



# Physical Fitness

## Beltloop and Pin Worksheet

Cub Scout Academic & Sports Program

Scout Name: \_\_\_\_\_

Pack/Den: \_\_\_\_\_

---

### Physical Fitness Belt Loop

Complete these three requirements:

1. Give a short report to your Den, Patrol or family on the dangers of drugs and alcohol. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Practice finding your pulse and counting your heartbeats per minute. Determine your target heart rate. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

3. Practice five physical fitness skills regularly. Improve performance in each skill over a month. Skills could include pull-ups, curl-ups, the standing long jump, the 50-yard dash, and the softball throw. \_\_\_\_\_

\_\_\_\_\_

	pull-ups	curl-ups	long jump	50 yd dash	ball throw
initial test					
after month					

## Physical Fitness Pin

Earn the Physical Fitness beltloop, and complete five of the following requirements:

1. Choose a form of exercise, bring your heart rate up to target, and keep it there for 15 minutes. Don't forget to warm up and cool down. \_\_\_\_\_

\_\_\_\_\_

2. Set up a four-step exercise program. Chart your progress for five days a week for two weeks. \_\_\_\_\_

\_\_\_\_\_

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1 exercises					
Week 2 exercises					

3. Explain the reason for warming up and cooling down before and after each exercise session. \_\_\_\_\_

\_\_\_\_\_

4. Visit a local gym and talk to a trainer about exercises and programs for young people. \_\_\_\_\_

\_\_\_\_\_

5. Participate in some aerobic exercises at least three times a week for four weeks. \_\_\_\_\_

\_\_\_\_\_

- ❑ 6. Build an obstacle course that could include some exercises with jumping, crawling, and hurdles. Time yourself three times to see whether you can improve your time. \_\_\_\_\_

\_\_\_\_\_

trial	1	2	3
time			

- ❑ 7. Swim for a total of an hour, charting your time as you go. \_\_\_\_\_

\_\_\_\_\_

session	1	2	3	4	5
time					

- ❑ 8. Participate for at least three months in an organized team sport or organized athletic activity. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_