



## ADVANCEMENT TRACKING



While all the HomeScouting Adventure Club activities can be completed at home, they can also be completed at an in-person or virtual den meeting. Use the tracking tool below to record your completion of activities. This is for your use. See below for how to notify your den leader or unit leadership of completion of the adventure.

Requirement	Location Completed (circle)		Completed?
<b>Complete at least Requirements 1-4. Requirements 5-7 are optional.</b>			
1. Talk about what it means to be physically fit. Share ideas of what you can do to stay in shape.	<b>At Home</b>	<b>Den Meeting</b>	
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.	<b>At Home</b>	<b>Den Meeting</b>	
3. Select at least two physical fitness skills and practice them daily for two weeks. See if you can improve during that time.	<b>At Home</b>	<b>Den Meeting</b>	
4. With your family or 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.	<b>At Home</b>	<b>Den Meeting</b>	
5. With your family or den, develop an obstacle course that involves five different movements. Run the course twice and see if your time improves.	<b>At Home</b>	<b>Den Meeting</b>	
6. Talk about sportsmanship and what it means to be a good sport while playing a game or a sport. Share how you were a good sport or demonstrated good sportsmanship in requirement 4.	<b>At Home</b>	<b>Den Meeting</b>	
7. Visit a sporting event with your family. Look for ways the team works together.	<b>At Home</b>	<b>Den Meeting</b>	

### Ways to notify unit/den leadership of completion of activities in the HomeScouting Adventure Club:

- Enter date of requirement completions in Scoutbook
- Turning in the tracking tool above to your leadership
- Fill out the monthly reporting tool at [www.homescouting.org/hacreporting](http://www.homescouting.org/hacreporting) and a report will be sent to your leader on your behalf

Check with your unit leadership to find out the best method to report completions!



## WORKSHEET



All HomeScouting worksheets are for your use only and will not be turned in. Use them to help guide you through the adventure.

**Requirement 1:** Talk about what it means to be physically fit. Share ideas of what you can do to stay in shape.

**What do you think it means to be physically fit?**

---

---

---

**Circle habits you think could help someone be *more* physically fit.**

Watching a lot of TV

Walking the dog

Riding your bike

Eating fast food for every meal

Stretching

Drinking sugary drinks

Swimming

**What else can you do to stay in shape?**

---

---



**Requirement 2:** 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 is it important to stretch before and after each activity you do that involves action?**

---

---

---

**Pick some warm-up movements and stretches and demonstrate them for your den or family.**

**Requirement 3:** Select at least two physical fitness skills and practice them daily for two weeks. See if you can improve during that time. Use the next page to track your progress.

# PAWS OF SKILL WORKSHEET



Write down the skills you performed in the chart below. Write the number of each skill you were able to do at the start, after one week, and after two weeks. (There is space if you try to practice all four skills, but only two are necessary for the requirement)

Skill	Start (number of skills)	After Week 1 (number of skills)	After Week 2 (number of skills)

**Requirement 4:** 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 below, then circle one to play for 30 minutes.**

---

---

---

---

---

---

---

---



After playing your game, discuss these questions with your family or den:

- How did your team work together?
- How did you help your team?
- Were you a good sport?
- How did you show good sportsmanship?

*This will then complete **requirement 6.***

**Requirement 5:** Develop an obstacle course that involves five different movements. Run the course twice and see if your time improves.

**Make a list of the five movements your obstacle course includes:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Time #1 =** \_\_\_\_\_

**Time #2 =** \_\_\_\_\_

**Requirement 7:** Visit a sporting event with your family. Look for ways the team works together.