

**STRONGER,  
FASTER, HIGHER**





## REQUIRED ADVENTURE

**Complete requirements 1-3 and at least one other.**

1. Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.

**Approved by**

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2. Do these activities and record your results: 20-yard dash, vertical jump, lifting a 5-pound weight, push-ups, curls, jumping rope. \_\_\_\_\_
3. Make an exercise plan that includes at least three physical activities. Carry out your plan for 30 days, and write down your progress each week. \_\_\_\_\_
4. Try a new sport that you have never tried before. \_\_\_\_\_
5. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weightlifting, and running. Time yourself going through the course, and try to improve your time over a two-week period. \_\_\_\_\_
6. With adult guidance, help younger Scouts by leading them in a fitness game or games. \_\_\_\_\_

## SNAPSHOT OF ADVENTURE

The Stronger, Faster, Higher adventure will help you understand how to exercise in a healthy and safe way and show you some creative ways to be active every day.

### COMPLETE REQUIREMENTS 1-3 AND AT LEAST ONE OTHER.

**REQUIREMENT 1 | Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.**

Have you ever felt really sore after you played hard? By warming up before doing physical activities and cooling down afterward, you reduce the chance that you'll get sore or hurt yourself.

The best way to warm up is to do a light aerobic activity like walking or jogging at an easy pace for 5 to 10 minutes. "Aerobic" is a fancy word that means "with oxygen." If you're breathing harder than usual—and using more oxygen—then you're doing an aerobic activity. Once your muscles are

warmed up, stretch them, but don't strain them. Now, you're ready to exercise.

## Simple Stretching Exercises

Here are some simple stretches that can keep you from getting hurt.

**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 five seconds. Repeat three to six times, then switch legs.



**Side Lunge:** Stand with your legs about 2 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, 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, 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, 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. When stretching, use smooth, steady motions. Don't bounce or jerk.



After your activity, cool down by stretching or walking at an easy pace for a few minutes until your heart rate gets back to normal. You can check your pulse by lightly pressing two fingers in the soft area beside your Adam's apple. You should count 30 to 50 beats in 30 seconds.



**REQUIREMENT 2** | Do these activities and record your results: 20-yard dash, vertical jump, lifting a 5-pound weight, push-ups, curls, jumping rope.

Record your results for each activity in the “Start” column. If you choose to practice some of these activities for requirement 3, use the other columns to record your results.

Skill	Start	Week One	Week Two	Week Three	Week Four
a. 20-yard dash					
b. Vertical jump					
c. Lifting a 5-pound weight					
d. Push-ups					
e. Curls					
f. Jumping rope					





**REQUIREMENT 3 | Make an exercise plan that includes at least three physical activities. Carry out your plan for 30 days, and write down your progress each week.**

We all have things we naturally do really well. If you're small, you may be able to run very fast. If you're tall, you may be able to jump high or far. If you have strong arms, you may be able to lift weights. If you can hold your breath for a long time, you may be good at swimming underwater.

But don't stick with what you're naturally good at. By learning other physical skills and practicing, you can get stronger and faster and go higher, which is what this adventure is all about.

Use the chart under requirement 2 to track your progress, or create a new chart if you choose different activities. Write down how you do each week, and see how you improve.

**Remember to stretch first.**

## **20-yard dash**

See how fast you can run 20 yards (60 feet). Measure off the distance first and have someone time you with a stopwatch. Running fast for short distances is called sprinting. Because you don't need to save energy for later, run as fast as you can when sprinting.



## Vertical jump

Stand near a wall with a piece of chalk in your hand. Jump as high as possible and make a mark on the wall at the highest point. Measure from there to the floor to see how high you jumped.



## Lifting a 5-pound weight

Pick up a 5-pound dumbbell or something around your home that weighs that much, such as a gallon container about two-thirds full of water. Hold your hand in front of you with your elbow at your side. Lift the weight toward your shoulder and then lower it back to the starting position. Count how many times you can lift it before your arm gets tired.



## Push-ups

Lie face down on the ground or floor and put your hands flat next to your shoulders. Push up with your arms, keeping your back and legs as straight as possible. Then, lower your body and touch your chest to the ground. Repeat as many times as you can, counting one push-up each time your chest touches the floor. (If you're having trouble, try keeping your knees on the ground instead of lifting your whole body.)



## Curls

Lie on your back with your legs bent and your feet on the floor. Cross your arms over your chest. Have a buddy hold your ankles to keep your feet on the floor. Sit up and touch your elbows to your thighs. Then return to the starting position, counting one curl each time you do.



## Jumping rope

Get a weighted rope whose handles reach your armpits. Make sure you have plenty of room around (and above) you and jump as many times as you can without stopping. Count each time you jump over the rope. Only jump an inch or so into the air, bounce on your toes, and don't try anything fancy until you've mastered the basics!



**In the Scout Oath, you promise to keep yourself physically strong. Regular exercise is a great start.**

**REQUIREMENT 4 | Try a new sport that you have never tried before.**



Sports are a good way to become stronger and faster and improve overall fitness. You may already play a sport, which is great, but try a new sport for this requirement. New sports open up new possibilities for fun and learning.

Not sure which sport to try? Ask your parent or den leader for help, or take a look at this list:

- ◆ Archery
- ◆ Badminton
- ◆ Baseball
- ◆ Basketball
- ◆ Cross-country

- ◆ Cycling
- ◆ Golf
- ◆ Gymnastics
- ◆ Hockey
- ◆ Kickball
- ◆ Rowing
- ◆ Snow skiing
- ◆ Soccer
- ◆ Softball
- ◆ Swimming
- ◆ Tennis
- ◆ Track
- ◆ Ultimate
- ◆ Volleyball



**REQUIREMENT 5 | With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weightlifting, and running. Time yourself going through the course, and try to improve your time over a two-week period.**

Exercise is a lot more fun when you make a game out of it. Some city parks have fitness trails with exercise stations along them. You run from one station to the next, doing activities like pull-ups or rock climbing.

You and your den can create your own fitness trail at your meeting place or a nearby park, using activities you like to do. The following is a list of activities to help you get started:

- ◆ Climbing through a refrigerator box
- ◆ Plank walking
- ◆ Doing curls
- ◆ Doing push-ups
- ◆ Climbing a fence
- ◆ Shooting a basketball
- ◆ Jumping over an obstacle
- ◆ Swinging on a rope
- ◆ Jumping rope
- ◆ Tumbling
- ◆ Doing the long jump
- ◆ Weightlifting
- ◆ Climbing monkey bars

Once you know which activities to include in the trail, lay out a path and set up your stations along it. Put a sign at each station saying what you're supposed to do there, like "Do Five Push-ups."

Now the fun begins! Take turns going through the course. Record your times. See who the fastest Scout is and who improves the most over two weeks.



**A Scout is friendly. If someone in your den is having a hard time with a station, offer some encouragement or help.**

**REQUIREMENT 6 | With adult guidance, help younger Scouts by leading them in a fitness game or games.**

Don't keep all the fun to yourself! Pick a game that your den enjoys playing and teach it to younger Scouts, at either a pack or den meeting. Or you can invite them to come try your fitness trail!

**Here are some tips for teaching your game:**

- ◆ Make sure you have everybody's attention. (Use the Cub Scout sign.)
- ◆ Explain the rules.
- ◆ Demonstrate how to play.
- ◆ Ask if anybody has questions—and answer them!



It's OK to pick a game that has winners and losers, but don't focus on that too much. Remember that everybody is a winner when everybody has fun.



**A Scout is clean. To be good at sports, steer clear of alcohol, tobacco, and drugs.**