

Be Active
Session 3

Preparation and Materials needed	<ul style="list-style-type: none"> ✓ Materials needed for this session: Flag, copies of Lion and Mouse coloring 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 session. ✓ 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. This is the last session of this for the Tigers and Wolves but there will be one more session for the Bears and Webelos. ✓ Have a Lion and Mouse coloring sheet and crayons/markers at every seat before the scouts enter the room so they can start immediately. ✓ Have the attendance sheet out and ready ✓ Review the session to be prepared to read the story and lead the discussion.
Gathering	<p>Mouse and Lion Coloring sheet Collect the Wolves Homework sheets</p>
Opening	<ul style="list-style-type: none"> ✓ 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	Mouse and Lion Story
Activity	Staying Active Activities (separate – Tiger & Wolf together; Bear & Webelos together) This is the Tigers and Wolves last session of this activity. The Bears and Webelos have one more session.
Closing	<ul style="list-style-type: none"> ✓ 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
After the meeting	<ul style="list-style-type: none"> ✓ Enter the advancements per rank. <ul style="list-style-type: none"> • Tiger - None • 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.

Lion and Mouse



How could this situation lead to team work?

Talk Time: Mouse and Lion Story

Instructions: Have the scouts sit in a circle and read the following story. After the story ask the Scouts about what the Mice. Could just one mice save the lion or did it take a team? Scouts can do great things by themselves, but are they better as a team?

Encourage the scouts to always work as a team.

The Story:

A Lion lay asleep in the forest, his great head resting on his paws. A timid little Mouse came upon him unexpectedly, and in her fright and haste to get away, ran across the Lion's nose. Roused from his nap, the Lion laid his huge paw angrily on the tiny creature to kill her.

"Spare me!" begged the poor Mouse. "Please let me go and someday I will surely repay you."

The Lion was much amused to think that a mere Mouse could ever help him. But he was generous and finally let the Mouse go.

Some days later, while stalking his prey in the forest, the Lion was caught in the toils of a hunter's net. Unable to free himself, he filled the forest with his angry roaring. The Mouse knew the voice and quickly found the Lion struggling in the net. Running to one of the great ropes that bound him, she started gnawing it. But the Lion's roars attracted the Hunter and they were coming.

The Mouse told the Lion not to fret, she was going to free him. The Lion laughed sadly, "Little mouse, you can never save me, you are too small." The Mouse smiled and said, "I will repay you, but I will not do it alone."

The little mouse ran away and moments later dozens of other mice came running to the trapped lion. The mice crawled all over the ropes holding the lion and all of the mice started gnawing the ropes. With all of the mice working together quickly the ropes broke and the Lion was free.

"You laughed when I said I would repay you," said the Mouse. "Now you see that even the small little mice can help the mighty Lion."

Activity: Staying Active session 3

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. This is the last session for the Tigers and Wolves. The Bears and Webelos and one more session after this one.

2. Give the scouts their charts they started in session 1 or 2. 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 or 2.
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:

	Tigers & Wolves	Bears & Webelos
1	Jumping Jacks (how many before they are tired?)	Jumping rope (How many jumps without stopping)
2	Running in place (How long they can run before they have to stop. Their knees should be lifted to waist height to count.)	20-yard (60 feet)dash (need a timekeeper and to measure the distance)
3	Sit ups (how many before they are tired? This is true sit ups, curls do not count. The Scout should have their knees bent with their feet down laying with the shoulders flat on the ground/mat. Their arms should be crossed over their chest with the hands on their shoulders. The sit up counts if the elbows touch their knees.)	
4	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.)	
5	Lifting a 5 lb weight (How many times can they lift per arm before they have to stop. They must have a straight arm and bring the weight all the way to their shoulder to count. 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.)	
6	Push-ups (How many until they have to stop. Remind the Scouts their backs and bottom should be straight, their hands should be shoulder length wide, and chest should touch the ground or mat to count.)	

Closing: Cool Down

Leader: Pick several scouts to lead in the stretches from session 1. While the boys stretch/cool down ask if their scores have changed. Did they improve or get worse? Encourage the Bears and Webelos to practice the physical activities every day so their scores can improve at the last session. At the next session the Bears and Webelos will finish up the stations but the Tigers and Wolves will be trying new exercises.

- Collect the scout’s forms. If the Wolves completed all 3 sessions they have finished and earned their Paw of Skills. Keep the forms for the Bears and Webelos.