Athlete

Webelos Activity Badge Workbook

The work space provided for each requirement should be used by the Webelos Scout to make notes for discussing the item with Akela, not for providing the full and complete answers. Each Webelos Scout must do each requirement.

No one may add or subtract from the official requirements found in the ***Webelos Handbook*** (Pub. 33452)

This workbook was updated in June 2012.

http://www.USScouts.Org • http://www.MeritBadge.Org

Please submit errors, omissions, comments or suggestions about this **workbook** to: Workbooks@USScouts.Org
Comments or suggestions for changes to the **requirements** for the **activity badge** should be sent to: Advancement.Team@Scouting.Org

Webelos Scout's Name: _____ Pack No. :_____

Do all of these:

☐ 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. _____

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☐ 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._____

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☐ 3. Explain what you as a Webelos Scout can do to stay physically and mentally healthy.

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☐ 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.

Initial result _____ Result after 30 days:_____

☐ b. Do as many pull-ups from a bar as you can.

Initial result _____ Result after 30 days:_____

☐ c. Do as many push-ups from the ground or floor as you can.

Initial result _____ Result after 30 days:_____

☐ d. Do a standing long jump as far as you can.

Initial result _____ Result after 30 days:_____

☐ e. Do a quarter-mile run or walk.

Initial result _____ Result after 30 days:_____

And do two of these:

☐ 6. Do a vertical jump and improve your reach in 30 days.

Initial result _____ Result after 30 days:_____

☐ 7. Do a 50 yard dash as fast as you can, and show a decrease in time over a 30 day period.

Initial result _____ Result after 30 days:_____

☐ 8 Ride a bike 1 mile as fast as you can, and show a decrease in time over a 30 day period.

Initial result _____ Result after 30 days:_____

☐ 9 Swim a quarter mile in a pool or lake as fast as you can, and show a decrease in time over a 30 day period.

Initial result _____ Result after 30 days:_____

☐ 10 While you are a Webelos Scout, earn the Cub Scout Sports Pin for physical fitness.

***Note**: For requirement 10, you must earn the Physical Fitness Belt Loop while you are a Webelos Scout. (even if you earned it while in a Cub Scout Den).*

Requirement resources can be found here:
http://www.meritbadge.org/wiki/index.php/Athlete#Requirement resources

Attachment – (NOTE: It is not necessary to print this page.)

Important excerpts from the *'Guide To Advancement'*, No. 33088:

Effective January 1, 2012, the *'Guide to Advancement'* (which replaced the publication *'Advancement Committee Policies and Procedures'*) is now the *official* Boy Scouts of America source on advancement policies and procedures.

- **[Inside front cover, and 5.0.1.4] — Unauthorized Changes to Advancement Program**
  No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements.
  (There are limited exceptions relating only to youth members with disabilities. For details see section 10, "Advancement for Members With Special Needs".)

- **[Inside front cover, and 7.0.1.1] — The *'Guide to Safe Scouting'* Applies**
  Policies and procedures outlined in the *'Guide to Safe Scouting',* No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects. [Note: Always reference the online version, which is updated quarterly.]

- **[4.1.0.3]] — Who Approves Cub Scout Advancement?**
  A key responsibility for den leaders is to implement the core den meeting plans as outlined in the Den & Pack Meeting Resource Guide, No. 34409. For Wolf, Bear, and Webelos advancement, den leaders take the lead in approving requirements, though their assistants, and also parents who help at meetings, may be asked to play the role of "Akela" and assist. Parents sign for requirements that, according to meeting plans and instructions in the handbooks, take place at home. For the Bobcat trail and Tiger Cub achievements, parents (or adult partners) should sign in the boy's handbook; the den leader then approves as progress is recorded in the den's advancement record.

- **[4.1.0.4] — "Do Your Best"**
  Advancement performance in Cub Scouting is centered on its motto: "Do Your Best." When a boy has done this—his very best—then regardless of the requirements for any rank or award, it is enough; accomplishment is noted. This is why den leaders, assistants, and parents or guardians are involved in approvals. Generally they know if effort put forth is really the Cub Scout's best.

- **[4.1.2.2] — Cub Scout Academics and Sports Program**
  More than just a recognition opportunity, this program develops new skills, improves those existing, and otherwise enriches Cub Scouting. Details can be found in the Cub Scout Academics and Sports Program Guide, No. 34299. Activities include subjects like science, video games, collecting, and chess; and sports such as baseball, skateboarding, and table tennis. Each has two levels—a belt loop and a pin. Belt loops, which can be earned more than once, are awarded when each of three requirements is met. Cub Scouts may then continue with additional requirements and earn the pin. Archery and BB gun shooting are included, but can only be conducted at a council presented activity with certified supervisors.

Additional notes of interest:

- Webelos Scouts may complete requirements in a family, den, pack, school, or community environment.

- **"Akela"** (Pronounced *"Ah-KAY-la"*) **—** Title of respect used in Cub Scouting—any good leader is *Akela*. *Akela* is also the leader and guide for Cub Scouts on the advancement trail. The name comes from Rudyard Kipling's Jungle Book. (See "Law of the Pack.")

- **"Law of the Pack" —** *The Cub Scout follows Akela.*
  The Cub Scout helps the pack go.
  The pack helps the Cub Scout grow.
  The Cub Scout gives goodwill.