



Stronger, Faster, Higher

Webelos Adventure Workbook



No one may add or subtract from the official requirements found in the *Cub Scout Webelos Handbook*. Requirements were revised in December 2016. This workbook was updated in September, 2017.

<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** should be sent to: Advancement.Team@Scouting.Org

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

Source for requirements is [Cub Scout Webelos Requirement Modifications](#)
(Addendum booklet #220-118 SKU 639154)

This adventure is required to earn the Webelos Badge.

Complete Requirements 1-3 and at least one other.

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 _____

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e. Curls _____

f. Jumping rope _____

3. Make an exercise plan that includes at least three physical activities.

What is in your plan?

Carry out your plan for 30 days, and write down your progress each week.

Start Date: _____ **End Date:** _____

Progress after Week 1:

Progress after Week 2:

Progress after Week 3:

Progress after Week 4:

- 4. Try a new sport you have never tried before.

What Sport? _____

- 5. 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 try to improve your time over a two-week period.

Initial Time through Course: _____

Time through Course after 1 week: _____

Time through Course after 2 weeks: _____

- 6. With adult guidance, lead younger Scouts in a fitness game or games.

Important excerpts from the [Guide To Advancement - 2015](#), No. 33088 (SKU-620573)

[1.0.0.0] — Introduction

The current edition of the *Guide to Advancement* is the official source for administering advancement in all Boy Scouts of America programs: Cub Scouting, Boy Scouting, Varsity Scouting, Venturing, and Sea Scouts. It replaces any previous BSA advancement manuals and previous editions of the *Guide to Advancement*.

[Page 4, and 5.0.1.4] — Policy on 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 special needs. For details see section 10, “Advancement for Members With Special Needs”.

[Page 4] — The “Guide to Safe Scouting” Applies

Policies and procedures outlined in the *Guide to Safe Scouting* apply to all BSA activities, including those related to advancement and Eagle Scout service projects.

[4.1.0.3] — Who Approves Cub Scout Advancement?

A key responsibility for den leaders is to implement the den meeting plans as outlined in the four den leader guides shown within this topic. For Tiger through Bear ranks, if the activity is completed outside of the den meeting, the parent, adult partner, or another trusted adult should sign in the boy's handbook, indicating the Cub Scout has done his best to complete the requirement. The den leader then approves that requirement after consultation with the family or the boy to confirm completion. If the requirement is completed in a den meeting, the den leader signs in both places. Den leaders may, however, ask an assistant or parent who helps at meetings to play the role of “Akela” and assist with the approvals. For Webelos and Arrow of Light ranks, the den leader signs for approval of all requirements, unless the den leader delegates this responsibility.

[4.1.0.4] — “Do Your Best”

Cub Scouts—even those of the same age—may have very different developmental timetables. For this reason, 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.

When a boy completes advancement, he should be congratulated immediately and publicly. And though badges of rank should be reserved for the next pack meeting, it is best to present items such as belt loops and pins soon after they have been earned. If it is possible for the pack to report and purchase these awards quickly, they could be presented at a den meeting, rather than waiting for a pack meeting. If presented at den meetings, the accompanying pocket certificates can be used in a ceremony at a subsequent pack meeting—or vice versa with the pocket certificates at a den meeting. However this is done, it is important to note that advancement is an individual process, not dependent on the work or progress of others. Awards should not be withheld for group recognition. Likewise, a boy should not be presented with recognition he has not earned simply so that he will “not feel left out.”

In the same spirit as “Do Your Best,” if a boy is close to earning a badge of rank when the school year ends, the pack committee, in consultation with the den leader and the Cub Scout's parent or guardian, may allow him a few weeks to complete the badge before going on to the next rank. Earning it will give him added incentive to continue in Scouting and carry on and tackle the next rank.

Additional notes of interest:

- Cub Scouts may complete requirements in a family, den, pack, school, or community environment.
- **“Akela”** (Pronounced “Ah-KAY-la”) — Akela (Ah-KAY-la) is a title of respect used in Cub Scouting—any good leader is Akela, who is also the leader and guide for Cub Scouts on the advancement trail.