

ATHLETE

Fitness Circle Game

Form as large a circle as space permits. Try to do this outdoors on a campout, in an open field. Webelos (and parents!) face 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 over your heads.
5. Send 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 dog with a lame foot.
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.

Good Feelings

Have parents form a line, one in front of each other, with parents' legs spread wide enough to let the boys crawl through. The boys will crawl through the parents legs. while the parents give them Good Feelings pats on the back (only). The boys have fun with this, even as fifth graders!

Other Ideas:

- Physical Fitness Sports Pin (req. #2) - have the boys work on this over the summer. Make copies of the tracking chart in the Physical Fitness Sports book for them to track their points.
- Sit-ups, push-ups, standing long jump (req. #3, 5, 6) - these make good 'warm-up' activities to do while boys are arriving to meeting. This is a good job for the Den Chief.
- Vertical jump, 50 yd. dash, 600 yd. walk/run (req. #7, 8, 9) - go to local high school track.
- Have a track meet.
- Attend a high school track meet.
- Check with local gym (ex. YMCA) to see if boys can try weight training equipment.

Resources:

- local Little League
- local YMCA groups
- local School Sports Associations