

Physical Fitness Instructions

Supplies: Bottled water, watch with stop watch to check pulse and time skills

Discussion (if you think timing will be an issue skip over 1, 2, & 3):

1. Briefly remind scouts we've already talked about the dangers of drugs and alcohol in our den meeting when Mrs. Buckle was our guest speaker (BL1).
2. Briefly remind scouts we've already discussed the food guide pyramid in December when we made the place settings with paper food (P1).
3. Have the boys share which sports they play after school (P9).
4. Find pulse and count heartbeats per minute. Determine target heart rate. (BL2)
5. Discuss reasons for warming up and cooling down before and after each exercise session. (P4)

Activity:

6. Warm up.
7. Check heart rate after warm up.
8. Group 1: Fitness Skills (BL3)
 - Standing long jump (AP20)
 - 50-yard dash (AP20)
 - 5 sit-ups
 - jumping jacks
 - toss softball to each other (AP20)
 - Check heart rate and switch to Obstacle Course after everyone has completed the skills.
9. Group 2: Obstacle Course (P7, AP18)
 - One boy at a time – timed course
 - Go all the way across the ladder bars
 - Then go in and out of the big tires (not the tire swings)
 - Climb into the tower and slide down
 - Go back and tag the next scout in line
 - Check heart rate and switch to Fitness Skills after everyone has completed the course
10. Cool off.
11. Check heart rate and notice difference between activity heart rate and cool down rates.