

## **Cub Scout Exercises for rank advancement**

### **Lions**

**Fun on the Run** – Learn and demonstrate three exercises you can do each day.

### **Tigers**

**My Tiger Jungle** – With your parent, guardian, or other caring adult, go for a walk outside, and pick out two or more sights or sounds of “nature” around you. Discuss with your partner or den.

**Tigers in the Wild** – Go for a short hike with your family, and carry your own gear. Show you know how to get ready for this hike.

**Rolling Tigers** – With your family, go on a bicycle hike wearing your safety equipment. Follow the bicycling safety and traffic laws

### **Wolf**

**Paws on the Path** – Go on a 1-mile hike with your family. Find two interesting things that you’ve never seen before and discuss with your family.

#### **Running With the Pack**

- Play catch with someone in your 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.
- Practice balancing as you walk forward, backward, and sideways.
- Practice flexibility and balance by doing a front roll, a back roll, and a frog stand.
- Play a sport or game with your family, and show good sportsmanship.
- Do at least two of the following: frog leap, inchworm walk, kangaroo hop, or crab walk.

**Finding Your Way** – Using a map and compass, go on a hike or walk with your family.

#### **Paws of Skill:**

- 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.
- Select at least two physical fitness skills and practice them daily for two weeks. See if you can improve during that time.
- 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.

### **Bear**

**Fur, Feathers, and Ferns** – While hiking or walking for one mile, identify six signs that any mammals, birds, insects, reptiles, or plants are living near the place where you choose to hike or walk

#### **Webelos/Arrow of Light**

##### **Stronger, Faster, Higher:**

- Do these activities and record your results: 20 yard dash, vertical jump, lifting a 5 pound weight, push-ups, curls, jumping rope.
- 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.

**Webelos Walkabout** – With a family member, hike 3 miles. Before your hike, plan and prepare a nutritious lunch or snack. Enjoy it on your hike, and clean up afterward.

**Sports** – Participate in two sports, as an individual or part of a family team.