

BE ACTIVE

Overview

Number of Meetings: 4

Advancements:

Tiger	<p>Games Tigers Play</p> <ol style="list-style-type: none"> Find out how being active is part of being healthy. While at a sporting event, ask a player or coach why he or she thinks it is important to be active. (Partial Home assignment).
Wolf	<p>Running with the Pack</p> <ol style="list-style-type: none"> Play catch with someone in your den or family who is standing 10 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 ability. Practice balancing as you walk forward, backward, and sideways. Practice flexibility and balance by doing a front roll, a back roll, and a frog stand. Play a sport or game with your den or family, and show good sportsmanship. Do at least two of the following: frog leap, inchworm walk, kangaroo hop, or crab walk. 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. 4 - Play a sport or game with your den or family, and show good sportsmanship. (partial Home assignment.) <p>Paws of Skill</p> <ol style="list-style-type: none"> Talk with your family and den about what it means to be physically fit. Share ideas of what you can do to stay in shape. With your den, talk about why it is important to stretch before and after exercising. Demonstrate proper warm-up movements and stretches before and after each activity you do that involves action. Select at least two physical fitness skills and practice them daily. See if you can improve over a two-week period. With your family or your den, talk about what it means to be a member of a team. Working together, make a list of team sports, and talk about how the team works together to be successful. Choose one and play for 30 minutes. With your den, talk about sportsmanship and what it means to be a good sport while playing a game or a sport. Share with your den how you were a good sport or demonstrated good sportsmanship in requirement 4. Visit a sporting event with your family or your den. Look for ways the team works together. Share your visit with your den. (Home Assignment.)
Bear	None
WELEBOS	<p>Stronger, Faster, Higher</p> <p>Do all of these:</p> <ol style="list-style-type: none"> Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down. Do these activities and record your results: <ol style="list-style-type: none"> 20-yard dash Vertical jump Lifting a 5-pound weight Push-ups Curls Jumping rope

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	<p>3. Make an exercise plan that includes at least three physical activities. Carry out your plan for 30 days, and write down your progress each week. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weight lifting, and running. Time yourself going through the course, and improve your time over a two-week period.</p> <p>6. Try a new sport you have never tried before.</p>
Arrow of Light	None
Webelos/Arrow of Light Elective Adventure	None

Supplies Needed:

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| <ul style="list-style-type: none"> ✓ American Flag ✓ Pencils ✓ Stopwatch ✓ Scissors ✓ Measuring tape | <ul style="list-style-type: none"> ✓ 5 lbs weight (Can make them out of 1 gallon milk carton) ✓ Adhesive Notes ✓ Jump ropes ✓ Large balls for throwing |
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Copies (1 per scout unless specified differently):

Session 1	<ul style="list-style-type: none"> ✓ Exercise Crossword Puzzle ✓ Paws of Skill Chart (1 for each Tigers and Wolves the sheet is half sheets, so copy and cut before the meeting.) ✓ Stronger, Faster, Higher Charts (1 for each Bears and Webelos the sheet is half sheets, so copy and cut before the meeting.) ✓ Home Assignments for Tigers. Each homework sheet is half sheets, so copy and cut before the meeting.
Session 2	<ul style="list-style-type: none"> ✓ Sport Matching Sheet ✓ Team Opening Cards (1 per leader) ✓ Home assignment for Wolves. The homework sheet is half sheet, so copy and cut before the meeting.
Session 3	<ul style="list-style-type: none"> ✓ Lion and Mouse Coloring sheet
Session 4	<ul style="list-style-type: none"> ✓ Going to the Gym Word Search ✓ I've Got that Cub Scout Spirit song sheet