



Athlete

Webelos Activity Workbook

This workbook is not required but can help you with this activity badge. Your Webelos Den Leader approves your work. No one can add or subtract from the requirements. Webelos Workbooks and much more are below: [Online Resources](#). Send comments to the workbook developer: craig@craiglincoln.com. Workbook updated: May 2009.

Scout's Name: _____ Pack: _____ Activity Badge Counselor: _____

Do these:

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. _____

4. Every time you work on requirement 5 below, start with at least 5 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 do 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 1 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 Scout Sports Pin for physical fitness. _____

Athlete Progress Record for Requirements 4 - 9

Do all of these...		Start	30 Days	Improvement
Req.	Activity Date:			
4	Warm-up (minutes)			
5a	Curl-ups (number)			
5b	Pull-ups (number)			
5c	Push-ups (number)			
5d	Standing Long Jump (feet)			
5e	Quarter mile (time)			

And do two of these:

6	Vertical Jump (Feet, inches)			
7	50 Yard Dash (time)			
8	1 Mile Bike Ride (time)			
9	¼ Mile Swim (time)			

Online Resources *(Use any Internet resource with caution and only with your parent's or guardian's permission.)*

Athlete Requirement 5 is similar to [Tenderfoot](#) Requirement 10a & 10b.

Athlete is preparing you for [Athletics](#), [Personal Fitness](#), and [Sports](#) Merit Badges.

Requirement 5 is similar to [Tenderfoot Rank](#) Requirements 10a & 10b

Webelos Activity Badge Workbooks: [meritbadge.org](#) -or- [usscouts.org](#)

Cub Scout Academics and Sports Workbooks: [meritbadge.org](#) -or- [Academics](#) / [Sports](#)

Resources: ► [scouting.org](#) ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)

Boy Scout Merit Badge Workbooks: [meritbadge.org](#) -or- [usscouts.org](#) **Merit Badge Books:** [www.scoutstuff.org](#)

Requirement Resources

These resources and much more are at: <http://meritbadge.org/wiki/index.php/Athlete>

1. [Perseverance Character Connection](#) - p. 124
2. Physically and mentally healthy - p. 126 - [The Seven Major Components of Physical Fitness](#) An official BSA link
3. Stay physically and mentally healthy - p. 126 - [Kid's Health Staying Healthy](#) - [Concept of Health](#)
The weekly Athlete Progress Record is in the [Athlete Worksheet](#).
4. Stretching & warm-up activities - p. 127 [The Importance of Warm-up and Cool Down](#) - Lesson Videos: [Warm Up](#)
5. Activities - pp. 127-32. This is similar to [Tenderfoot](#) #10
- 5a. Curl-ups
- 5b. [BSA: Proper way to do pull-ups](#) - Lesson Videos: [Pull-Ups](#)
- 5c. [BSA: Proper way to do push-ups](#) - Lesson Videos: [Push-Ups](#)
- 5d. Standing long jump
- 5e. Quarter-mile run or walk - [Running](#) - Lesson Videos: [Running](#)
6. Vertical jump - p. 129
7. 50 yard dash - p. 130 - [Running](#) - Lesson Videos: [Running](#)
8. Ride a bike 1 mile - p. 131 - See [Cub Scout Bicycling](#)
9. Swim a quarter mile - p. 131 - See [Aquanaut](#)
10. [Cub Scout Sports Pin for physical fitness](#).

“ Many Webelos Scouts may earn belt loops and pins a second time to qualify for [Webelos Activity Badges](#). All boys may earn belt loops more than once; however, leaders should encourage boys to try different requirements and earn the pin. Packs should have a clear policy in place to determine whether the pack or the boy's family will be responsible for the cost of awards that are earned more than once. ”

— [Cub Scout Academics and Sports Program Guide #34299B](#), p.4 and [Cub Scout Leader Book](#), p. 31-1.

General Resources

- [CubRoundtable: Athlete 42 page reference guide](#)
- [KISMIF: Athlete Links](#)
- [Bill Smith's Webelos Leader Resources: Athlete](#)
- [Webelos Roundtable Packet: Athlete](#)