

# PERSONAL FITNESS

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88 Arrow of Light

## SNAPSHOT OF ADVENTURE



In the Scout Oath we promise to keep ourselves physically strong. Proper nutrition, staying active with group activities, and personal exercises are key to being physically strong. You will also review your personal BSA Health and Medical Record.

### REQUIREMENTS

Approved by \_\_\_\_\_

1. Plan a balanced meal that you would eat when camping. Prepare that meal using the gear you would use on a campout. \_\_\_\_\_
2. Examine what it is to be physically fit and how you incorporate this in your life. Track the number of times you are active for 30 minutes or longer over a 14-day period. Share with your patrol or family what you enjoyed and if you feel you are living up to the Scout Oath of being physically fit. \_\_\_\_\_
3. Be active for 30 minutes with your patrol, a younger den, or at least one other person in a way that includes both stretching and moving. \_\_\_\_\_
4. Review your BSA Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in Arrow of Light patrol and pack activities. \_\_\_\_\_



- Required Adventure
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## REQUIREMENT 1

**Plan a balanced meal that you would eat when camping. Prepare that meal using the gear you would use on a campout.**



Great meals are planned. Work with your family or other members of your patrol to plan a delicious menu for breakfast, lunch, or dinner. Remember to include at least three different food groups whenever possible.

Make a shopping list and decide how much money you can spend on food. Then head to the grocery store and start shopping. Work to stay within your budget by checking prices as you go. If you need to make adjustments, that is OK.

Here are some things to consider when you go shopping:

- ▶ Store brands are often less expensive than brands you see advertised on TV or online.
- ▶ Foods you make from scratch usually cost less (and are tastier) than processed foods.
- ▶ You should compare the price of fresh, canned, and frozen fruits and vegetables to find the best price.
- ▶ To really be sure you're getting the best deal, compare the price per ounce, pound, or serving of different products.

**Before using a knife you must first earn the Knife Safety Adventure.**

## SAMPLE CAMP MENU

### BREAKFAST

**Eggs in a bag:** For each Scout, crack one or two eggs into a sealable, quart-sized, boil-safe cooking bag. Add 1 tablespoon milk and other ingredients — bacon bits, cheese, chopped green pepper, chopped onion, salt, pepper — to taste. Seal the bag, removing excess air, and then shake it. (Don't shake it before you seal it!) Place the bag into boiling water and cook for three to four minutes or until fully cooked. Use tongs to remove the bag from the hot water.

**Fruit salad:** Cut up apples, bananas, oranges, grapes, or other favorite fruits. Mix together and toss with a little lemon juice to prevent browning.

**Biscuits:** Arrange canned biscuits on a metal plate or pie pan. Carefully place the plate on several rocks in the floor of a preheated Dutch oven. Cook until golden brown.

Juice and milk

### LUNCH

Peanut butter and jelly sandwiches

Carrots, apples

Juice boxes

### DINNER

**Dutch-oven pizza:** Spread pizza dough on a metal plate. Cover with pizza sauce, sautéed vegetables, cooked meat, cheese, and other favorite toppings.

Carefully place the plate on several rocks in the floor of a preheated Dutch oven. Cook until the cheese is melted and the crust is golden brown.

Salad

Drinks

## OUTDOOR COOKING METHODS

Camp food can be delicious, and camp cooking is fun. As part of this Adventure, you'll get to try some really cool ways to cook food. Just don't try them all at home.

**Camp Stove:** A camp stove is a tabletop stove that uses propane. Camp stoves work just like your cooktop back home. Be careful, however, because some can tip over easily. Always have an experienced adult help you light a camp stove.

**Dutch Oven:** A Dutch oven is a cast iron (or aluminum) pot that is heated by charcoal or hot coals. A camping Dutch oven has legs on the bottom and a rim around the lid. For baking, put 10 to 12 coals underneath and enough coals on top to cover the lid. For boiling, put more coals underneath. Either way, you can add or remove coals to adjust the temperature.

**Box Oven:** A box oven is like a homemade Dutch oven. It is a foil-lined cardboard box that sits on top of a cookie sheet that is propped on four empty vegetable cans. Between the cans is a bed of coals, which provides the heat.

**Solar Oven:** A solar oven is a pizza box that is lined with aluminum foil and covered with black construction paper. It uses the sun's rays to cook what is inside.

**Open Campfire or Charcoal:** Open fires are good for roasting marshmallows and grilling things like burgers. For the best results, wait until the flames die down, and cook over the coals. If using charcoal, let it burn down until it is covered with white ash. Charcoal is a useful tool for learning outdoor cooking because it is easy to light and keeps a steady, even heat.

## FOOD SAFETY

As you cook, you need to do some things to keep from getting sick and making other people sick:

- ▶ Clean hands and surfaces frequently. Wash your hands with warm water and soap for at least 20 seconds before and after you handle food and after you use the bathroom. Wash your cutting boards, dishes, utensils, and countertops with hot, soapy water after you prepare each food item and before you go on to the next food.
- ▶ Don't cross-contaminate. That's a fancy way to say you should keep raw meat, poultry, seafood, and eggs separate from each other and from other foods in your shopping cart, grocery bags, refrigerator, and ice chest. Also, never place cooked food on a plate that has held raw meat, poultry, seafood, or eggs.
- ▶ Cook to proper temperatures. Use a food thermometer, which measures the temperature inside cooked meat, poultry, and egg dishes, to make sure the food is fully cooked. Stick the thermometer into the middle of the food and don't let it touch the pan. Most recipes include the correct temperatures for different kinds of food.
- ▶ Chill/refrigerate promptly. Never let food sit out for more than two hours before putting it in the refrigerator, freezer, or ice chest. Never thaw frozen food at room temperature. Instead, thaw it in the refrigerator, in cold water, or in a microwave oven using the defrost setting. Food thawed in cold water or in the microwave should be cooked immediately.
- ▶ Maintain proper temperatures. Keep cold foods in an ice chest or refrigerator until you're ready to use them. If you're going to use an insulated container to keep food warm, fill it with hot water, wait a few minutes, then empty it and fill it with hot food.

## REQUIREMENT 2

Examine what it is to be physically fit and how you incorporate this in your life. Track the number of times you are active for 30 minutes or longer over a 14-day period. Share with your patrol or family what you enjoyed and if you feel you are living up to the Scout Oath of being physically fit.

Being active continuously for 30 minutes or longer is a good way to keep your muscles in good condition, your heart pumping, and your lungs working well. You can choose to do the same activity, or you can rotate through different activities.





DAY	1	2	3
ACTIVITY			
DURATION			
DAY	4	5	6
ACTIVITY			
DURATION			
DAY	7	8	9
ACTIVITY			
DURATION			
DAY	10	11	12
ACTIVITY			
DURATION			
DAY	13	14	
ACTIVITY			
DURATION			



### REQUIREMENT 3

**Be active for 30 minutes with your patrol, a younger den, or at least one other person in a way that includes both stretching and moving.**

Are you on a sports team at school or with a club? If so, you know that you spend more time practicing than you do playing in an actual game. Practice includes stretching and conditioning your body for the type of the game you play, and then you spend time practicing. If this is what your sports team does, then share it with your den leader or parent to complete this requirement.



Your patrol could also choose to play a game as a patrol, with a younger den, or with the whole pack. A great game that can include everyone, even parents, is kickball.

### **Kickball**

If you're familiar with the rules of softball or baseball, then you already know the basics of kickball. Kickball is played on a baseball field (or a field can be set up in a similar fashion), and the distances to the bases can be adjusted based on the players. The distance between bases on a Little League baseball diamond is 60 feet; this is a good distance to start off with.

Create two teams. One team starts off kicking and the other starts off in the field. If you have an odd number of players, you may want to have someone who is not on either team serve as the pitcher.

The kicking team will decide the order in which players will kick. Only one kicker approaches home plate at a time. The pitcher rolls the ball in front of home plate. In this version, there are no strikes or balls like in baseball or softball. Slow to moderate pitches only. If the kicker requests a slower pitch, then the pitcher is obligated to do so. The pitcher should try their best to give the kicker a pitch that they feel most comfortable kicking. The kicker kicks the ball and then starts to run the bases.

The team in the field tries to get the kicker out. They can do this by either catching the kicked ball before it touches the ground or by throwing the ball to a teammate who is touching the base that the kicker is running to before the runner gets there. In this version, there is no throwing the ball at the kicker to get them out.

The team in the field must stay out of the way of a kicker who is running the bases. The straight line that connects the bases is called the baseline. If a member of the field team gets in the way of a kicker who is running the bases, the runner advances



to the next base. If the runner was not the kicker, the kicker is also automatically safe at first base even if the field team caught their kick.

Any player who deliberately crashes into a defensive player holding the ball, waiting to apply a tag, will have to sit out for the rest of the game. On an overthrow, the runner may advance at their own risk. They are allowed to run more than one base if they want.

The play ends when the pitcher has control of the ball and is near the mound/pitching circle. Any runner who interferes with the ball on its way back to the pitcher will be called out.

Kickball is designed to focus on fun and being active. Consider the points of the Scout Law that are important to good sportsmanship.

## REQUIREMENT 4

**Review your BSA Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in Arrow of Light patrol and pack activities.**

Everyone who participates in a Cub Scout activity is required to have a BSA Annual Health and Medical Record on file with the pack. The adults in your pack can learn more about the BSA Annual Health and Medical Record on [Scouting.org](https://www.scouting.org) or by scanning the QR code below.

The image shows a sample of the BSA Annual Health and Medical Record form. It is a multi-section document with various fields for personal information, medical history, and emergency contacts. The form is organized into columns labeled A, B1, B2, and C.

Your parent or legal guardian will complete the BSA Annual Health and Medical Record for you. It does not require a doctor's appointment. The form asks for an emergency contact and collects basic information about you and your health history.

Is there something that your den leader should know about you that may help keep you safe? For example, are you allergic to certain foods, insect bites, medications, or latex? This information should be recorded on your BSA Annual Health and Medical Record.

This form is also required to participate in Scouts BSA. When you join a Scouts BSA troop, make sure to inform the troop's adult leadership of anything that may help keep you safe, and give them a copy of your form.