



Webelos Den Meeting 1

Fitness and Athlete

Before the Meeting

- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

Gathering

- ▶ Welcome new and returning Scouts and parents.
- ▶ Get to know parents/engage them in the meeting.
- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ Collect dues, record attendance and any advancement completed over the summer (a good job for an assistant den leader).

Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ Provide index cards printed with the Cub Scout Promise and Law of the Pack for any new boys.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

Business Items

- ▶ This meeting will have lots of organizational and getting-to-know talk.
- ▶ Have each Scout (and attending parent) introduce themselves.
- ▶ Discuss/remind what a den is, and how it fits in with a pack. Discuss your goals for the year and highlight/promote the cool activities. Discuss a den name, den yell, and other den identity elements (could include flag, totem, or neckerchief slide).
- ▶ Remind boys of behavioral expectations at den meetings. This is an opportunity to create your den's code of conduct for how the den should govern itself during meetings.
- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- ▶ Explain that today's meeting is to review Bobcat knowledge and requirements, plus to plan for upcoming Webelos events—to work on the **Fitness and Athlete activity badges** because the Webelos Scouts need to help plan where to go and how to get there.

Activities

- ▶ **Review Bobcat Requirements** (*if needed*): Cub Scout Promise; Law of the Pack; Cub Scout motto, sign, handshake, salute; meaning of *Webelos*.
- ▶ **Fitness Activity Badge:** Requirements are to do 1 and six from 2–8.
 1. With your parent, guardian, or Webelos den leader, complete the Health and Fitness Character Connection.
 - a. **Know:** Tell why it is important to be healthy, clean, and fit.
 - b. **Commit:** Tell when it is difficult for you to stick with good health habits. Tell where you can go to be with others who encourage you to be healthy, clean, and fit.
 - c. **Practice:** Practice good health habits while doing the requirements for this badge.
 - Doing this in small groups helps allow each Scout to participate more fully, but you may elect to discuss as an entire den, especially in this introductory meeting.
 2. With a parent or other adult family member complete a safety notebook, which is discussed in the booklet *How to Protect Your Children From Child Abuse: A Parent's Guide* that comes with the handbook.
 - This is an "at home" project, but you may elect to discuss this with the den as well.
 3. Read the meal planning information in this chapter. With a parent or other family member, plan a week of meals. Explain what kinds of meals are best for you and why.



4. Keep a record of your daily meals and snacks for a week. Decide whether you have been eating foods that are good for you.
 - Review the handouts for 3 and 4 that you will ask the Scouts to complete and return.
 - If you have access to a computer, go to www.mypyramid.gov/mypyramid/index.aspx and create personal pyramids tailored to your size, age, and activity level.
 5. Tell an adult member of your family about the bad effects smoking or chewing tobacco would have on your body.
 6. Tell an adult member of your family four reasons why you should not use alcohol and how it could affect you.
 7. Tell an adult member of your family what drugs could do to your body and how they would affect your ability to think clearly.
 - These could be done at home, but you may elect to discuss this with the den as well.
 8. Read the booklet *Choose to Refuse! Take A Stand Against Drugs!* Discuss it with an adult and show that you understand the material.
 - If you do not have these booklets, this will be the extra requirement you do not do.
 - If you have the booklet, this could be done at home and in the den as well.

Note: *Choose to Refuse* is the standard booklet for this requirement and should be available through your council service center.
- This Fitness introduction is a good time, if you haven't done it yet, to have them plan what kind of snacks to have at den meetings for the rest of the year. More nutritious snack alternatives include:
- Hard cheese cut into cubes and served with whole wheat crackers and/or apple slices
 - Celery stalks filled with cheese spread or peanut butter
 - Fresh vegetables served with a dip
 - Peanut butter on bran muffins or whole wheat bread or crackers
 - Chopped nuts mixed with bits of dried fruit
 - Any kind of fruit. If available, try some unusual ones, such as kiwi, pomegranate, or mango.
- Note:** Check for food allergies among your boys—for someone with a peanut allergy, even being around peanuts can trigger an allergy attack.
- **Athlete Activity Badge:** Requirements are to do requirements 1–5, and then two of 6 through 10. (This meeting plan starts those first five, and adds 6 and 7):
1. With your parent, guardian, or Webelos den leader, complete the Perseverance Character Connection.
 - a. **Know:** Review the requirements and decide which ones might be more difficult for you to do. Make a plan to complete one of the harder requirements.
 - b. **Commit:** When doing the harder requirement, did you ever feel frustrated or angry? What did perseverance have to do with that? Name another 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.
 3. Explain what you as a Webelos Scout can do to stay physically and mentally healthy.
 - You might cover 1, 2, and 3 as a group discussion, and then when you start the physical skills, you and other parents might then ask the Webelos Scouts to explain and demonstrate their knowledge of these.
 - So you can do an activity, and while recovering, do the 1, 2, 3 question-and-answer signoffs.

Want More Fun in Your Activities?

This is a terrific day to jazz up with excitement. Consider themes like a track meet. Maybe have an MC or announcer for each event. Maybe someone with a video recorder can team up with a "sideline reporter" to get interviews with the contestants.

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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.
 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.
 - For requirement 5, 6, and 7, record boys' initial results on the Athlete progress chart. Keep those charts for use in future meetings, since doing some or all of these is a great way to add physical activity, and the Scouts may be fired up to see if they have improved each time!
- ▶ In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).
 - ▶ It is possible (especially if you have a good deal of Bobcat work) that this meeting will not be completed today. If so, carry over any incomplete elements to the next meeting that has a trip involved.

Closing

- ▶ Award (or recognize) any advancement completed today (ideally, award the activity badge or belt loop item completed today, and recognize later at the pack meeting); thank hosts, guests, helpers.
- ▶ Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader's minute comment.
- ▶ Remind the Webelos Scout who will plan and lead the next meeting's flag ceremony, and remind about home assignments (and include these in any family information letter or e-mail).
- ▶ Hand out or send family information letter.

▶ Home Assignment:

- Ask boys to complete Fitness activity badge requirements 2, 3, 4, 5, 6, and 7 at home with their parents/guardians, who should sign the boy's handbook on completion.
 - Ask boys to complete Athlete activity badge requirements 4–7.
- ▶ Read Naturalist and Forester chapters in *Webelos Handbook*.

After the Meeting

- ▶ If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.

Webelos Scouts

Athlete Activity Badge Progress Record: Requirements 4-9
 Chart your progress over five weeks.

Name: _____



Week	1	2	3	4	5
Activity	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
Minutes of stretching/ warm-up activities					
Curl-ups (number)					
Pull-ups (number)					
Push-ups (number)					
Standing long jump (distance)					
Quarter-mile walk or run (time)					
Vertical jump (height)					
50-yard dash (time)					
(Optional) One-mile bike ride (time)					
(Optional) Quarter-mile swim (time)					



Webelos Fitness Activity Badge, Requirement 3

With a parent or other family member, plan a week of meals.

Name: _____

Day \ Meal	Breakfast	Lunch	Supper
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			



Webelos Fitness Activity Badge, Requirement 4

Keep a record of your daily meals and snacks for a week.

Name: _____

Day \ Meal	Breakfast	Lunch	Supper	Snacks
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				