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.