

Physical Fitness Activities



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Because many of these contests are tests of strength, coordination, and agility, the older and stronger boys will have an advantage. For this reason, it is a good idea to try to match contestants by size and age, especially for the two-person contests. Consider using these activities as den meeting fillers when boys need to burn off excess energy. Have several games in mind and ask the boys whether they can do this or that fitness activity. Change the activities as the boys show proficiency. Many of these physical fitness activities meet advancement requirements for Walk, Bear, and Webelos Scouts.

ANKLE HOP

Boys stand erect and then take a squatting position, grasp the ankles, and hop forward four times without breaking the ankle grip. They turn around and repeat, hopping back to their original places.

ANKLE WALK

Each boy grasps his ankles and walks in a straight line, keeping his knees stiff.

ARM LOCK WRESTLE

Pair off boys according to height and weight. They sit on the floor, back to back, with their legs spread and arms locked at the elbows. On a signal, each tries to pull his opponent over to the side so that his left arm or shoulder touches the floor.

BALANCE WITH CLOSED EYES

Boys stand upright, placing their right foot in front of their left foot, and raise their arms to their sides. With their eyes closed, they see how long they can maintain their balance in this position. Alternate the left and right foot forward.

BICYCLE RIDE

Players lie flat on their backs and raise their feet as high as possible. Then, placing the hands under the hips, they support their body weight on the shoulders and elbows. From this position they pump their feet as is pedaling a bicycle.

BROOMSTICK TWIST

Two boys of equal height and weight grasp a broomstick (held horizontally) with both hands. Each tries to touch the stick to the floor on his right.

BROOMSTICK WRESTLE

Two boys face each other, grasping a broomstick with their hands about 18 inches apart. On a signal, each tried to cause the other to move his feet. The defeated player is the one who first takes a step or releases the stick.

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CIRCLE HOP

Draw a circle about 6 feet in diameter and stand two boys inside it. They face each other with their arms folded and one leg extended in front. On a signal, they try to upset or force each other from the circle by using the extended leg. They may hook or lift with the leg but must not touch their opponent with any other part of the body. Kicking or pushing with the uplifted leg is not permitted.

CRAB WALK

From a squatting position, boys reach backward and put their hands on the floor without sitting down. They walk forward, keeping their heads and body in a straight line.

DEEP BOW

Boys place both hands on the floor in front of their left foot and extend their right leg backward. They touch their head to the floor and then stand erect without losing their balance. They reverse their feet and repeat the deep bow.

FITNESS CIRCLE GAME

Form a circle as large as the room permits, with all boys facing the same direction. Give instructions for various activities as follows:

1. Start walking in a circle and keep walking between these exercises.
2. Start hopping.
3. Make yourself as small as possible and continue walking.
4. Make yourself as tall as possible and continue walking. Now reach your hands high 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 hands and one foot, with the other leg held high, imitating a lame dog.
10. Walk forward at a rapid pace (don't run) while swinging the 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.

FROG HANDSTAND

Boys squat and place their hands flat on the ground between their legs. They lean forward slowly, shifting the weight of their bodies onto their hands and elbows until their feet swing free on the ground. They should keep their heads up and point their toes backward. (This is the first step in learning the handstand.)

FROG HOP

Boys take a squatting position with their feet pointing slightly outward. They place their hands on the floor with the elbows slightly bent, arms between the knees. Then they take short hops by putting their hands just ahead of their feet and bringing their feet to their hands.

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HAND PUSH

Two boys stand facing each other with their toes touching and their palms together at shoulder height. In this position each tries to push the other's hands until one is forced to step back. The player who forces his opponent backwards wins.

HAND WRESTLE

Two boys stand facing in opposite direction with the sides of their right feet touching each other. They clasp their right hands directly over the center of their feet. On a signal, the wrestlers try to throw each other off balance by pushing, pulling, or swinging their hands. A player loses if either foot moves.

HAWK DIVE

You need plenty of room for this activity. Boys kneel on one leg with the other leg stretched back, keeping the foot off the floor. They stretch both arms sideways, using them for balance. They bend forward slowly trying to touch their noses to the floor. Then they return to the starting position without letting any part of the body touch the floor except the leg they are kneeling on.

HOP AND TURN

Boys hop in the air, make a half turn to the right, and land slightly on their starting place. They can vary the stunt by making a full turn. Repeat, by turning the other direction.

KNEE DIP

Boys stand on one foot and grasp the other foot behind their back with the opposite hand. They try to touch the bent knee to the floor and return to a standing position without losing balance.

KNEEL STAND

Boys kneel on both knees and return to a standing position with arms folded behind their backs. They must not move their feet or lose balance.

LEG WRESTLE

Two boys lie side by side on their backs with their heads in opposite directions. They hook right elbows. When the leader counts, "one," they raise their right legs and touch them together. At count "two," this is repeated. At "three," they hook their right knees and try to turn each other over.

INCHWORM

Each boy supports his body on his hands and feet with his legs extended backward. Keeping his hands in place and his knees stiff, he walks on his toes with short steps until his feet are near his hands. Then, without moving his feet, he walks forward on his hands with short steps until his original position is attained. He continues "walking" alternately with feet and hands.



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NO HANDS

Boys fold their arms, lie down on the floor, and try to get up without using their elbows or hands.

SKIN THE SNAKE

Boys line up single file one behind another. Each stoops over and places his right hand between his legs and with his left hand grasps the right hand of the player in front of him. When all are ready, the last player in line lies on his back while the line moves back over him. The next player then lies down and so on until everyone is lying down. The last one to lie down rises to his feet and walks forward, each following in turn, until all are back in their original places.

SPARROW SPARRING

Establish a 6-foot circle. Standing in the circle, two boys bend forward and grasp their ankles. Each then tries to upset his opponent or shoulder him from the circle.

STORK STAND

The boy stands with his hands on his hips, placing one foot against the inside of the opposite knee while bending the raised knee outward. He then counts to 10 without moving from his place.

STORK WRESTLING

Two boys face each other, standing on one foot and holding their left ankles with their left hands. They then clasp their right hands and try to push or pull their opponent off balance or cause him to let go of his ankle.

THREAD THE NEEDLE

Boys clasp their hands in front of their bodies. They bend forward and step through the loop formed by their arms with the right foot, and then the left foot. They reverse the action by stepping backward with the left foot, then the right, keeping the hands clasped. If the hands are clasped near the floor, the action is easier to perform.

UNDER THE BROOM

Build two stacks of books about 3 feet high and 3 feet apart. Lay a broom across them. Each boy crawls under the broomstick and goes to the end of the line. When all have done that, remove two or three books to lower the broom, and have the players try that. Keep removing more books each round.