| Preparation and Materials needed | ✓ Materials needed for this session: Flag, copies of Sports Matching sheet, pencils, crayons/markers, Team Opening Cards, stopwatch, adhesive note pad, 5 pound weight, 4 jump ropes, Measuring tape, the scouts forms from session 1, extra “Stronger, Faster, Higher charts” for the Bears and Webelos, “Paws of Skill chart” for the Tigers and Wolves. The leader will keep the exercise charts for the scouts to use for the next 2 sessions.  
✓ Set up the room exactly the same as last session. This ensures the scouts space to write and space for the six (6) work out stations. The Scouts will be doing these station for the next 2 sessions. The stations are 20 yard dash, Vertical jump, lifting 5 pounds, push-ups, sit ups, jump ropes.  
✓ Have a Sport Matching Sheet, pencil, and crayons/markers at every seat before the scouts enter the room so they can start immediately. They can complete the matches and/or color the picture.  
✓ Have the attendance sheet out and ready  
✓ Review the session to be prepared to lead the discussion. Do not read it to the scouts, be prepared ahead of time to smoothly lead the session. |
| Gathering | Sport Matching Sheet  
Collect the Tiger’s Homework sheets |
| Opening | ✓ Pick 2 scouts to hold the flag, 1 scout to lead the Oath, and 1 scout to lead the Law.  
✓ Ensure all of the scouts are focused and ready to begin |
| Talk Time | TEAM |
| Activity | Staying Active Activities (separate – Tiger & Wolf together; Bear & Webelos together) The Tigers and Wolves will be doing this for 1 more sessions and the Bears and Webelos for 2 more sessions. |
| Closing | ✓ Point out positive behaviors and activities shown during this session.  
✓ Tell the scouts what next session will be.  
✓ Have the scouts clean up the room  
✓ Homework for Wolves |
| After the meeting | ✓ Enter the advancements per rank.  
• 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  
✓ Enter attendance  
✓ Turn in any needed documents into the district/council  
✓ Call, text, or e-mail 2 parents to share something positive about their scout. Make sure every scout has a positive comment before you return to these scouts. |
Sports
Matching
Write the correct number in front of each word:

cycling — —
running — —
volleyball — —
gymnastics — —
tennis — —
swimming — —
basketball — —
soccer — —
equestrian — —
baseball — —
skateboarding — —
golf — —
badminton — —
table tennis — —
ice skating — —
scuba diving — —
skiing — —
wind surfing — —
Sports Matching

Answer Key

| Cycling – 1 | Basketball – 9 | Badminton – 10 |
| Running – 4 | Soccer – 8     | Table Tennis – 16 |
| Volleyball – 7 | Equestrian – 6 | Ice Skating – 17 |
| Gymnastics – 2 | Baseball – 11 | Scuba diving – 15 |
| Tennis – 3 | Skateboarding – 13 | Skiing – 18 |
| Swimming – 5 | Golf – 12      | Wind Surfing – 14 |

Talking Time: TEAM

Martial needed: Four cards with the letters T, E, A, and M

Instructions: Give the Scouts the letters at random. Have the scouts form the word “Team” by lining up.

Leader: Ask questions to encourage the scouts to talk about the importance of being a team. Below are example of “Team” questions:

- What is a team?
- Why do we need to be on a team?
- When have you been on a team?

Leader: Explain what the letters in the word TEAM stands for.

T is for together.
E is for everyone.
A is for all.
M is for many.
There is no “I” in team. It takes everyone working together to be a team. Being a good team player is important. But there are rules to be on a team. Here are the rules to be on the Cub Scout Team:

- Following the rules
- Be Fair
- Be kind to everyone
- Cheer for good plays
- Do your best
- Play to have fun
- Shake hands after the game

Let’s remember this while we work together at the different stations today and on every team we are on.
Activity: Staying Active session 2

Instructions:
1. Explain to the scouts they will be showing how fit they are by doing all of the stations. They will be recording their success on the charts provided. The scouts are only competing with themselves.
2. Give the scouts their charts they started in session 1. If you have new scouts this week give the Tigers and Wolves the “Paws of Skill Chart” and give the Bears and Webelos the “Stronger, Faster, Higher Chart”. Make sure there are pencils at each station to record the Scouts scores at each station.
3. Make sure the scouts remember what they are to do at every station. Review safety concerns, how to record at each station, and how to use the equipment.
4. Divide the scouts into the same groups they were in session 1.
5. Program Leader, watch the progress of scouts at each station and have the scouts shift to the next station as the scouts finish. Keep the scouts moving and remind them to write down their scores.

The Stations:

<table>
<thead>
<tr>
<th>蚊子 &amp; 狼</th>
<th>豹子 &amp; 猪子</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>跳远 (他们能跳多少个之前就累了?)</td>
</tr>
<tr>
<td>2</td>
<td>原地跑 (他们能跑多久就停下来. 他们的膝盖应该抬到腰的高度.)</td>
</tr>
<tr>
<td>3</td>
<td>坐起 (他们能做多少个之前就累了? 这是真正的坐起, 做卷就不算. 侦察兵应该将膝盖弯曲, 他们的脚放在地上, 他们的肩膀平放在地上/垫子. 他们的手臂应该交叉过他们的胸部, 手放在他们的肩膀上. 坐起的数字如果肘部碰到膝盖.)</td>
</tr>
<tr>
<td>4</td>
<td>竖跳 (需要胶纸 – 设置在墙或门附近 – 让男孩们跳起来, 拿着胶纸, 看他们能跳多高. 从地板测量胶纸的高度.)</td>
</tr>
<tr>
<td>5</td>
<td>提起5磅的重量 (他们能提起多少次然后停下来? 他们必须有一个直臂, 并将重量带到肩膀来计算. GO SLOW! Going fast can damage the muscle so encourage the boys to lift to the count of 3 and straighten out to the count of 3 with a total of 6 seconds up and down.)</td>
</tr>
<tr>
<td>6</td>
<td>俯卧撑 (他们能做多少个然后停下来. 提醒侦察兵, 他们的背和臀部应该直, 他们的手应该是肩膀长度宽, 胸部应该接触地面或垫子.)</td>
</tr>
</tbody>
</table>

Closing: Cool Down
Leader: Pick several scouts to lead in the stretches from the opening. While the boys stretch/cool down ask if their scores have changed. Did they improve or get worse? Encourage the boys to practice the physical activities every day so their scores can improve over the next 2 sessions.
- Collect the scout’s forms to be used again for the next two sessions.
- Give the Wolves their homework sheet and help them figure out what sport team they can watch this week.
Wolf Homework

Name: _____________________________________________________________

Paws of Skill

____ 6. Visit a sporting event with your family or your den. Look for ways the team works together. Share your visit with your den.

Partnering Adult, sign below to indicate that you watched a sporting event and talked with your Wolf about ways the team worked together.

_______________________________________________________
(Partnering Adult’s Signature)  _______________
(Date)

Wolf Homework

Name: _____________________________________________________________

Paws of Skill

____ 6. Visit a sporting event with your family or your den. Look for ways the team works together. Share your visit with your den.

Partnering Adult, sign below to indicate that you watched a sporting event and talked with your Wolf about ways the team worked together.

_______________________________________________________
(Partnering Adult’s Signature)  _______________
(Date)