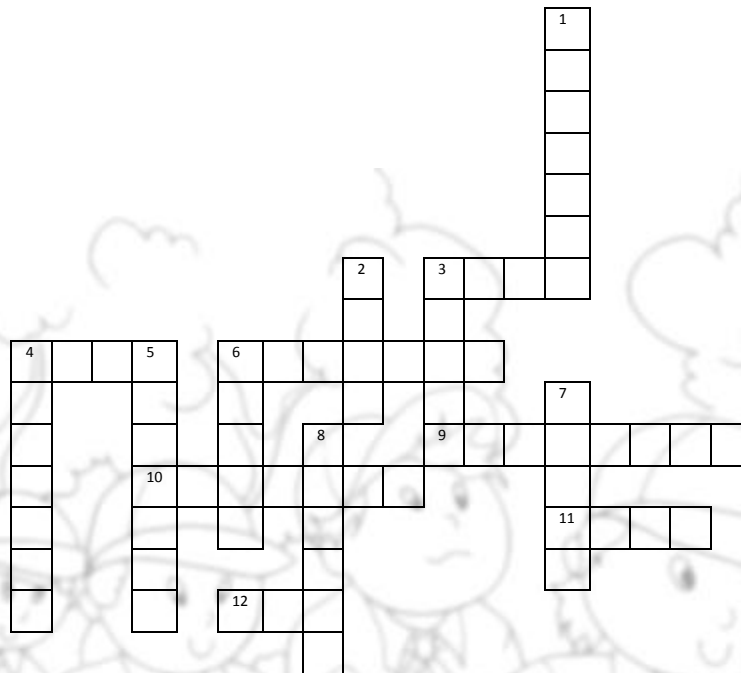


**Be Active**  
Session 1

Preparation and Materials needed	<ul style="list-style-type: none"> <li>✓ Materials needed for this session: Flag, copies of Exercise Crossword Puzzle, pencils, crayons/markers, paper, stopwatch, adhesive note pad, 5 pound weight, 4 jump ropes, Measuring tape, the “Stronger, Faster, Higher charts” for the Bears and Webelos, the “Paws of Skill chart” for the Tigers and Wolves, and homework sheets for the tigers. The leader will keep the exercise charts for the scouts to use for the next 3 sessions.</li> <li>✓ Set up the room to give the scouts space to write and space for six (6) work out stations. The Scouts will be doing these station for the next 3 sessions. The stations are 20 yard dash, Vertical jump, lifting 5 pounds, push-ups, sit ups, jump ropes.</li> <li>✓ Have an Exercise Crossword Puzzle, pencil, and crayons/markers at every seat before the scouts enter the room so they can start immediately. They can complete the crossword and/or color the picture.</li> <li>✓ Have the attendance sheet out and ready</li> <li>✓ Review the session to be prepared to lead the discussion. Do not read it to the scouts, be prepared ahead of time to smoothly lead the session.</li> </ul>
Gathering	Exercise Crossword Puzzle
Opening	<ul style="list-style-type: none"> <li>✓ Pick 2 scouts to hold the flag, 1 scout to lead the Oath, and 1 scout to lead the Law.</li> <li>✓ Ensure all of the scouts are focused and ready to begin</li> </ul>
Talk Time	Being Active – Warming Up and Cooling Down
Activity	Staying Active Activities (separate – Tiger & Wolf together; Bear & Webelos together). The Tigers and Wolves will be doing this for 3 sessions and the Bears and Webelos will be doing this for 4 sessions.
Closing	<ul style="list-style-type: none"> <li>✓ Point out positive behaviors and activities shown during this session.</li> <li>✓ Tell the scouts what next session will be.</li> <li>✓ Have the scouts clean up the room</li> <li>✓ Homework for Tigers</li> </ul>
After the meeting	<ul style="list-style-type: none"> <li>✓ Enter the advancements per rank. <ul style="list-style-type: none"> <li>• Tiger - Games Tigers Play 4</li> <li>• Wolf – Paws of Skill 1, 2, 3</li> <li>• Bear – None</li> <li>• Webelos – Stronger, Faster, Higher 1, 2, start 3</li> <li>• Arrow of Light – None</li> </ul> </li> <li>✓ Enter attendance</li> <li>✓ Turn in any needed documents into the district/council</li> <li>✓ Call, text, or e-mail 2 parents to share something positive about their scout. Make sure every scout has a positive comment before you return to these scouts.</li> </ul>

## Exercise Crossword Puzzle



**Across**

- 3. A quick run.
- 4. One way to this is by using a rope.
- 6. Much faster than walking - we're \_\_\_\_\_!
- 9. Cub Scouts should \_\_\_\_\_ every day.
- 10. By exercising and eating nutritious food, you will help your body stay \_\_\_\_\_.
- 11. This can be an easy way to move. It rhymes with talk.
- 12. We should try to have \_\_\_\_\_ while we exercise.

**Down**

- 1. You should do this before you exercise.
- 2. Try to \_\_\_\_\_ over and touch your toes.
- 3. One way to exercise is to \_\_\_\_\_ to your favorite music.
- 4. \_\_\_\_\_ is faster than walking, but slower than running.
- 5. We need to have strong arms to do \_\_\_\_\_.
- 6. When we have a \_\_\_\_\_ race, you need more than one person on each team.
- 7. Moving very slowly, sometimes on hands and knees.
- 8. Exercise helps us to build \_\_\_\_\_ muscles.

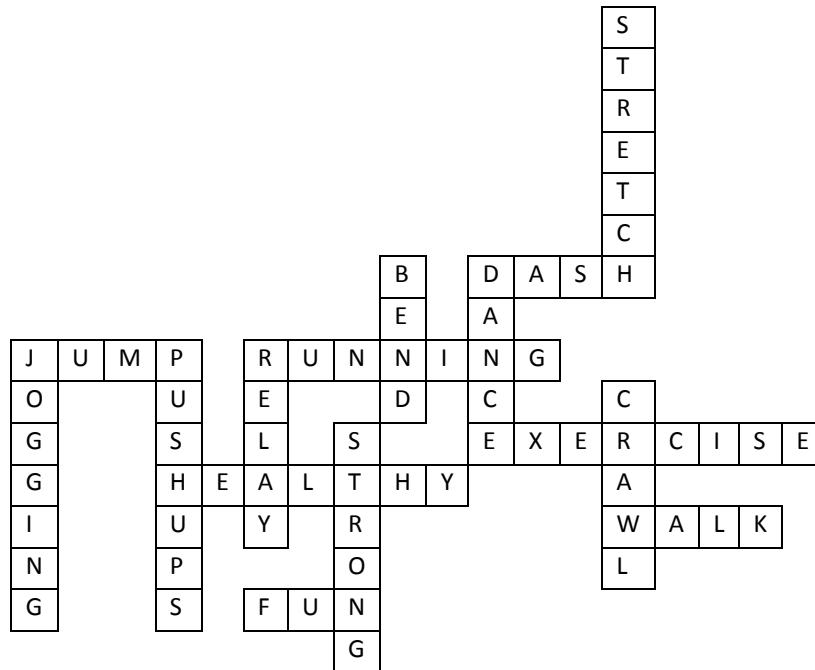
**Words to Use**

- |          |         |         |
|----------|---------|---------|
| Bend     | Fun     | Pushups |
| Crawl    | Healthy | Relay   |
| Dance    | Jogging | Running |
| Exercise | Jump    | Stretch |
| Strong   | Walk    | Dash    |

HEALTH AND FITNESS

# Exercise Crossword Puzzle

## Answer Key



### Talking Time: Being Active

Leader:

What does “being active” mean to you? What kind of sport or activity do you like to do to keep yourself active (or fit)?

*\* Hopefully Cub Scouts will have lots of answers. Encourage appropriate responses. Let them know that it’s good to be active for our own health, if anything, but being active can also be fun – and include the sports and games that we like to play. When we are physically fit or “in shape” that means we have a healthy heart, healthy lungs and muscles. They don’t get tired easily. These people are also flexible and can fight sickness better.*

Leader:

How often do you exercise and what do you do when you exercise?

*\* Encourage appropriate responses. Share that we should try to be active for at least 30 minutes – 3 times a week.*

Leader:

Before we start being really active we should do some “warm ups.” Warm ups are a light activity that we do for about 5 minutes before we really get exercising to keep our muscles from getting hurt as we exercise. Let’s do some warm ups – so do these with me: (explain and demonstrate these stretching exercises with the Scouts)

**Forward Lunge:** Stand and put your left leg about 2 feet in front of you. Lean toward your left knee, keeping your back straight, until you feel your muscles stretch. Hold for 5 seconds. Repeat three to six times, and then switch legs.



**Side Lunge:** Stand with your legs about two feet apart. Bend your left knee and lean toward the left, keeping your back and right leg straight. Hold for five seconds. Repeat three to six times, and then switch legs.

**Cross-Over:** Stand with your legs crossed and your feet close together. Keep your legs straight, and try to touch your toes. Hold for five seconds. Repeat three to six times, and then switch legs (so the other one is in front).



**Quad Stretch:** Stand near a wall with your right hand on the wall and your knees together. With your left hand, lift your left foot up to your behind. Hold for five seconds. Repeat three to six times, and then switch legs.

**Butterfly Stretch:** Sit with the soles of your feet touching. Lower your head toward your feet and hold for five seconds. Repeat three to six times.



Leader:

After we finish an activity, we need to cool down by stretching or walking at an easy pace for a few minutes until your heart rate gets back to normal. Cooling down after an activity is just as important as warming up before an activity. We will need to cool down after we do some activities today.

### **Activity: Staying Active**

Instructions:

1. Explain to the scouts they will be showing how fit they are by doing all of the stations. They will be recording their success on the charts provided. The scouts are only competing with themselves.
2. Give the Tigers and Wolves the “Paws of Skill Chart” and give the Bears and Webelos the “Stronger, Faster, Higher Chart”. Notice the Tigers and Wolves will be doing the stations for 3 sessions and the Bears and Webelos will be doing this for 4 sessions. Make sure there are pencils at each station to record the Scouts scores at each station.

3. Walk the scouts to each station and explain what they will be doing at each one. Be sure to explain safety concerns, how to record at each station, and how to use the equipment.
4. Divide the scouts with Tiger and Wolves together and Bears and Webelos together. Then divide those groups into each station. This should allow for smaller groups of scouts to be at each station with scouts the same age group and abilities.
5. Program Leader, watch the progress of scouts at each station and have the scouts shift to the next station as the scouts finish. Keep the scouts moving and remind them to write down their scores.

The Stations:

	Tigers & Wolves	Bears & Webelos
1	Jumping Jacks (how many before they are tired?)	Jumping rope (How many jumps without stopping)
2	Running in place (How long they can run before they have to stop. Their knees should be lifted to waist height to count. )	20-yard (60 feet)dash (need a timekeeper and to measure the distance)
3	Sit ups (how many before they are tired? This is true sit ups, curls do not count. The Scout should have their knees bent with their feet down laying with the shoulders flat on the ground/mat. Their arms should be crossed over their chest with the hands on their shoulders. The sit up counts if the elbows touch their knees.)	
4	Vertical jump (need adhesive notes – set up near a wall or door – have boys jump up with the adhesive note in their hand and see how high on the wall or door they can put the note. Measure how high the note is from the floor. )	
5	Lifting a 5 lb weight (How many times can they lift per arm before they have to stop. They must have a straight arm and bring the weight all the way to their shoulder to count. <b><i>GO SLOW! Going fast can damage the muscle so encourage the boys to lift to the count of 3 and straighten out to the count of 3 with a total of 6 seconds up and down.</i></b> )	
6	Push-ups (How many until they have to stop. Remind the Scouts their backs and bottom should be straight, their hands should be shoulder length wide, and chest should touch the ground or mat to count.)	

**Closing: Cool Down**

Leader: Pick several scouts to lead in the stretches from the opening. While the boys stretch/cool down ask them what their favorite activity was. Encourage the boys to practice the physical activities every day so their scores can improve over the next 3 sessions.

Collect the scout’s forms to be used again for the next three sessions.

The Tiger’s have homework. Help them figure out who they can ask to complete their homework.

Name: \_\_\_\_\_

### Stronger, Faster, Higher Chart



Record your results for each activity.

Skill	Session 1	Session 2	Session 3	Session 4
<b>20-yard (60 feet) dash</b> – How fast can you run 20 yards?				
<b>Vertical jump</b> – Jump as high as possible and put the adhesive note paper on the wall at the highest point. Measure to see how high you jumped.				
<b>Lifting 5-pound weight</b> – Lift the weight toward your shoulder and then lower it. How many times can you do this until your arm gets tired?				
<b>Push-ups</b> – Count one push-up each time your chest touches the floor.				
<b>Sit ups</b> – Sit up and touch your elbows to your thighs. How many times can you do curls?				
<b>Jumping rope</b> - Jump rope as many times as you can without stopping.				

Name: \_\_\_\_\_

### Stronger, Faster, Higher Chart



Record your results for each activity.

Skill	Session 1	Session 2	Session 3	Session 4
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<b>Jumping rope</b> - Jump rope as many times as you can without stopping.				

Name: \_\_\_\_\_

## Paws of Skill Chart

Skill	Session 1	Session 2	Session 3
<b>Running in place</b> -how long can you go without stopping?			
<b>Vertical jump</b> – Jump as high as possible and put the adhesive note paper on the wall at the highest point. Measure to see how high you jumped.			
<b>Lifting 5-pound weight</b> – Lift the weight toward your shoulder and then lower it. How many times can you do this until your arm gets tired?			
<b>Push-ups</b> – Count one push-up each time your chest touches the floor.			
<b>Sit ups</b> – Sit up and touch your elbows to your thighs. How many times can you do curls?			
<b>Jumping Jacks</b> -count the number you can do without stopping			

Name: \_\_\_\_\_

## Paws of Skill Chart

Skill	Session 1	Session 2	Session 3
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<b>Push-ups</b> – Count one push-up each time your chest touches the floor.			
<b>Sit ups</b> – Sit up and touch your elbows to your thighs. How many times can you do curls?			
<b>Jumping Jacks</b> -count the number you can do without stopping			

## Tiger Home Assignment

Name: \_\_\_\_\_

### Games Tigers Play

\_\_\_\_ 4. While at a sporting event, ask a player or coach why it is important to be active.

For this requirement, you will go to a sports game with your family. Football, soccer, and lacrosse are played in school in fall or spring. Swimming, diving, basketball and wrestling happen in schools in the winter. Track and field and baseball are in the spring. With the help of an adult, set up a meeting so you can talk to one of the coaches or some of the players.

Partnering Adult please sign below indicating the Tiger completed this requirement.

\_\_\_\_\_

(Partnering Adult's signature)

\_\_\_\_\_

(Date)

## Tiger Home Assignment

Name: \_\_\_\_\_

### Games Tigers Play

\_\_\_\_ 4. While at a sporting event, ask a player or coach why it is important to be active.

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\_\_\_\_\_

(Date)