

Cub Scout Den Meeting Outline

Month: **January**

Week: **1**

Point of the Scout Law: **Obedient**

| | Tiger | Wolf | Bear | Webelos | Arrow of Light |
|--------------------------|--|--|--|--|--|
| Before the Meeting | Gather materials for gathering and other activities, games and have home assignments (if any) ready. | Gather materials for gathering and other activities, games and have home assignments (if any) ready. | Gather materials for gathering and other activities, games and have home assignments (if any) ready. | Gather materials for gathering and other activities, games and have home assignments (if any) ready. | Gather materials for gathering and other activities, games and have home assignments (if any) ready. |
| Gathering | Exercise Crossword Puzzle | | | | |
| Opening | A Scout is Obedient Opening | | | | |
| Activities/Project | Being Active – Warming Up and Cooling Down | | | | |
| Game/Song | Staying Active Activities (separate – Tiger & Wolf, Bear & Webelos) | | | | |
| Business items/Take home | Games Tigers Play 4 (partial) | Paws of Skill 3 | None | Stronger, Faster, Higher 3 | None |
| Closing | Fit for Life Closing | | | | |
| After the meeting | | | | | |

Materials:

Gathering: copies of crossword puzzle, pencils/pens

Opening: flag

Project/Activity: none

Game/Song: stopwatch (something to time running), adhesive note pads, milk jugs filled up 2/3rds with water, jump ropes, copied charts

Closing: word strips

Home assignments: See home assignment sheets

Advancement:

Tiger - Games Tigers Play 4

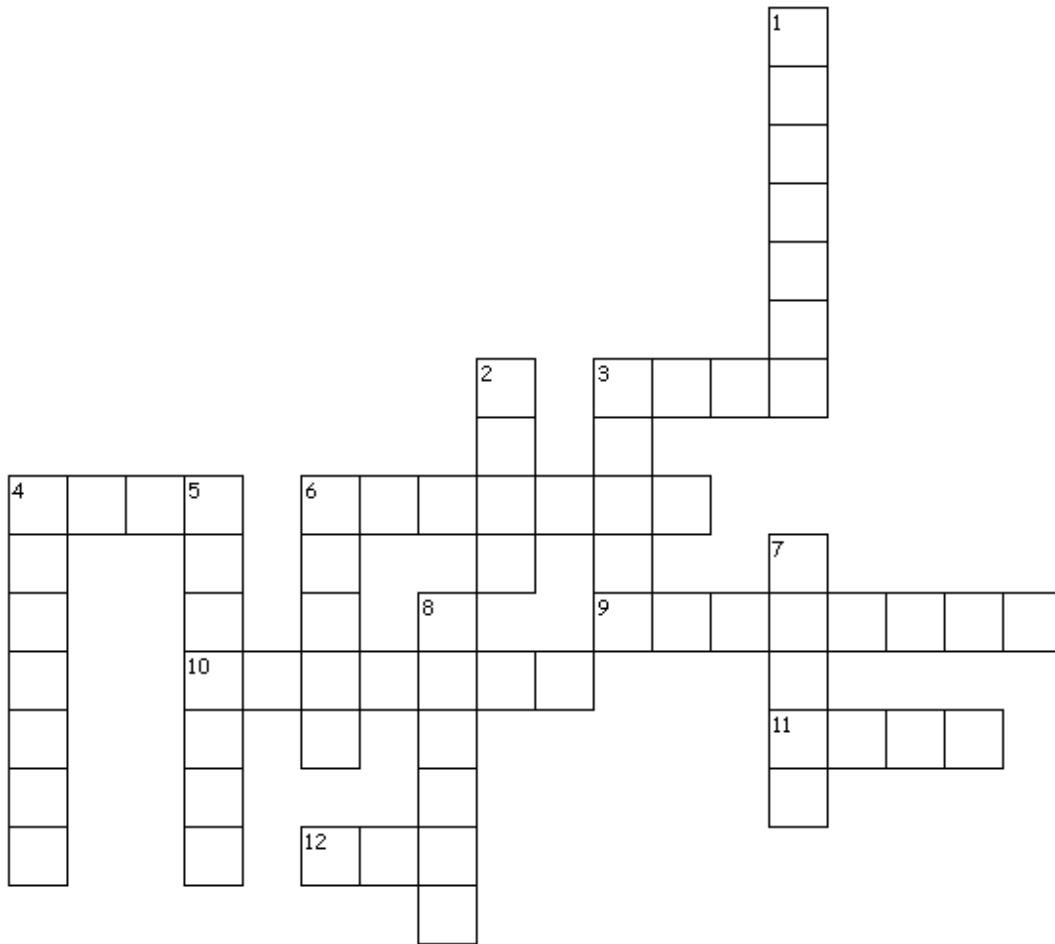
Wolf – Paws of Skill 1, 2, 3

Bear – None

Webelos – Stronger, Faster, Higher 1, 2, start 3

Arrow of Light – None

Exercise Crossword Puzzle



Across

3. A quick run.
4. One way to this is by using a rope.
6. Much faster than walking - we're _____!
9. Cub Scouts should _____ every day.
10. By exercising and eating nutritious food, you will help your body stay _____.
11. This can be an easy way to move. It rhymes with talk.
12. We should try to have _____ while we exercise.

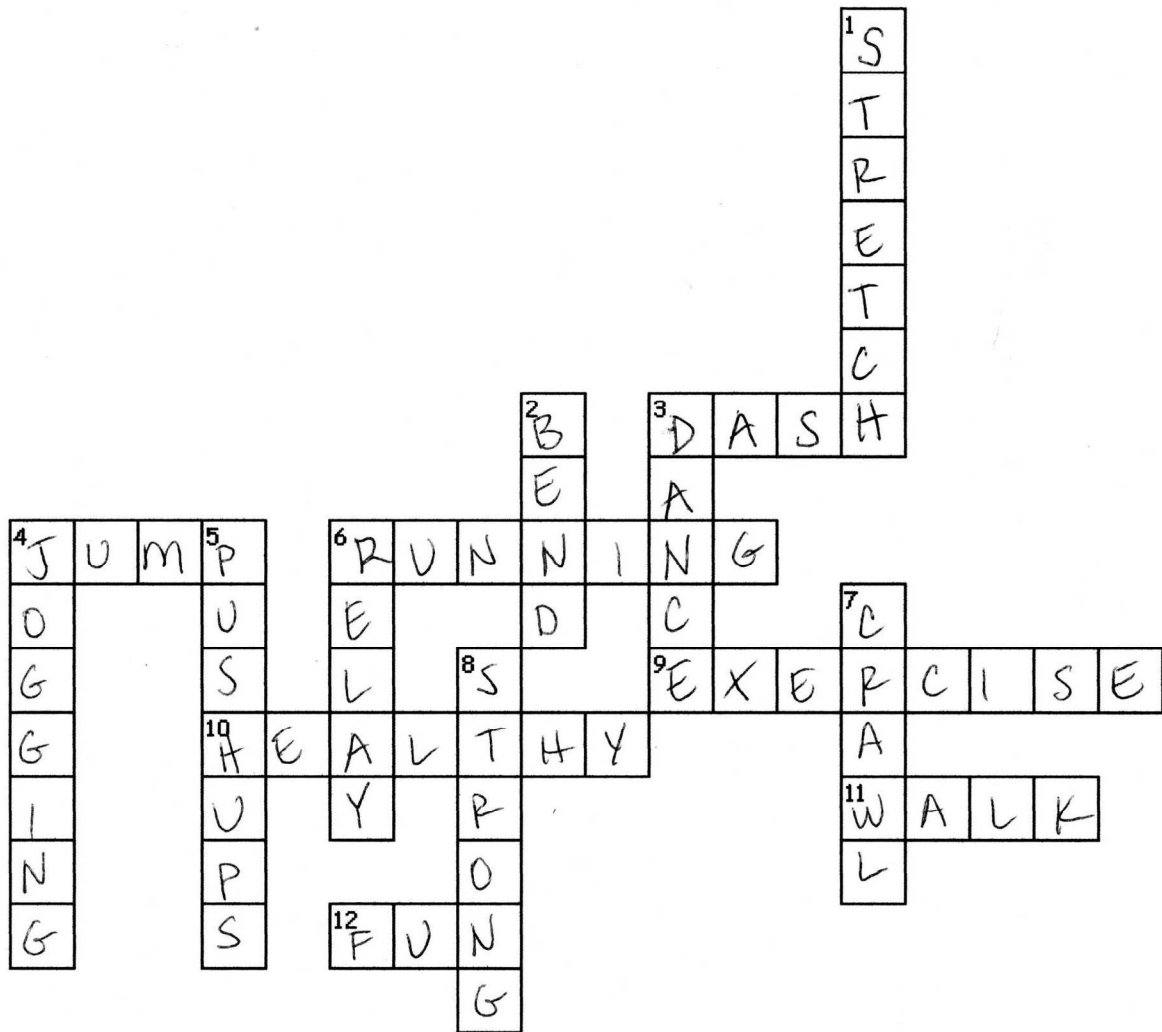
Down

1. You should do this before you exercise.
2. Try to _____ over and touch your toes.
3. One way to exercise is to _____ to your favorite music.
4. _____ is faster than walking, but slower than running.
5. We need to have strong arms to do _____.
6. When we have a _____ race, you need more than one person on each team.
7. Moving very slowly, sometimes on hands and knees.
8. Exercise helps us to build _____ muscles.

Words to Use

- | | | |
|----------|---------|---------|
| Bend | Healthy | Stretch |
| Crawl | Jogging | Strong |
| Dance | Jump | Walk |
| Dash | Pushups | |
| Exercise | Relay | |
| Fun | Running | |

Exercise Crossword Puzzle



Across

- A quick run.
- One way to this is by using a rope.
- Much faster than walking - we're _____!
- Cub Scouts should _____ every day.
- By exercising and eating nutritious food, you will help your body stay _____.
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Words to Use

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A Scout is Obedient Opening

Materials:

None

Cubmaster or Den leader:

If I say “A Scout is obedient,” what does that mean to you?

[Listen to their answers and make sure that they understand that “A Scout follows the rules of his family, school and pack. He obeys the laws of his community and country.”]

How can Cub Scouts be obedient at home, at school and at den meetings?

[The Cub Scouts will likely have some perfect answers to your question. Encourage them to do their best to be obedient, even when it might be hard.]

Let’s start our meeting today with our friends by saying the Scout Oath and Scout Law.

Being Active

Materials:

None

Instructions:

Cubmaster or den leader:

What does “being active” mean to you? What kind of sport or activity do you like to do to keep yourself active (or fit)?

[Hopefully Cub Scouts will have lots of answers. Let them know that it’s good to be active for our own health, if anything, but being active can also be fun – and include the sports and games that we like to play. When we are physically fit or “in shape” that means we have a healthy heart, healthy lungs and muscles. They don’t get tired easily. These people are also flexible and can fight sickness better. We should try to be active for at least 30 minutes – 3 times a week.]

Cubmaster or den leader: How often do you exercise and what do you do when you exercise?

Before we start being really active we should do some “warm ups.” What are warm ups?

Warm ups are a light activity that we do for about 5 minutes before we really get exercising to keep our muscles from getting hurt as we exercise.

Let’s do some warm ups – so do these with me:

(explain and demonstrate these stretching exercises with the Cub Scouts)

Forward Lunge:

Stand and put your left leg about 2 feet in front of you. Lean toward your left knee, keeping your back straight, until you feel your muscles stretch. Hold for 5 seconds. Repeat three to six times, and then switch legs.



Side Lunge:

Stand with your legs about two feet apart. Bend your left knee and lean toward the left, keeping your back and right leg straight. Hold for five seconds. Repeat three to six times, and then switch legs.



Cross-Over:

Stand with your legs crossed and your feet close together. Keep your legs straight, and try to touch your toes. Hold for five seconds. Repeat three to six times, and then switch legs (so the other one is in front).



Quad Stretch:

Stand near a wall with your right hand on the wall and your knees together. With your left hand, lift your left foot up to your behind. Hold for five seconds. Repeat three to six times, and then switch legs.



Butterfly Stretch:

Sit with the soles of your feet touching. Lower your head toward your feet and hold for five seconds. Repeat three to six times.



After we finish an activity, we need to cool down by stretching or walking at an easy pace for a few minutes until your heart rate gets back to normal. Cooling down after an activity is just as important as warming up before an activity. We will need to cool down after we do some activities today.

Staying Active Activities

Materials:

Stopwatch – or something to keep time in seconds (recording time for 20-yard dash)

Something that weighs about 5 lbs (milk jug full 2/3 full with water, for example)

Jump ropes

Adhesive notes

Stronger, Faster, Higher charts

Paws of Skill charts

Set –up

For these activities, Bear, Webelos and Arrow of Light dens will be working on the same activities (6 stations); Tiger and Wolf dens will be working on the same activities (4 stations).

Stations for Tiger/Wolf dens:

1. Jumping Jacks (how many can Scouts do before they are tired?)
2. Sit ups (how many can Scout do before they are tired?)
3. Running in place (how long can you go running in place at full speed? Need to time)
4. Pull-ups (optional) – if you have access to bars where Cub Scouts can do pull-ups, then this station can be included.



Stations for Bear/Webelos/Arrow of Light dens:

1. 20-yard (60 feet)dash (need a timekeeper and to measure the distance)
2. Vertical jump (need adhesive notes – set up near a wall or door – have boys jump up with the adhesive note in their hand and see how high on the wall or door they can put the note. Measure how high the note is from the floor.)
3. Lifting a 5 lb weight (need the milk just filled 2/3rd full with water - and someone to count)
4. Push-ups (need someone to count)
5. Curls (or sit ups) (need someone to count)
6. Jumping rope (need jump ropes)

Instructions:

1. Divide Tiger/Wolf dens into 3 groups to rotate through their three stations – give them time so that everyone can do each activity.
2. Divide Bear/Webelos/Arrow of Light dens into six groups so that they can rotate through their activities. Give them time so that each Cub Scout can do each of the activities.

Which activities did they like the best? Which did they like the least?

There are charts for the Wolf dens and Webelos dens to record their performance at each station and then to do these activities again and track improvement over time. This will be part of a home assignment for Wolf and Webelos dens.

Name _____



Paws of Skill Chart

| Skill | Start | After Week 1 | After Week 2 |
|---|--------------|---------------------|---------------------|
| <u>Jumping Jacks</u> (count the number you can do without stopping) | | | |
| <u>Sit ups</u> (count the number you can do without stopping) | | | |
| <u>Running in place</u> (how long can you go without stopping?) | | | |

If you are a Wolf Scout working on your Paws of Skill Adventure Loop – save this chart so that you can track your progress for two more weeks on at least two of these activities.

Name _____



Stronger, Faster, Higher Chart

Record your results for each activity.

| Skill | Start | Week One | Week Two | Week Three |
|---|-------|----------|----------|------------|
| 20-yard (60 feet) dash – How fast can you run 20 yards? | | | | |
| Vertical jump – Jump as high as possible and put the adhesive note paper on the wall at the highest point. Measure to see how high you jumped. | | | | |
| Lifting 5-pound weight – Lift the weight toward your shoulder and then lower it. How many times can you do this until your arm gets tired? | | | | |
| Push-ups – Count one push-up each time your chest touches the floor. | | | | |
| Curls (sit ups) – Sit up and touch your elbows to your thighs. How many times can you do curls? | | | | |
| Jumping rope - Jump rope as many times as you can without stopping. | | | | |

If you are a Webelos Scout working on your Stronger, Faster, Higher Adventure Pin – save this chart so that you can track your progress every week on at least three of these activities.

Fit for Life Closing

Materials:

Sentences/word strips for 5 Cub Scouts to read

Cub Scout #1: One of the goals of Cub Scouting is physical fitness, and we will be focusing on it this month.

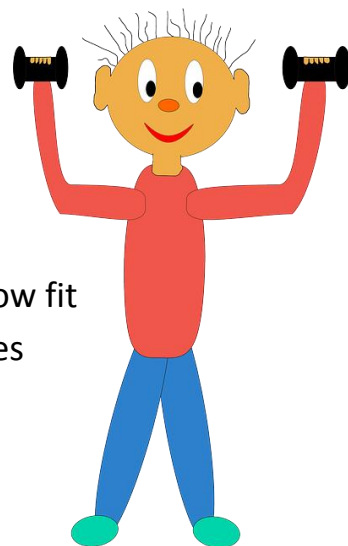
Cub Scout #2: It's fun to test yourself against standards to see how fit you are and to compete against other Cub Scouts in fitness games and contests.

Cub Scout #3: But there is a more important reason for all this physical activity. It's to make you fit for life.

Cub Scout #4: Physical fitness is not just being strong and athletic. It is also knowing how to take care of your body, how much rest it needs, and what not to put into it.

Cub Scout #5: Make good choices and help your body stay fit for life.

Cubmaster or den leader: Let's say the Scout Oath today as we finish up our meeting.



Fit for Life Closing

(word strips to be read)

Cub Scout #1: One of the goals of Cub Scouting is physical fitness, and we will be focusing on it this month.

Cub Scout #2: It's fun to test yourself against standards to see how fit you are and to compete against other Cub Scouts in fitness games and contests.

Cub Scout #3: But there is a more important reason for all this physical activity. It's to make you fit for life.

Cub Scout #4: Physical fitness is not just being strong and athletic. It is also knowing how to take care of your body, how much rest it needs, and what not to put into it.

Cub Scout #5: Make good choices and help your body stay fit for life.

Name _____

January Week 1

Home Assignment – Tiger

Games Tigers Play

____ 4. While at a sporting event, ask a player or coach why it is important to be active.

For this requirement, you will go to a sports game with your family. Football, soccer, and lacrosse are played in school in fall or spring. Swimming, diving, basketball and wrestling happen in schools in the winter. Track and field and baseball are in the spring. With the help of an adult, set up a meeting so you can talk to one of the coaches or some of the players.

Akela's OK

Date

Return this paper to Cub Scout meeting after you have completed the assignments.

Name _____

January Week 1

Home Assignment – Tiger

Games Tigers Play

____ 4. While at a sporting event, ask a player or coach why it is important to be active.

For this requirement, you will go to a sports game with your family. Football, soccer, and lacrosse are played in school in fall or spring. Swimming, diving, basketball and wrestling happen in schools in the winter. Track and field and baseball are in the spring. With the help of an adult, set up a meeting so you can talk to one of the coaches or some of the players.

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Name _____

January Week 1

Home Assignment – Wolf

Paws of Skill

_____ 3. Select at least two physical fitness skills and practice them daily. See if you can improve over a two-week period.

Using the chart given at your den meeting today (Paws of Skill Chart), track your improvement on two of those physical fitness skills for two more weeks.

Akela's OK

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January Week 1

Home Assignment – Wolf

Paws of Skill

_____ 3. Select at least two physical fitness skills and practice them daily. See if you can improve over a two-week period.

Using the chart given at your den meeting today (Paws of Skill Chart), track your improvement on two of those physical fitness skills for two more weeks.

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January Week 1

Home Assignment – Webelos

Stronger, Faster, Higher

____ 3. Make an exercise plan that includes at least three activities. Carry out your plan for 30 days, and write down your progress each week

Using the chart given at your den meeting today (Stronger, Faster, Higher Chart), track your improvement on three of those physical fitness skills for three more weeks.

Akela's OK

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Name _____

January Week 1

Home Assignment – Webelos

Stronger, Faster, Higher

____ 3. Make an exercise plan that includes at least three activities. Carry out your plan for 30 days, and write down your progress each week

Using the chart given at your den meeting today (Stronger, Faster, Higher Chart), track your improvement on three of those physical fitness skills for three more weeks.

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