



# Fitness Fun

Originated in: GC

## Requirements

1. List at least four things that contribute to physical fitness.
2. Run or jog 800 meters (approximately one-half mile), OR Run fifty meters in ten seconds.
3. Make a high jump. (Record highest of four jumps.)
4. Jump or skip rope for three minutes.
5. Do three different stretches. Hold each for a minimum of ten seconds.
  - a. Leg
  - b. Back
  - c. Arms/shoulders
6. Participate in an obstacle course.
7. Demonstrate your ability to do the following:
  - a. Ten sit-ups
  - b. Climb a pole, rope, or tree
  - c. Hang from a bar with hands and knees
8. With your group, participate in an organized game that requires physical fitness, for example, ball game, relay race, leapfrog, etc.

## Supporting Answers

NOTE: This award is one of the requirements for the Sunbeam Class.

1. Fitness includes proper nutrition, rest, water, exercise, strength, cardiovascular fitness, flexibility, endurance—keeping your body in the best possible condition.
2. Jog or run as a group, always with adult supervision.
3. Jump onto a mat or other soft material such as sand or sawdust. Be certain the “bar” the children jump over is set lightly on pegs and is not a solid piece that could cause injury.
4. Play several jump rope games, allowing for practice, as many may never have used a jump rope.
5. When stretching, use static stretches (hold stretch for 15 seconds without bouncing). To avoid injury, do stretches both before and after exercise.
6. Set up an obstacle course that the Adventurers can run around, under, over, and through. Use objects such as tires, cardboard boxes, pylons, ropes, and poles.
7. An adult must supervise these activities.
8. Play these games as a group or family if possible. Be sure an adult supervises.

Updated in: 1996 / Grade 2