



# 4th Grade Webelos Scouts



## Fourth-Grade Webelos Den Meeting #13

*Athlete activity badge (partial)*

### Preparation and materials needed:

- Plan to meet in an area that has plenty of room for running and jumping, and access to a pull-up bar.
- Bring a U.S. flag, the den flag, and pencils.
- Print a copy of the Athlete progress chart (below) for each boy.
- Read the Athlete chapter in the *Webelos Handbook*, pages 123–141.

### Gathering:

- Collect den dues.
- Record attendance.

### Opening ceremony:

- A Webelos Scout should plan and lead the flag ceremony (Webelos badge requirement 6).
- Recite the Pledge of Allegiance, the Cub Scout Promise, Law of the Pack, Scout Oath, and/or Scout Law.

### Advancement:

Athlete activity badge requirements:

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.
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, record boys' initial results on the Athlete progress chart.

In the boys' *Webelos Handbooks*, sign the requirements met.

**Closing:**

- Clean up.
- Ask boys to take home their Athlete progress chart. Remind boys to practice regularly and return the chart at den meeting #16.
- Retire the colors.
- Hand out family information letter. (A sample family information letter can be found at [www.scouting.org/CubScouts/Resources](http://www.scouting.org/CubScouts/Resources) and on the CD in the Resources folder on the main menu. Also see the boxed text for suggested wording.)

**Family Information Letter**

- Today the Webelos den began working on the Athlete activity badge requirements. Please encourage your Webelos Scout to update the Athlete activity badge progress record every week, record his results on his chart, and return his completed chart at our last den meeting.
- The Webelos den will work on the Scholar activity badge at the next meeting. Please help your Webelos Scout complete the following Scholar activity badge requirements:
  11. Ask a parent and five other grown-ups these questions:
    - What do you think are the best things about my school?
    - What could be done to improve it?
 Tell what you think were the best answers and why. (Your Webelos Scout should be prepared to share the responses with his den at our next meeting.)
  12. List and explain some of the full-time positions in the field of education.
- If a family member has experience with teaching or the school system, we would

appreciate your sharing your knowledge at the next meeting.

**Next Up:**

- For den meeting #14, bring paper, pencils, a U.S. flag, and the den flag.
- Read the Scholar chapter in the *Webelos Handbook*.
- Prepare permission slips for the outdoor activity at den meeting #15.

## Webelos Scouts

### Athlete Activity Badge Progress Record: Requirements 4–9

Name: \_\_\_\_\_

Week	1	2	3	4	5
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)					
1-mile bike ride (time)					
Quarter-mile swim (time)					