

PATHWAY Physical Fitness - K through 5th

This trail takes about 1-3 hours to complete (depending on the size and attention of your group). The activities are fun and engaging for kids and adults. These activities lean toward some of the Sports activities, and provide opportunity to unleash a child's physical fitness. Great for a group of 4 – 8 people.

Place to visit	Activity	Badge Requirement	
		K – 5th	6 th – 12th
Gaga Ball Pit	Play a game of GaGa Ball and challenge some fellow campers to a game		
Artesian beams in the low ropes course area	Test your ability to balance on the beams. See how far you can walk without falling off. Try a second time to see if you can get further	Tigers: Games Tigers Play (req 1)	
Outdoor cooking	Discuss with staff the importance of healthy eating: <ul style="list-style-type: none"> - What is healthy to eat - What can you change in your diet - Planning of a balanced meal 	Tigers: Games Tigers Play (req 2) Wolf: Paws on Path (req 5)	
Blue Hills	Take a 1 mile hike. Start in the upper parking lot and go around the program area to arrive at the same spot.	Tigers: Tigers in the wild (req 2) Wolf: Pas on Path (req 5)	
Pool	Test your swimming skills by going by swimming 2 lengths of the swimming pool, jump in feet first and swim to the shore.	Webelos: Aquanaut	
Tomahawk Range	Test your arm strength by throwing 6 tomahawks (2 sets of 3).		
Anywhere	Using the chart below, record the max number of each activity that you are able to complete	Webelos: Stronger, Faster, Higher	

Activity	Time, distance, number
20 yard dash	
Vertical Jump	
5lb weight	
Push ups	
Jump rope	
Curls	

Family / Den / Patrol Name: _____

Scout Book: the code to the right will help parents and leaders find the age appropriate requirements for various badges. By the time a Scout completes the trail, they will have checked of several requirements and earned a % of their way toward Eagle.

On and off the trail: Feel free to jump on or off the trail to follow the interests of your child / Scout.

Important Note to Parents: PLAY! The camp is designed for you too. Your Scout or child’s highlight will be participating WITH you.

