Track & Field Day

This meeting allows kids to check of the physical requirement for the first star and also covers a lot of the requirements for the athlete badge. If you can hold this at a location that has some things set up (a track, or a preset climbing rope), it will make it easier. This is also a good opportunity to have the kids cheer for each other. Remind the kids to wear good running shoes and try to time this meeting for when it's not too hot out.

- Opening Ceremony
- Physical Activity Obstacle Course
    - 4+ physical activities from page 44 in the Timberwolf Handbook
    - Have the kids do it in pairs so they can do leapfrog and toss a ball back and forth
    - A weighted stuffed animal makes a great object to balance on their head
- Athlete Badge Stations
    - 50 Yard Sprint
        - Having two kids go simultaneously can sometimes help them run faster.
    - High Jump
    - Long Jump
    - Rope or Tree Climb
    - Ball Throw
- Closing Ceremony

Items Needed:

- Playground Cones
- A way to measure distance - an extra long measuring tape or length of paracord works well for this
- Rubber Playground Ball
- Baseball or Lacrosse Ball
- Weighted Object for Balancing on Head
- Jump Rope
- Paracord
- Climbing Rope

Badge Requirements Covered:

First Star

- Try your best at four or more physical skills.

Athlete Badge

- Sprint 50 Yards in 10 Seconds
- High Jump 2'6“
- Long Jump 6'
- Climb a Tree/Rope (15'/10')
- Throw a Ball 20 Yards
- Catch a Ball 10 Yards

timberwolf, physicalskills, athlete

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