Week 1

Complete:

◆Activity: Fitness Circle (REQUIREMENT 1)

- Practice simple stretching exercises (see the Webelos Handbook).
- Have Scouts envision a circle on the ground with Scouts facing clockwise, start them walking in the circle at a moderate pace.

Then, without pausing between exercises, they will:

- Walk forward at a quicker pace, swinging their arms vigorously.
- Walk while making themselves as tall as possible with arms high over their heads.
- Walk while raising their knees as high as possible.
- Hop around the circle on two feet.
- Walk with knees slightly bent, holding their ankles.
- Walk with long strides, bending one knee with each step.
- Return to the moderate pace.
- Perform safe stretches as described in the Webelos Handbook and discuss the value of warming-up prior to exercising.

◆Activity: Fitness Chart (Requirement 2)

- This activity will help Scouts create their own personal baseline for fitness by measuring their abilities.
- With a buddy or adult partner, have Scouts turn to the fitness chart for this requirement in the Webelos Handbook (pg. 82). They will do these exercises while their buddy/adult partner records the score:
 - Run 20 yards as fast as possible. Record time.
 - Jump as high as possible near a wall with chalk on your fingers. Touch the wall at the top of the jump. Measure the height.
 - Lift a 5-pound bag as many times as you can. Record the number of lifts.
 - Do as many push-ups as you can. Record the number.
 - Do as many curls as you can. Record the number.
 - Jump rope as many times as you can. Record the number.
- When this is done, have each Scout select at least three activities that they want to improve on during the next month. They will track their progress at home and bring the results each week to share with the den, den leader, or review with an adult partner.(needed for requirement 3)

November Week 2- Fitness Fun Course

- Start a discussion about activities to include in the Scout's Fitness Fun Course, using materials collected around the house. Discuss different elements the course may include, and the potential size and location of the course. The activities should involve jumping, avoiding obstacles, weightlifting, and running.

Encourage the Scouts to keep the course relatively simple.

- ◆ Activity: Planning the Fitness Fun Course

Have the Webelos work on this project without adult assistance; then they can share their plan with you.

- ◆ Activity: Building and Practicing the Fitness Fun Course (Requirement 5)

Now the Scouts can set up and go through the course. As they do this, have an adult record each Scout's time at the different activities. This will enable them to track their progress when they repeat the course the following week. Take a picture of the course so it can be set up similarly to the way it was before.

November Week 3

- ◆ Activity: Back to the Fun Course

- Set up and repeat the Fitness Fun Course. The adult partner should record each Scout's time to see if it has improved since the last meeting (requirement 5).

- Review and discuss with the Scouts their exercise log. Look at progress and discuss how regular exercise not only keeps them fit but makes them stronger. (requirement 3)