

Stronger, Faster, Higher

Required adventure • Personal Fitness

If you read nothing else

Two meetings. Meeting 1 is cooking and eating a balanced meal together; meeting 2 is the activity block and the relaxing activity.

Requirement 5 is a conversation between the Scout and a parent about their own health form. Send it home — do not read a Scout's medical record at a den meeting.

The cooking requirement wants planning, cooking, and eating. A den kitchen night is the cleanest way to do it, and parents will happily host.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. With your den or family, plan, cook, and eat a balanced meal.
- ☐ 2. Be active for 30 minutes with your den or at least one other person that includes both stretching and moving.
- ☐ 3. Be active for 15 minutes doing personal exercises that boost your heart rate, use your muscles, and work on flexibility.
- ☐ 4. Do a relaxing activity for 10 minutes.
- ☐ 5. Review your Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in den and pack activities.

Meeting 1: Plan it, cook it, eat it

Goal: The den plans a balanced meal, cooks it themselves, and eats it together.

Covers requirement 1

Before the meeting

- Find a kitchen. A chartered organization kitchen, a family's house with two registered adults present, or a park shelter with camp stoves all work.
- Ask every family about food allergies and restrictions in writing, a week ahead. Then plan around them rather than making one Scout eat something different.
- Pre-portion and pre-wash ingredients so the meeting is about cooking, not prep.

- Decide who handles heat. Fourth graders can use a stove with an adult at their shoulder; they should not be alone with one.

Supplies

- Ingredients for the planned meal
- Cutting boards, kid-safe knives, mixing bowls, tongs
- Plates, forks, cups, napkins
- Soap, towels, and a bin for dishes
- MyPlate diagram printed large

Run of show

Time	What happens
10 min	Gathering: build a plate
5 min	Opening: Scout Oath, focus on physically strong
10 min	Activity 1: plan the meal against MyPlate
30 min	Activity 2: cook it
20 min	Activity 3: eat together and clean up
5 min	Closing

Gathering — Build a plate (10 min)

Put out magazine cutouts or printed food cards. Each Scout builds a plate on paper: half fruits and vegetables, a quarter grains, a quarter protein, plus dairy.

Do not make this a lecture about bad food. Ask what they actually ate yesterday and work from there. A Scout who says “pizza” is not wrong — ask what would go next to it.

Activity 1 — Plan the meal (10 min)

Show the ingredients you brought and let the den decide the menu against MyPlate. Give them a real constraint or two — the budget, the time, the fact that one Scout cannot have dairy.

Something like tacos, a stir-fry, or chili with a salad and fruit works because everyone gets to do a job and the components are visible.

Assign jobs before anyone touches a knife: choppers, mixers, cookers, table setters, dish crew. Write it up where they can see it.

Activity 2 — Cook it (30 min)

Wash hands first, everyone, with soap, twenty seconds. Then work the jobs.

Kitchen rules out loud before you start: knives cut down and away from your hand; pot handles turned in; nobody runs; tell an adult before you touch anything hot.

Rotate so every Scout does more than one job. The Scout who only sets the table has not cooked.

This is the requirement doing double duty — it is also direct preparation for the Arrow of Light Personal Fitness adventure next year, which asks them to cook a camping meal on camp gear.

Activity 3 — Eat together, clean up (20 min)

Sit down and eat as a den. Say a blessing or a reflection if that fits your chartered organization.

While they eat, go around: what is one thing on this plate that helps you be physically strong, and how?

Everyone cleans. The den that cooks together washes together — and it is the same habit they will need at the Arrow of Light campout.

Send home with families

Review the Annual Health and Medical Record together and talk about your Scout's ability to take part in den and pack activities — any limits, medications, or things the den leader should know. That is requirement 5 and it is a family conversation.

Ask your Scout to cook one part of a family meal this month.

Meeting 2: Move, stretch, and settle

Goal: Thirty minutes of active play with stretching, fifteen minutes of personal exercise, and ten minutes of something genuinely relaxing.

Covers requirements 2, 3 and 4; collects 5

Before the meeting

- Book a gym, a field, or a big room. This meeting needs space.
- Print a personal exercise card for each Scout — a simple grid they fill in and take home.
- Confirm you have collected requirement 5 conversations from families.
- Pick your relaxing activity ahead of time and mean it. Ten minutes of guided quiet is harder to run than thirty minutes of dodgeball.

Supplies

- Cones, a couple of playground balls, a jump rope per Scout
- Personal exercise cards and pencils
- A timer
- Yoga mats or towels, or just clean floor
- Music if your relaxing activity uses it

Run of show

Time	What happens
5 min	Gathering: jump rope free play

Time	What happens
5 min	Opening
30 min	Activity 1: warm up, play, cool down
15 min	Activity 2: personal exercise circuit
10 min	Activity 3: the relaxing activity
5 min	Closing

Activity 1 — Warm up, play, cool down (30 min)

The requirement asks for stretching and moving in the same thirty minutes, so build it as one block:

- Five minutes: dynamic warm-up. Arm circles, high knees, walking lunges, toe touches. Moving stretches, not held ones.
- Twenty minutes: hard play. Capture the flag, sharks and minnows, relay races, ultimate with a soft ball. Pick something with no elimination — a Scout sitting on the sideline is not being active for thirty minutes.
- Five minutes: cool down and held stretches. Hamstrings, calves, shoulders, thirty seconds each, no bouncing.

Do it with them. A den leader on the sideline with a clipboard teaches the opposite of this adventure.

Activity 2 — Personal exercise circuit (15 min)

Requirement 3 is about the Scout's own exercise, not the group game. Set up a circuit of five stations, and have each Scout move through at their own pace, filling in their card.

- Heart rate: jumping jacks, or shuttle runs between two cones.
- Muscles, upper: push-ups, on knees or against a wall if needed.
- Muscles, core: plank hold, or sit-ups.
- Muscles, lower: squats or wall sits.
- Flexibility: sit and reach, and a shoulder stretch.

Teach them to find their pulse at the wrist or neck and count for fifteen seconds. Check it before and after the heart-rate station so they can feel the difference themselves.

The card goes home. Tell them the point is to do it again without you.

Activity 3 — The relaxing activity (10 min)

Ten minutes, genuinely relaxing, and it is a requirement in its own right. Pick one and commit:

- Guided breathing lying on the floor, lights down. Four counts in, four hold, four out.
- Read aloud while they lie still with eyes closed.
- Quiet sketching or coloring with no talking.
- Outside, on backs, watching the sky and naming what the clouds look like.

Expect the first two minutes to be giggling. Wait it out; do not scold. By minute four most of them will be genuinely still, and several will tell you afterward it was their favorite part.

Say something like

Being physically strong is not only about how hard you can go. It is also about knowing how to stop. Ten minutes, nothing to do, nowhere to be.

Send home with families

Use the personal exercise card at home. Fifteen minutes, a few times a week.

If the health form conversation has not happened yet, it is due now.

Leader notes

- Every Scout moves at their own level. Push-ups on knees count. A Scout with a health limitation does what they can do — the requirement is to be active, not to hit a standard.
- Never compare Scouts out loud, never weigh them, never comment on body size. If a Scout raises a concern about their own body, listen, do not diagnose, and tell a parent.
- Requirement 5 is between the Scout and their parent. You confirm it happened; you do not read the form contents to the den or ask about them.
- This adventure sets up Arrow of Light Personal Fitness directly — same themes, higher bar. Mention that to the Scouts.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting, and a registered female adult 21 or over any time girls are present.

Water available throughout, and real breaks. Watch for heat on a warm day.

Ask families in writing about food allergies before the cooking meeting, and plan the menu around them.

Adult supervision at any heat source. Kid-safe knives only.

Annual Health and Medical Record parts A and B on file before the activity meeting.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5

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