

**Being Active**



**January 2016**



**Trustworthy**

# January 2016 Den Meetings

## Advancement

### Trustworthy/Being Active/Healthy Food Choices

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#### Tiger Rank Advancement

##### Tiger Adventures:

##### Games Tigers Play

4. - Find out how being active is part of being healthy. While at a sporting event, ask a player or coach why he or she thinks it is important to be active. (*partial Home assignment*).

##### Tiger Bites

1. Identify three good food choices and three foods that would not be good choices.

2. Show that you know the difference between a fruit and a vegetable. Eat one of each. (*partial Home assignment*.)

3. With your adult partner, pick a job to help your family at mealtime. Do it every day for one week. (*Home assignment*)

#### Wolf Rank Advancement

##### Wolf Adventures:

##### Running with the Pack

1. Play catch with someone in your den or family who is standing 10 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 ability.

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 den or family, and show good sportsmanship.

5. Do at least two of the following: frog leap, inchworm walk, kangaroo hop, or crab walk.

6. Demonstrate what it means to eat a balanced diet by helping to plan a healthy menu for a meal for your family. Make a shopping list of the food used to prepare the meal. 4 - Play a sport or game with your den or family, and show good sportsmanship. (*partial Home assignment*.)

##### Paws of Skill

1. Talk with your family and den about what it means to be physically fit. Share ideas of what you can do to stay in shape.

2. With your den, 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. See if you can improve over a two-week period.

4. With your family or your den, 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.

With your den, talk about sportsmanship and what it means to be a good sport while playing a game or a sport. Share with your den how you were a good sport or demonstrated good sportsmanship in requirement 4.

6. Visit a sporting event with your family or your den. Look for ways the team works together. Share your visit with your den. (*Home Assignment*.)

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**Bear Rank Advancement**

None

**Webelos/Arrow of Light Rank Advancement**

**Webelos /Arrow of Light Adventure:**

**Stronger, Faster, Higher**

Do all of these:

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:
  - a. 20-yard dash
  - b. Vertical jump
  - c. Lifting a 5-pound weight
  - d. Push-ups
  - e. Curls
  - f. 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. (*partial Home assignment.*)
4. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weight lifting, and running. Time yourself going through the course, and improve your time over a two-week period.
6. Try a new sport you have never tried before.



