

# Stronger Faster Higher Webelos Worksheet



**Stronger, Faster, Higher**  
Webelos Adventure Workbook

No one may add or subtract from the official requirements found in the Cub Scout Webelos Handbook.  
This workbook was updated in April, 2018.

Please submit errors, omissions, comments or suggestions about this checklist to: [Webelos@BSA.org](mailto:Webelos@BSA.org)  
Comments or suggestions for changes to the <http://www.BSA.org> should be sent to: [Scoutmaster@BSA.org](mailto:Scoutmaster@BSA.org)

Webelos Scout's Name: \_\_\_\_\_ Pack No: \_\_\_\_\_

**This adventure is required to earn the Webelos Badge.**

Do all of these:

☐ 1. Understand and explain why you should warm up before exercising and cool down afterward.

☐ 2. 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 \_\_\_\_\_

☐ e. Curls \_\_\_\_\_

☐ f. Jumping rope \_\_\_\_\_

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**Stronger Faster Higher Webelos Worksheet** is an essential resource for Webelos Scouts, designed to help them understand and complete the requirements of the Stronger, Faster, Higher adventure. This adventure emphasizes physical fitness, teamwork, and healthy living, which are crucial elements in the development of young scouts. In this article, we will explore the objectives of the Stronger, Faster, Higher adventure, the various activities involved, and how the worksheet can aid scouts in achieving their goals.

## Understanding the Stronger, Faster, Higher Adventure

The Stronger, Faster, Higher adventure is part of the Webelos program in Cub Scouts, aimed at boys and girls aged 10 and 11. The primary focus of this adventure is to encourage physical activity and promote a healthy lifestyle among scouts. Through various exercises and team sports, Webelos learn valuable lessons about fitness, the importance of teamwork, and setting personal goals.

## Objectives of the Stronger, Faster, Higher Adventure

The primary objectives of this adventure include:

1. Physical Fitness: Scouts learn about the benefits of regular exercise and how it contributes to overall health.
2. Goal Setting: The adventure encourages scouts to set personal fitness goals and track their progress.

3. Teamwork: Through group activities and sports, scouts develop essential teamwork skills.
4. Healthy Living: Scouts gain knowledge about nutrition and healthy eating habits.

## **The Role of the Stronger Faster Higher Webelos Worksheet**

The Stronger Faster Higher Webelos Worksheet is a practical tool designed to assist scouts in tracking their progress as they engage in various activities related to the adventure. The worksheet typically includes sections for recording physical activities, setting fitness goals, and reflecting on personal achievements.

### **Components of the Worksheet**

A well-structured worksheet generally includes the following sections:

- Personal Information: Scouts fill in their name, den number, and date.
- Fitness Goals: A section for scouts to write down specific fitness goals they want to achieve during the adventure.
- Activity Log: A table or chart where scouts can record different physical activities, the duration of each activity, and how they felt after completing them.
- Reflection: A space for scouts to reflect on their experiences, what they learned, and how they can improve in the future.

### **Activities Included in the Stronger, Faster, Higher Adventure**

The adventure comprises various activities that encourage fitness and teamwork. Here are some of the primary activities scouts may engage in:

#### **Physical Fitness Activities**

1. Running: Participating in a timed run to build endurance and speed.
2. Strength Training: Engaging in exercises using body weight or light weights, such as push-ups, sit-ups, and squats.
3. Sports: Playing team sports like soccer, basketball, or flag football to enhance coordination and teamwork.

#### **Teamwork Activities**

1. Relay Races: Organizing relay races to foster teamwork and collaboration among scouts.
2. Group Challenges: Engaging in challenges that require problem-solving and teamwork, such as obstacle courses or scavenger hunts.

## **Nutrition and Healthy Living Activities**

1. Healthy Cooking: Preparing a healthy meal together as a den to learn about nutrition and cooking skills.
2. Nutrition Education: Discussing the importance of balanced diets and the role of different food groups.

## **How to Use the Stronger Faster Higher Webelos Worksheet Effectively**

To maximize the benefits of the Stronger Faster Higher Webelos Worksheet, it is essential to use it consistently and reflectively. Here are some tips for effective usage:

### **1. Set Clear Goals**

Encourage scouts to set specific, measurable, achievable, relevant, and time-bound (SMART) goals. For instance, instead of saying, "I want to run faster," a SMART goal would be, "I want to run a mile in under 10 minutes within four weeks."

### **2. Regularly Update the Activity Log**

Scouts should make a habit of updating their activity log after each workout or sports activity. This helps them visualize their progress and stay motivated.

### **3. Reflect on Experiences**

At the end of each week, scouts should take time to reflect on their experiences. They can write about what they enjoyed, the challenges they faced, and how they overcame them. This reflection will enhance their learning experience and encourage personal growth.

## **Benefits of Completing the Stronger, Faster, Higher Adventure**

Completing the Stronger, Faster, Higher adventure offers numerous benefits to Webelos Scouts:

## **1. Improved Physical Health**

Regular participation in physical activities promotes cardiovascular health, muscular strength, and overall fitness. Scouts learn the importance of maintaining an active lifestyle.

## **2. Enhanced Teamwork Skills**

Through group activities and sports, scouts develop essential teamwork and communication skills. They learn to appreciate the strengths of others and the importance of collaboration.

## **3. Personal Growth**

Setting and achieving fitness goals fosters a sense of accomplishment and boosts self-esteem. Scouts learn the value of perseverance and determination.

## **4. Lifelong Healthy Habits**

The knowledge gained about nutrition and fitness encourages scouts to adopt healthier habits that will benefit them throughout their lives.

## **Conclusion**

The Stronger Faster Higher Webelos Worksheet is an invaluable resource for Webelos Scouts participating in the Stronger, Faster, Higher adventure. By engaging in various physical activities, setting fitness goals, and reflecting on their experiences, scouts can enhance their physical health, improve teamwork skills, and develop lifelong healthy habits. Emphasizing the principles of fitness and nutrition not only prepares them for future challenges in scouting but also instills values that will benefit them throughout their lives. As scouts embark on this adventure, the worksheet serves as a tool to guide them on their journey toward becoming healthier, stronger, and more resilient individuals.

## **Frequently Asked Questions**

### **What is the 'Stronger, Faster, Higher' Webelos worksheet?**

The 'Stronger, Faster, Higher' Webelos worksheet is a document designed to help Webelos Scouts complete the requirements for the Athlete adventure, focusing on physical fitness and sportsmanship.

## **What are the key activities included in the 'Stronger, Faster, Higher' worksheet?**

Key activities include tracking physical fitness goals, participating in various sports, and understanding the importance of exercise and nutrition.

## **How can Webelos Scouts benefit from completing the 'Stronger, Faster, Higher' worksheet?**

Completing the worksheet helps Scouts develop healthy habits, learn teamwork and sportsmanship, and achieve personal fitness goals.

## **Is there a specific age group for the 'Stronger, Faster, Higher' worksheet?**

Yes, the worksheet is specifically designed for Webelos Scouts, typically ages 10 to 11, to help them transition from Cub Scouts to Boy Scouts.

## **Can parents assist their children with the 'Stronger, Faster, Higher' worksheet?**

Absolutely! Parents are encouraged to assist their children in understanding the activities and tracking their progress on the worksheet.

## **Where can I find the 'Stronger, Faster, Higher' Webelos worksheet?**

The worksheet can usually be found on the official Boy Scouts of America website or through local scouting resources and leaders.

## **What is the importance of physical fitness in the 'Stronger, Faster, Higher' program?**

Physical fitness is crucial as it promotes overall health, encourages active lifestyles, and helps Scouts understand the value of maintaining a fit body.

## **Are there any specific goals that Scouts must achieve on the 'Stronger, Faster, Higher' worksheet?**

Yes, Scouts are encouraged to set and achieve personal goals related to strength, speed, and endurance, which they can track using the worksheet.

## **How does the 'Stronger, Faster, Higher' worksheet promote teamwork?**

The worksheet includes activities that require collaboration and participation in group sports, fostering a sense of teamwork and cooperation among Scouts.

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### **CyberSource - Wikipedia**

Cybersource is an American payment gateway founded in 1994. In November 2007, Cybersource acquired the U.S. small business payment services provider Authorize.net for \$565 million.

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### **Dioses Mujeres » 30 Dioses Mitológicas Más Importantes**

Feb 8, 2022 · Si te atrae todo lo que tiene que ver con la mitología antigua, puede que estés

familiarizado con algunos nombres de diosas mitológicas. Este artículo muestra en detalle las diosas mujeres más significativas dentro de la cultura griega, romana y nórdica.

*Nombres de mujer usados en Mitología que empiezan por L*

Listado de nombres femeninos usados en Mitología que empiezan por L, con su significado, diminutivos y versiones en otros idiomas

### **Nombres de Dioses con L en Diferentes Culturas 2025**

Aquí encontraras un listado completo de nombres de dioses con la letra L y personajes asociados mitológicos de diferentes culturas ¡Entra y descubrelos!

### **47 nombres de diosas griegas y romanas para niñas**

Aug 10, 2020 · Artemisa: hija mayor de Zeus y de Leto, Artemisa es la diosa de la caza, de los animales salvajes, del bosque, de los terrenos vírgenes, de los nacimientos, la virginidad.

### **23 ☐ Nombres de diosas Indígenas Lista Completa 2025**

Desde las diosas nórdicas de la caza hasta las deidades egipcias de la fertilidad y la maternidad, estas figuras representan la diversidad de la feminidad y la conexión con aspectos fundamentales de la vida humana y la naturaleza.

### **Nombres de DIOSAS ☐Todas las diosas AQUÍ ☐2023**

En Nombres de Diosas encontrarás un listado completo e informativo con cada una de las diferentes diosas mitológicas.

*Diosas mitológicas con nombre de mujer - 20minutos.es*

Ártemis o Artemisa (mitología), en la mitología griega, una de las principales diosas, equivalente de la diosa romana Diana. Era hija del dios Zeus y de Leto y hermana gemela del dios...

*70 Nombres de Diosas para niñas: Griegas, Romanas, Egipcias*

Esperamos que esta lista de nombres de diosas te haya inspirado y ayudado en tu búsqueda de ese nombre perfecto, cargado de significado y belleza. ¡Que tu pequeña lleve su nombre con la fuerza y el esplendor de las diosas que la precedieron!

*50 nombres de diosas griegas, egipcias y romanas - HOLA.com*

Nov 18, 2024 · En esta ocasión, hemos seleccionado 50 nombres de diosas que provienen de las antiguas civilizaciones griega, egipcia y romana y que, más allá de su sonoridad y belleza, encarnan las historias ...

### **Lista completa de diosas griegas y romanas con sus atributos.**

Estas deidades femeninas no solo representan aspectos de la naturaleza y la vida humana, sino que también encarnan valores y virtudes que eran esenciales para las sociedades que las adoraban.

Unlock the secrets to success with our 'Stronger Faster Higher Webelos Worksheet.' Discover how to enhance your skills and excel in your Scouting journey. Learn more!

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