

# The Week 3 Scout Challenge is here!

## this week's theme: Spring into Fitness and Health

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**Weekly Scout Challenge**  
For scouts of all ages

### SPRING INTO FITNESS WEEK!



**Cub Scouts & Scouts BSA:**

- Develop a stretching routine
- Do one home workout each day, share with us your creative workouts!
- Use sidewalk chalk and create an obstacle course. Do hop-scotch, twists, turns and jumps!
- Try one new veggie or fruit that you've never had. Share with us a picture!

**Adult Leaders:**

- Update your Youth Protection Training.
- Join the Cub Leader Virtual Training: April 16th and April 18th 7:00-8:30pm - space is limited! See email for how to sign up.
- Help scouts with all of the above.

**STEM Activities:**

- Build a model lung
- Learn about the respiratory system and how it works
- Check the email for directions!

Greater St. Louis Area Council, BSA

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### Cub Scouts

- Learn about the importance of stretching and create a 5 minute stretching routine to do each morning.
- Record your routine and share with other scouts!
- Complete a daily workout at home every day for a week: use common household items as weights complete a 5k run/walk in your neighborhood
- Build an obstacle course - use sidewalk chalk and do your obstacle outdoors
- Do 5, one-minute-long tests of body weight movements like sit ups, push ups, lunges, squats, planks, etc.
- Incorporate a vegetable or fruit into every meal for a week (try something new!)
- Follow along yoga on YouTube with Cosmic kids yoga:  
<https://www.youtube.com/watch?v=9Jl01thiHYI>



Stretches, sprints, weight lifting with common household items  
Get creative with what you use as weights!

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## Scouts BSA



- Learn about the importance of stretching and create a 5 minute stretching routine to do each morning.
  - Record your routine and share with other scouts!
  - Complete a daily workout at home every day for a week: Use common household items as weights, complete a 5k run/walk in your neighborhood, and more.
  - Do 5, one-minute-long tests of body weight movements like sit ups, push ups, lunges, squats, planks, etc.
  - Incorporate a vegetable or fruit into every meal for a week (try something new!)
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- What better way to stay active right now than to work on Personal Fitness merit badge! Encourage scouts to begin working on this challenging badge by having them contact a merit badge counselor and having virtual visits. This will help them build healthy eating habits and develop an exercise routine. Look online at [eastTNscouts.org/covid?](http://eastTNscouts.org/covid?) for possible opportunities!
  - Build your own Ninja Warrior Course
  - Complete a 5K run/walk in your neighborhood

### Working on your Tenderfoot Rank?

- 6a. Record your best in the following tests:
  - Pushups (Record the number done correctly in 60 seconds.)
  - Situps or curl-ups (Record the number done correctly in 60 seconds.)
  - Back-saver sit-and-reach (Record the distance stretched.)
  - 1-mile walk/run (Record the time.)

6b. Develop and describe a plan for improvement in each of the activities listed in Tenderfoot requirement 6a. Keep track of your activity for at least 30 days.

6c. Show improvement (of any degree) in each activity listed in Tenderfoot requirement 6a after practicing for 30 days.

- Pushups (Record the number done correctly in 60 seconds.)
- Situps or curl-ups (Record the number done correctly in 60 seconds.)
- Back-saver sit-and-reach (Record the distance stretched.)
- 1-mile walk/run (Record the time.)

### Second Class?

7a. After completing Tenderfoot requirement 6c, be physically active at least 30 minutes each day for five days a week for four weeks. Keep track of your activities.

7b. Share your challenges and successes in completing Second Class requirement 7a. Set a goal for continuing to include physical activity as part of your daily life and develop a plan for doing so.

### First Class?

8a. After completing Second Class requirement 7a, be physically active at least 30 minutes each day for five days a week for four weeks. Keep track of your activities.

8b. Share your challenges and successes in completing First Class requirement 8a. Set a goal for continuing to include physical activity as part of your daily life

## STEM Challenge

### STEM Activity:

- Learn about how your respiratory system works and build a model lung with household items: <https://www.instructables.com/id/Just-Breathe/>

### Fitness Challenge Activity

Required : Stopwatch ( to time Body planks)

Doing this activity twice a year and keeping track of the results can show the overall troop fitness level.  
Make sure scouts are aware of the upcoming activity and dress appropriately.

Prep the leaders to make sure only positive encouragement happens.

#### Instructions:

Every scout performs his best at a set of physical activities. The average for the group is determined.

#### Event Scoring:

\*\*\*Greater Than >

\*\*\*Less Than <

#### Sit-ups in 1 minute:

<20 - 1 point

<30 - 2 points

<40 - 3 points

<50 - 4 points

>50 - 5 points

#### Push Ups in 1 minute:

<20 reps- 1 point

<35 reps- 2 points

< 45 reps - 3 points

<50 reps - 4 points

> 50 reps - 4 points

#### Body Weight Squats

<10 - 1 point

<20- 2 points

<30 - 3 points

<40 - 4 points

>50- 5 points

#### Jumping Jacks in 1 minute

<15 - 1 point

<30 - 2 points

<45 - 3 points

<50 - 4 points

>50 - 5 points

#### Body Planks

<20 secs - 1 point

<40 secs - 2 points

< 60 secs - 3 points

> 60 secs - 4 points

> 120 secs - 5 points

Record the score for each scout, add them up, and find the average for each event.



# Adults, Parents, and Guardians



## Scouting is for everyone!!!

Complete your Youth Protection Training online at [my.scouting.org](https://my.scouting.org), become a Merit Badge Counselor

<https://filestore.scouting.org/filestore/pdf/34405.pdf> fill out this form, e-sign, and submit with current youth protection and an adult application.

### Cub Advancement:

#### Lions: Fun on the Run:

1. Learn and demonstrate three exercises you can do each day.

Tigers: Games Tigers Play: 2.Talk with your den or family about why good nutrition helps you to be strong and active. Bring a nutritious snack to a family member(s) and share why you picked it and what makes it a good snack choice. 3. Make up a game with members of your den/family. After playing the game, talk about your experience playing the new game. 5b. ....Or find out more about a new sport and share what you've learned with your den or family members before or after watching the event.

Wolves: Running With The Pack 1: Play catch with someone in your den or family who is standing 5 steps away from you. Play until you can throw and catch successfully at this distance. Take a step back and see if you can improve your throwing and catching skills. 2: Practice balancing as you walk forward, backward, and sideways. 3: Practice flexibility and balance by doing a front roll, a back roll, and a frog stand. 4: Play a sport or game with your family, and show good sportsmanship. 5: Do at least two of the following: frog leap, inchworm walk, kangaroo hop, or crab walk.

Paws of skill 1: Talk with your family about what it means to be physically fit. Share ideas of what you can do to stay in shape. 2: With your family talk about why it is important to stretch before and after exercising. Demonstrate proper warm-up movements and stretches before and after each activity you do that involves action. 3: Select at least two physical fitness skills and practice them daily for two weeks. See if you can improve during that time. 4: With your family, talk about what it means to be a member of a team. Working together, make a list of team sports, and talk about how the team works together to be successful. Choose one and play for 30 minutes. 5: With your den, develop an obstacle course that involves five different movements. Run the course two times and see if your time improves.

Bears: Fur, Feathers, and Ferns: 1. Hike/walk for 1 mile, identify six signs that any mammal, bird, insect, reptile, or plant are living near the place you are walking/hiking. 6. Learn about composting and how vegetable wasted can be turned into fertilizer for plants. 7. Plant a vegetable or herb garden.

Webelos: Stronger, Faster, Higher 1: Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and

cool down. 2: Do these activities and record your results: 20 yard dash, vertical jump, lifting a 5 pound weight, push-ups, curls, jumping rope. 3: Make an exercise plan that includes at least three physical activities. Carry out your plan for 30 days, and write down your progress each week. 4: Try a new sport that you have never tried before.