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
Stronger, Faster, Higher Chart

Record your results for each activity.

<table>
<thead>
<tr>
<th>Skill</th>
<th>Session 1</th>
<th>Session 2</th>
<th>Session 3</th>
<th>Session 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-yard (60 feet) dash – How fast can you run 20 yards?</td>
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<tr>
<td>Vertical jump – 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.</td>
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<td>Lifting 5-pound weight – Lift the weight toward your shoulder and then lower it. How many times can you do this until your arm gets tired?</td>
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<td>Push-ups – Count one push-up each time your chest touches the floor.</td>
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<tr>
<td>Sit ups – Sit up and touch your elbows to your thighs. How many times can you do curls?</td>
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<td>Jumping rope - Jump rope as many times as you can without stopping.</td>
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# Paws of Skill Chart

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<td><strong>Ball Toss</strong></td>
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<td>- “Egg Toss” until you are 10 steps apart. How many tries does it take, or how many seps apart did you achieve?</td>
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<td><strong>Balance</strong></td>
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<td>- Practice balancing while walking forwards, backwards, left, and right. Can you reach the end of the “beam” without falling off?</td>
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<td><strong>Jumping Jacks</strong></td>
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<td>- Count the number you can do without stopping</td>
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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)
Sports
Matching

Write the correct number in front of each word:

cycling —
running —
volleyball —
gymnastics —
tennis —
swimming —
basketball —
soccer —
equestrian —
baseball —
skateboarding —
golf —
badminton —
table tennis —
ice skating —
scuba diving —
skiing —
wind surfing —
E
Wolf Homework

Name: _______________________________________________________________

Paws of Skill

_____ 6. Visit a sporting event with your family or your den. Look for ways the team works
 together. Share your visit with your den.

Partnering Adult, sign below to indicate that you watched a sporting event and talked with your
Wolf about ways the team worked together.

_____________________________________________________
(Partnering Adult’s Signature)   (Date)

Wolf Homework

Name: _______________________________________________________________

Paws of Skill

_____ 6. Visit a sporting event with your family or your den. Look for ways the team works
 together. Share your visit with your den.

Partnering Adult, sign below to indicate that you watched a sporting event and talked with your
Wolf about ways the team worked together.

_____________________________________________________
(Partnering Adult’s Signature)   (Date)
How could this situation lead to teamwork?
Going to the Gym Word Search

Find and circle the words from the word box. Words may be forward, backward, up, down, or diagonal.

K U O W E E T O V Y Z C S S W M B K C K G L
B L B Q F N R O U T I N E E X J E M C O K P
W S A Q C D E G R T Y C O T Z B N R J A X D
V V B W K U A N E S T R E T C H C L C V R T
E X M T H R D B S L D T Y C D N H Z G H M T
C X C M A A M P I S L U H V G N I M I W R
N J E U G N I M S W C I M B A R B E L L G A
A N Z R B C L G T I J I M B A P R J Z X N C
T H I D C E L S A M X B B D B G T Q P R I K
S U Y L L I T T N M Y R P O A E O O P G W B
I T C N C H S R C I E M N Z R E L J J V O J
S R E A G Y O E E N L C M V A E R L Q Q G J
E R C P F L C T P G X U D D O P A T P P N Y
R L E T P L G C Y G X J F T Y E Y Z I F I Y
H W E M K E T H E L C H E A R T R A T E W J
J Z X P Z S R H L W A N X E A J H W M E O B
E G T K L E J S I D V C Y C L I N G U D R L
O Y Y G I I W E I G H T S I I M P O Y O K D

The Words

Exercise Jog Walk Weights Treadmill
Routine Set Stretch Bench Aerobics
Barbell Endurance Stepper Swimming Dumbbell
Cycling Resistance Track Heart Rate Rowing
I’ve Got That Cub Scout Spirit

I’ve got that Cub Scout spirit
Up in my head, up in my head, up in my head
I’ve got that Cub Scout spirit
Up in my head, Up in my head to stay.

I’ve got that Cub Scout spirit
Deep in my heart, deep in my heart, deep in my heart
I’ve got that Cub Scout spirit
Deep in my heart, deep in my heart to stay.

I’ve got that Cub Scout spirit
Down in my feet, down in my feet, down in my feet
I’ve got that Cub Scout spirit
Down in my feet, down in my feet to stay.

I’ve got that Cub Scout spirit
All over me, all over me, all over me
I’ve got that Cub Scout spirit
All over me, all over me to stay.

I’ve got that Cub Scout spirit
Up in my head, deep in my heart, down in my feet
I’ve got that Cub Scout spirit
All over me, all over me to stay.