

Athlete Requirements

Do these:

1. With your parent, guardian, or Webelos den leader, complete the Perseverance Character Connection.
 - a. Know: Review the requirements and decide which one might be more difficult for you to do. Make a plan to complete one of the harder requirements.
 - b. Commit: When doing the harder requirements, did you ever feel frustrated or angry? What did perseverance have to do with that? Name and other 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.**
(Fitness Requirement #1) - With your parents, guardian, or Webelos den leader, complete the Health and Fitness Character Connection.
Know: Tell why it is important to be healthy, clean, and fit.
Commit: Tell when it is difficult for you to stick with good health habits. Tell where you can go to be with others to encourage you to be healthy, clean, and fit.
Practice: Practice good health habits while doing the requirements for this activity badge.
3. **Explain what you as a Webelos Scout can do to stay physically and mentally healthy.**
(see above)
4. Every time you work on requirement 5 below, start with at least five 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 to 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 one 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 Scouts Sports Physical Fitness pin.

Belt Loop - Complete these three requirements:

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

Sports Pin - Earn the Physical Fitness belt loop, and complete five of the following requirements:

1. Make a diagram of the Food Guide Pyramid. List foods you ate in a week and show where they fit in the pyramid.
2. 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.
3. Set of a four-step exercise program. Chart your progress for five days a week for two weeks.
4. Explain the reason for warming up and cooling down before and after each exercise session.
5. Visit a local gym and talk to a trainer about exercises and programs for young people.
6. Participate in some aerobic exercises at least three times a week for four weeks.
7. 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.
8. Swim for a total of an hour, charting your time as you go.
9. Participate for at least three months and organized team sport or organized athletic activity.