

Physical Fitness Sports Pin Requirements (Required as part of the Webelos Athlete Activity Pin)

Below you will find all the requirements for the Physical Fitness Sports Pin. This is NOT the same pin as the Webelos Activity Pin called "Fitness." There are, however, some minor overlaps indicated by the "Comments from Pack 348" below.

All requirements in *red* have a worksheet that you will find at the bottom of this document to assist you in completing this pin which is part of the Webelos Athlete Activity Pin. For example, the swimming requirement (#8) states that you must "chart" your progress, which means write it down.

Requirement #2 of the Webelos Athlete Activity Pin states: While you are a Webelos Scout, earn the Cub Scout Sports Pin for Physical Fitness. The Sports (and Academics Pins) have different and separate requirements from those found in the Rank handbooks. In order to earn the Pin, you must complete all three requirements listed under "Belt Loop" below and FIVE of the requirements listed under Sports Pin below.

Belt Loop

Complete these three requirements:

1. Give a short report to your den or family on the dangers of drugs and alcohol.

Comment from Pack 348: Requirement Numbers 6 & 7 for the Webelos Fitness Activity Pin are about the dangers of drugs. Both of these requirements include discussing these dangers with an adult leader or family member. If you complete these requirements for your Webelos Fitness Activity Pin, then you will have completed number 1 above as well.

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, curl-ups, the standing long jump, the 50-yard dash, and the 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.

Comment from Pack 348: If you completed requirement #3 for the Webelos Fitness Activity Pin as described in the Webelos Handbook (NOT THIS SPORTS PIN), then you have satisfied #1 above for this Sports Pin which is the nearly the identical requirement.

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.

Comment from Pack 348: If you play soccer or basketball, then you most likely will have completed #2 above. Also, football players often do aerobics in warm-

3. Set up 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.

Comment from Pack 348: Don't forget that Jordan G is a member of Pack 348. His dad is Kerry! G. who just happens to be the General Manager of Flagship Athletic Club. I'm sure he can help you out with #5 above!

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

8. Swim for a total of an hour, charting your time as you go.

9. Participate for at least three months in an organized team sport or organized athletic activity.

Comment from Pack 348: Again, most of the boys satisfy this requirement without even thinking about it. However, we would like them to be *aware* of the fact that they're working on a requirement *when they're doing it*, instead of just checking the boxes after the fact. Remember, DO YOUR BEST!

| Physical Fitness Pin: Sports Pin #3 | | | | |
|--|--------|--------|--------|--------|
| Describe Each Step of Your Four-Step Program | | | | |
| | Step 1 | Step 2 | Step 3 | Step 4 |
| Day 1 | | | | |
| Day 2 | | | | |
| Day 3 | | | | |
| Day 4 | | | | |
| Day 5 | | | | |

| Physical Fitness Pin: Sports Pin #6 | | | | |
|-------------------------------------|------------|------------|------------|------------|
| Describe Aerobic Activity | | | | |
| | Activity 1 | Activity 2 | Activity 3 | Activity 4 |
| Week 1 | | | | |
| Week 2 | | | | |
| Week 3 | | | | |
| Week 4 | | | | |

| Physical Fitness Pin: Sports Pin #8 | | | | | | | | | | | | |
|-------------------------------------|-------|------|--------|-------|------|--------|-------|------|--------|-------|------|--------|
| Chart Swimming for One Hour | | | | | | | | | | | | |
| Date | Start | Stop | # mins | Start | Stop | # mins | Start | Stop | # mins | Start | Stop | # mins |
| | | | | | | | | | | | | |
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| | | | | | | | | | | | | |
| TOTALS: | | | | | | | | | | | | |

All "TOTALS" must add up to one hour or more:

<- TOTAL TIME SWIMMING