

Adventure: Fun on the Run

Objective Scout will Achieve:	Learning to exercise, rest, and eat healthy to keep our body healthy!
Characteristics Scouts will Learn:	Character development and fitness
Materials for Virtual Meeting:	<ul style="list-style-type: none"> • Ingredients for trail mix, ants on a log, or lion's teeth (apples, celery, peanut butter, raisins, peanuts, m and ms, etc.) • Playing cards with animals with varying sleep schedules taped to them • Playing cards with times of day taped on them
Activities during meeting:	Exercises, Snack, and Matching Game
Instruction for Activity 1	Exercises: Demonstrate several basic exercises and have your Scout and adult partner join in after a demonstration. Some options include: jumping jacks; leap, hop, skip, jump; jump rope; marching; running.
Instruction for Activity 2	Nutritious Snack: Wash your hands! If the snack contains sugar, discuss that sugar can be an appropriate part of the diet in moderation.
Instruction for Activity 3	Match Game: Say, "Don't you wish the batteries on your video game would last forever? They don't, so you have to stop playing to recharge the batteries. After going to school and playing all day, you will need to stop to recharge your batteries (rest) as well, so you keep yourself healthy and are ready for the next day. Animals are the same way. However, not all animals sleep at night like we do. Some animals sleep during the day and stay awake at night to hunt for food. Others sleep at night and are active during the day. No matter when they sleep, they need the rest to stay healthy and strong. Match pictures of their animals with their times of rest.
Instruction for Activity 4	N/A
Additional Requirements needed to complete the Adventure (These requirements will not be on the Virtual Cub Scout Video):	