

Adventure:	Running with the Pack
Objective Scout will Achieve:	Promote fitness and health.
Characteristics Scouts will Learn:	A Scout in good shape is ready for anything
Materials for Virtual Meeting:	List of a healthy diet Paper and pencil
Questions to Ask Scout Before Meeting:	What kind of outdoor activities or sports to you participate in? How do you get ready to play?
Activities during meeting:	Maintaining Balance, Flexibility, Mobility, and a Health Diet
Instruction for Activity 2	Directions on video
Instruction for Activity 3	Directions on video
Instruction for Activity 5	Directions on video
Instruction for Activity 6	Directions on video
Additional Requirements needed to complete the Adventure (These requirements will not be on the Virtual Cub Scout Video):	Activity 1: Have a catch with someone. Activity 4: Play a sport or game with your den or family, and show good sportsmanship.