

RUNNING WITH THE PACK ADVENTURE REQUIREMENTS



Complete the following requirements:

1. Play catch with someone in your den or family who is standing 5 steps away from you. Play until you can throw and catch successfully at this distance. Take a step back and see if you can improve your throwing and catching skills

2. Practice balancing as you walk forward, backward, and sideways.

3. Practice flexibility and balance by doing a front roll, a back roll, and a frog stand.

4. Play a sport or game with your den or family, and show good sportsmanship.



5. Do at least two of the following: frog leap, inchworm walk, kangaroo hop, or crab walk.

6. Demonstrate what it means to eat a balanced diet by helping to plan a healthy menu for a meal for your family. Make a shopping list of the food used to prepare the meal.



More Resources:

[What is Good Sportsmanship?](#)

[Playing Games with Varying Skill Levels](#)


[Recipes for Cubs in the Kitchen](#)

For additional information and resources, see

<https://scoutermom.com/24542/running-with-the-pack-wolf-cub-scout/>

WOLF RUNNING WITH THE PACK ADVENTURE REQUIREMENTS

Complete the following requirements:

 <p style="text-align: right;">Name</p>										
<p>Adventure Requirements</p>										
<p>1. Play catch with someone in your den or family who is standing 5 steps away from you. Play until you can throw and catch successfully at this distance. Take a step back and see if you can improve your throwing and catching skills.</p>										
<p>2. Practice balancing as you walk forward, backward, and sideways.</p>										
<p>3. Practice flexibility and balance by doing a front roll, a back roll, and a frog stand.</p>										
<p>4. Play a sport or game with your den or family, and show good sportsmanship</p>										
<p>5. Do at least two of .the following: frog leap, inchworm walk, kangaroo hop, or crab walk.</p>										
<p>6. Demonstrate what it means to eat a balanced diet by helping to plan a healthy menu for a meal for your family. Make a shopping list of the food used to prepare the meal.</p>										
<p>Completed</p>										
<p>Award presented</p>										

For additional resources for the requirements, see <https://scoutermom.com/24542/running-with-the-pack-wolf-cub-scout/>