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WEBELOS

ATHLETE

SUGGESTED FIELD TRIPS

- Visit a non-traditional athletic exhibition, such as a martial arts exhibit or a gymnastics exhibit.

- Invite someone from a fitness center to come to a den meeting to teach the boys proper stretching, the importance of both a warm up and a cool down when working out, and some specific exercises to work different parts of the body.
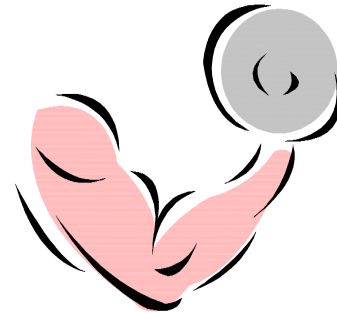
FITNESS CIRCLE GAME
Form a circle as large as the room permits with all the Webelos facing the same direction. Give instructions for various activities such as the ones on the list below.

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, stretch your hands over your heads.
5. Bend your knees slightly, grasp your ankles, and continue walking in a circle.
6. Walk as if the heel of one foot and the toes of the other were sore.
7. Walk stiff-legged.
8. Squat down, then jump forward from that position.
9. Walk on hands and one foot with the other leg held high.
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.
15. REST.

SQUAT JUMPS
This is a test of coordination and leg muscle strength. Feet are spread apart approximately 4 to 6 inches with the heel of the left foot opposite in line with the toes of the right foot. Squat down with the weight of the body supported on the balls of both feet. Rest hands rest on top of head with elbows to either side of head. Spring up so that the entire body is straight and feet clear the ground completely. Now, reverse position of feet and go down to the squat position again. Each boy should be able to do two squat jumps.

WEBELOS

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GOOD SPORTS - A DEN PARTICIPATION STORY
When any of the following names are said, the boys do the actions that go with the name.

JUMPING JACK	Stand up and jump once then say "Bong" and sit down.
RUNNING RALPH	Stand up and run in place, bring feet down three times, then say "Zip" and sit down.
COMPUTER CHARLIE	Stand up in a robot fashion, swing arms back and forth saying "Does compute, does compute."

This is a story about a boy called JUMPING JACK, another named RUNNING RALPH, and still another called COMPUTER CHARLIE. These three boys were all friends and they stuck pretty close together around the neighborhood.

JUMPING JACK got his nickname because everywhere he went, he was always jumping over things for no apparent reason except that he liked to jump. You would see the boys walking along the street with JUMPING JACK jumping over benches, curbs, bushes, fences and everything that wasn't too high.

As you have probably guessed, RUNNING RALPH got his name because he was always running. Maybe it was because his legs were shorter than those of his two friends, which meant that he had to run to keep up with them.

COMPUTER CHARLIE got his name because he was a very intelligent boy and excelled in mental skills. Everyone teased COMPUTER CHARLIE because he wasn't good in sports and wasn't as strong as his friends JUMPING JACK and RUNNING RALPH. However, this did not matter to the three boys because the they were great friends and went everywhere together.

One day, something happened to prove to all the other children that COMPUTER CHARLIE was just as valuable to this neighborhood as anyone else, and that having strong muscles is important, but no more important than being having good mental skills.

The three boys, JUMPING JACK, RUNNING RALPH, and COMPUTER CHARLIE were on their way to the store one day when, suddenly, they saw the local bank being robbed and the robber making his getaway. JUMPING JACK jumped over the hedges and fences to hurry to the neighbor's house to call the police. RUNNING RALPH was running around, trying to see everything from every angle. But COMPUTER CHARLIE just stood there. The police arrived and began to ask questions. JUMPING JACK and RUNNING RALPH could tell the police officer nothing about the robber. COMPUTER CHARLIE, however, began rattling off a long list of facts about the model and color of the car, the license number, the direction the robber went, and a detailed description of the robber.

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GOOD SPORTS - A DEN PARTICIPATION STORY, continued

After reading about it in the local newspaper, all the children in the neighborhood were so proud that COMPUTER CHARLIE'S information helped to catch the robber. They never teased him again about his mental skills. They came to realize that the COMPUTER CHARLIES are just as important as the JUMPING JACKS and the RUNNING RALPHS because when, they all pool their talents they can accomplish great things.

AGILITY EXERCISES
Perform these exercises within the designated time limits. Be sure to rest for two minutes between each set.

SET 1: within 8 minutes

FISH FLOPS
Lie flat on your stomach with arms and legs extended and off the ground. Rock back and forth. Do for two minutes.

GRASS DRILL
Run in place. Drop to ground and bounce up again for two minutes.

QUICK FOOT – KNEE TOUCH
Drop quickly to one knee and bounce up again. Alternate knees for two minutes.

SET 2: within 4 minutes

CRAB MIRROR
Two players on all fours. One moves at random to the left, right, back, or forward. The other mirrors his moves. Switch leaders at the one-minute mark. Do for two minutes.

SIT UPS
Lie on back with feet together, hands clasped behind head. Raise up and touch elbows to knees. Do as many as possible for one minute.

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FLEXIBILITY EXERCISES

FINGERS
Extend arms to side, palms down. Quickly flex the fingers by alternating between fist and open hand position. Continue for 30 seconds.

WRISTS
Extend arms to front, palms down, wrists locked. Rotate wrists clockwise, then counterclockwise. Continue for 30 seconds.

PALMS
Same position as wrists. Turn palms inward and outward in quick short movements. Continue for 30 seconds.