



ATHLETE

Activity Badge [page 2]

Initial testing

New 2005 requirements and Perseverance Character Connection

DATE of initial testing [den meeting] _____

Perseverance Character Connection [mark completion on page 1]									
1A—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.									
1B—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.									
1C—Practice: Practice perseverance by following your plan to do that requirement for the Athlete activity badge.									
<i>Record 30-day-later scores on first page</i>									
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.									
Have another person hold your feet down, do as many curl-ups as you can.									
Do as many pull-ups from a bar as you can.									
Do as many push-ups from the ground or floor as you can.									
Do a standing long jump as far as you can.									
Do a quarter-mile run or walk									
<i>Do two of these:</i>									
6—Do a vertical jump and improve your reach in 30 days									
7—Do 50 yard dash as fast as you can, with a decrease in time over 30 day period.									
8—Ride bike 1 mile as fast as you can, with a decrease in time over 30 day period.									
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.									



ATHLETE

Activity Badge scoreboard – page 1

2003 Webelos book pp 123-141

[record initial testing scores for items 5-through-9 on Sheet 2]

1—With your parent, guardian, or Webelos den leader, complete the Perseverance Character Connection. [see details on sheet 2]									
2—Explain what it means to be physically and mentally healthy.									
3—Explain what you as a Webelos Scout can do to stay physically and mentally healthy.									
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.									
Have another person hold your feet down while you do as many curl-ups as you can.									
Do as many pull-ups from a bar as you can.									
Do as many push-ups from the ground or floor as you can.									
Do a standing long jump as far as you can.									
Do a quarter-mile run or walk									
And, do TWO of these:									
6—Do a vertical jump and improve your reach in 30 days									
7—50 yard dash as fast as you can, improve time in 30 days.									
8—Ride a bike 1 mile as fast as you can, and show a decrease in time over a 30 day period.									
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.									
10—Earn the Physical Fitness Sports Pin while a Webelos [p. 126].									
Completed all requirements									
Badge awarded at Pack meeting [show date]									