



# Cub Scout Sports: Physical Fitness

Cub Scout Pack 49

Denison, Iowa

Name of Scout: \_\_\_\_\_ Den: \_\_\_\_\_ Date: \_\_\_\_\_

**Please check what you have completed for either the loop or the pin:**

## REQUIREMENTS FOR THE PHYSICAL FITNESS SPORTS BELT LOOP

Complete these three requirements:

- \_\_\_ Give a short report to your den or family on the dangers of drugs and alcohol.
- \_\_\_ Practice finding your pulse and counting your heartbeats per minute. Determine your target heart rate.
- \_\_\_ Practice five physical fitness skills regularly. Improve performance in each skill over a month. Skills could include pull-ups, curl-ups, the standing long jump, the 50-yard dash, and the softball throw.

## REQUIREMENTS FOR THE PHYSICAL FITNESS SPORTS PIN

- \_\_\_ Required: Belt loop previously earned (or all three of the above requirements checked).

Complete five of the following requirements:

- \_\_\_ Make a diagram of the Food Guide Pyramid. List foods you ate in a week and show where they fit in the pyramid.
- \_\_\_ Choose a form of exercise, bring your heart rate up to target, and keep it there for 15 minutes. Don't forget to warm up and cool down.
- \_\_\_ Set up a four-step exercise program. Chart your progress for five days a week for two weeks.
- \_\_\_ Explain the reason for warming up and cooling down before and after each exercise session.
- \_\_\_ Visit a local gym and talk to a trainer about exercises and programs for young people.
- \_\_\_ Participate in some aerobic exercises at least three times a week for four weeks.
- \_\_\_ Build an obstacle course that could include some exercises with jumping, crawling, and hurdles. Time yourself three times to see whether you can improve your time.
- \_\_\_ Swim for a total of an hour, charting your time as you go.
- \_\_\_ Participate for at least three months in an organized team sport or organized athletic activity.

I certify that this Cub Scout has completed the above marked requirements to the best of his ability.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_