



Cub Scout Pack

Salisbury, NC

www.cubpack333.org



Do these:

1. Jump into water over your head. Come to the surface and swim 100 feet, at least half of this using a backstroke.
2. Stay in the water after the swim and float on your back and your front, and demonstrate survival floating.
3. Put on a personal floatation device (PFD) that is the right size for you. Make sure it is properly fastened. Wearing the PFD, jump into water over your head. Show how the PFD keeps your head above water by swimming 25 feet. Get out of the water, remove the PFD, and hang it where it will dry.

And do three of these:

4. Do a front surface dive and swim under water for four strokes before returning to the surface.
5. Explain the four basic water rescue methods. Demonstrate reaching and throwing rescues.
6. With an adult on board, show that you know how to handle a rowboat.
7. Pass the BSA "Swimmer" test:
 - o Jump feet-first into water over the head in depth, level off, and begin swimming.
 - o Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl.
 - o Then swim 25 yards using an easy, resting backstroke.
 - o After completing the swim, rest by floating.
8. While you are a Webelos Scout, earn the Cub Scout Sports belt loop for swimming.

Note: For requirement 8, you must earn the Swimming Belt Loop while you are a Webelos Scout. (Even if you earned it while in a Cub Scout Den).



Cub Scout Pack

Salisbury, NC

www.cubpack333.org



ATHLETE

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 standing long jumps 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.

NOTE: Requirement 10 above does NOT appear in the list of requirements on page 125 of the Webelos Handbook, but is referenced on the following page. Also note that for requirement 10, you must earn the Physical Fitness Sports Pin while you are a Webelos Scout. (Even if you earned it while in a Cub Scout Den).



Cub Scout Pack

Salisbury, NC

www.cubpack333.org



FITNESS

Required for Webelos Badge

Do this:

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 activity badge.

And do six of these:

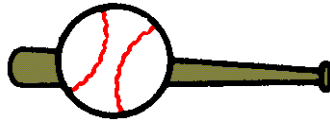
2. With a parent or other adult family member complete a safety notebook, which is discussed in the booklet "How to Protect Your Children from Child Abuse " that comes with this book.
3. Read the meal planning information in this chapter. With a parent or other family member, plan a week of meals. Explain 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.
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.
8. Read the booklet [Choose to Refuse!](#) ~~[Take A Stand Against Drugs!](#)~~ Discuss it with an adult and show that you understand the material.

NOTE: The booklet "Take A Stand Against Drugs!" mentioned in requirement 8 in the Webelos Handbook has been replaced with a new edition, entitled "Choose to Refuse", which should be available from your local Boy Scout Council Office (NOT the Scout Shop™). If your Council Office does not have copies of this publication, they should call the National BSA Drug Prevention Task Force for additional copies. Bulk orders by Scouters or other groups are also accepted; see further information on BSA's web site at <http://www.scouting.org/drugquiz/>



Cub Scout Pack

Salisbury, NC
www.cubpack333.org



SPORTSMAN

Do these:

1. Show the signals used by officials in one of these sports: football, basketball, baseball, soccer, or hockey.
2. Explain what good sportsmanship means.
3. While you are a Webelos Scout, earn Cub Scouting Sports belt loops for two individual sports (badminton, bicycling, bowling, fishing, golf, gymnastics, marbles, physical fitness, ice skating, roller skating, snow ski and board sports, swimming, table tennis, or tennis).
4. While you are a Webelos Scout, earn Cub Scouting Sports belt loops for two team sports (baseball, basketball, soccer, softball, volleyball, flag football, or ultimate).