



Paws of Skill

Wolf Elective



Note to Parents, Guardians, or other Caring Adult

Occasionally, the requirements ask the Cub Scout to address or present to their den. This can be facilitated by recording your Scout with the use of a smartphone, computer with a camera, or an alternative device. WHEN RECORDING, PLEASE ENSURE THAT YOUR SCOUT IS WORKING WITH AN ADULT TO VERIFY THAT WE ARE USING SAFE INTERNET PROTOCOLS AND PROPER YOUTH PROTECTION GUIDELINES.

Please send or email your videos to your local Den Leader or Cubmaster so they can record your completion on this elective.

You can complete any of the requirements, but this slideshow is designed with preselected activities that would be most suitable to complete at home.

Online Resource

[Paws of Skill Workbook](#)



Paws of Skill Requirements

Complete at least Requirements 1-4. Requirements 5-7 are optional.

1. Talk with your family or den about what it means to be physically fit. Share ideas of what you can do to stay in shape.

2. With your family or den, talk about why it is important to stretch before and after exercising. Demonstrate proper warm-up movements and stretches before and after each activity you do that involves action.

3. Select at least two physical fitness skills and practice them daily for two weeks. See if you can improve during that time.

4. With your family or your den, talk about what it means to be a member of a team. Working together, make a list of team sports, and talk about how the team works together to be successful. Choose one and play for 30 minutes.

5. With your den, develop an obstacle course that involves five different movements. Run the course two times and see if your time improves.

6. With your den, talk about sportsmanship and what it means to be a good sport while playing a game or a sport. Share with your den how you were a good sport or demonstrated good sportsmanship in requirement 4.

7. Visit a sporting event with your family or your den. Look for ways the team works together. Share your visit with your den.

Paws of Skill Requirements

1. Talk with your family or den about what it means to be physically fit. Share ideas of what you can do to stay in shape.

Discuss:

1. What does it mean to be physically fit?
2. What can we do to stay in shape?



Paws of Skill Requirements

2. With your family or den, talk about why it is important to stretch before and after exercising. Demonstrate proper warm-up movements and stretches before and after each activity you do that involves action.

Why should you stretch before working out?

Kids Health - Stretching



Paws of Skill Requirements

3. Select at least two physical fitness skills and practice them daily for two weeks. See if you can improve during that time.

6 Easy and Simple Exercises for Kids

**Kids Exercise Log
Calendar**

Name: _____
Month: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	

Chart from [Makeover Fitness](#).

Paws of Skill Requirements

4. With your family or your den, talk about what it means to be a member of a team. Working together, make a list of team sports, and talk about how the team works together to be successful. Choose one and play for 30 minutes.

Make a list of team sports. i.e.

- Basketball
- Football
- Volleyball
- Etc.

How do the teams work together to be successful?

Pick one sport and play for 30 minutes.

