



Athlete

Webelos Activity Workbook

This workbook is not required but can help you with this activity badge. Your Webelos Den Leader approves your work. No one can add or subtract from the requirements. Webelos Workbooks and much more are below: [Online Resources](#).

Send comments to the workbook developer: craig@craiglincoln.com. Workbook updated: April 2008.

Scout's Name: _____ Pack: _____ Activity Badge Counselor: _____

Do these:

1. With your parent, guardian, or Webelos den leader, complete the Perseverance Character Connection. _____

a. Know: Review the requirements and decide which ones might be more difficult for you to do. _____

Make a plan to complete one of the harder requirements. _____

b. Commit: When doing the harder requirement, did you ever feel frustrated or angry? _____

What did perseverance have to do with that? _____

Name another type of task for which you will need to persevere. _____

c. Practice: Practice perseverance by following your plan to do that requirement for the Athlete activity badge. _____

2. Explain what it means to be physically _____

and mentally healthy. _____

3. Explain what you as a Webelos Scout can do to stay physically and mentally healthy. _____

4. Every time you work on requirement 5 below, start with at least 5 minutes of stretching warm-up activities. _____

5. Do as many as you can of the following and record your results. Show improvement in all of the activities after 30 days.

a. Have another person hold your feet down while you do as many curl-ups as you can. _____

b. Do as many pull-ups from a bar as you can. _____

c. Do as many push-ups from the ground or floor as you can. _____

d. Do a standing long jump as far as you can. _____

e. Do a quarter-mile run or walk. _____

And do two of these:

6. Do a vertical jump and improve your reach in 30 days. _____

7. Do a 50-yard dash as fast as you can, and show a decrease in time over a 30 day period. _____

8. Ride a bike 1 mile as fast as you can, and show a decrease in time over a 30 day period. _____

9. Swim a quarter mile in a pool or lake as fast as you can, and show a decrease in time over a 30 day period. _____

10. While you are a Webelos Scout, earn the Cub Scout Sports Pin for physical fitness. (All boys may earn belt loops and pins more than once...Cub Scout Academics and Sports Program Guide p. 4) _____

Athlete Progress Record for Requirements 4 - 9

Do all of these...		Week 1	Week 2	Week 3	Week 4	Week 5	Improvement
Req.	Activity Date:						
4	Warm-up (minutes)						
5a	Curl-ups (number)						
5b	Pull-ups (number)						
5c	Push-ups (number)						
5d	Standing Long Jump (feet)						
5e	Quarter mile (time)						
And do two of these:							
6	Vertical Jump (Feet, inches)						
7	50 Yard Dash (time)						
8	1 Mile Bike Ride (time)						
9	¼ Mile Swim						

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Athlete Requirement 5 is similar to [Tenderfoot](#) Requirement 10a & 10b.

Athlete is preparing you for [Athletics](#), [Personal Fitness](#), and [Sports](#) Merit Badges.

Webelos Activity Badge Workbooks: ▶ usscouts.org -or- ▶ meritbadge.org

Cub Scout Academics and Sports Workbooks: ▶ meritbadge.org -or- ▶ [Academics](#) / [Sports](#)

Boy Scouts of America: <http://www.scouting.org/> ▶ [Guide to Safe Scouting](#) ▶ [Age-Appropriate Guidelines for Activities](#)
 ▶ [Scout](#) ▶ [Tenderfoot](#) ▶ [Second Class](#) ▶ [First Class](#) ▶ [Rank Videos](#)

Boy Scout Merit Badge Workbooks: usscouts.org -or- meritbadge.org ▶ **Merit Badge Books:** www.scoutstuff.org

ExpertVillage.com Lesson Videos: ▶ [Warm Up](#) ▶ [Stretching](#) ▶ [Running](#) ▶ [Pull-Ups](#)
 ▶ [Push-Ups](#) ▶ [Basketball](#) ▶ [Baseball](#) ▶ [Football](#) ▶ [Bench Press](#) ▶ [Leg Curls](#)

Amateur-Sports.com: <http://www.amateur-sports.com>

American Dietetic Association: <http://www.eatright.org>

Fitness for Kids: <http://www.fitnessforkids.org>

Intr. Food Information Council Foundation: <http://ifc.org>

KidsHealth: <http://www.kidshealth.org>