

# BE ACTIVE

## Overview

**Number of Meetings:** 4

**Advancements:**

Lion	<p><b>Fun on the Run</b></p> <ol style="list-style-type: none"> <li>1. Learn and demonstrate three exercises you can do each day.</li> <li>3. Understand the importance of rest.</li> <li>4. Participate with your den in a Jungle Field Day.</li> </ol>
Tiger	<p><b>Games Tigers Play</b></p> <ol style="list-style-type: none"> <li>1b. Listen carefully to your leader while the rules are being explained, and follow directions when playing.</li> <li>1c. At the end of the game, talk with the leader about what you learned when you played the game. Tell how you helped the den by playing your part.</li> <li>4. 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).</li> </ol> <p><b>Team Tiger</b></p> <ol style="list-style-type: none"> <li>1. List the different teams of which you are a part.</li> <li>2. Make a chart to show three ways that members of your Tiger team are different from each other.</li> </ol> <p><b>Tiger Tag</b></p> <ol style="list-style-type: none"> <li>1. Tell what the buddy system is and why we always use it in Cub Scouts.</li> <li>2. Do the following:             <ol style="list-style-type: none"> <li>a. Play two relay games with your adult den.</li> <li>b. Tell your adult partner or the other Tigers what you liked best about each game.</li> <li>c. Have your den choose a relay game that everyone would like to play, and play it several times.</li> </ol> </li> <li>3. With your adult partner, select an active outside game that you could play with the members of your den. Talk about your game at the den meeting. With your den, decide on a game to play.</li> <li>4. Play a game that your den has chosen. After the game, discuss with your den leader the meaning of being a good sport.</li> </ol>
Wolf	<p><b>Paws on the Path</b></p> <ol style="list-style-type: none"> <li>2. Tell what the buddy system is and why we always use it in Cub Scouts.</li> </ol> <p><b>Running with the Pack</b></p> <ol style="list-style-type: none"> <li>1. 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.</li> <li>2. Practice balancing as you walk forward, backward, and sideways.</li> <li>3. 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.</li> <li>4. Practice balancing as you walk forward, backward, and sideways.</li> <li>5. Practice flexibility and balance by doing a front roll, a back roll, and a frog stand.</li> <li>6. Play a sport or game with your den or family, and show good sportsmanship.</li> </ol>

Developed at Crossroads of America Council - After School District - Lead by Josette Crawford

Committee members:

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	<p>7. Do at least two of the following: frog leap, inchworm walk, kangaroo hop, or crab walk.</p> <p>8. 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> <p><b>Paws of Skill</b></p> <p>9. 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.</p> <p>10. 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.</p> <p>11. Select at least two physical fitness skills and practice them daily. See if you can improve over a two-week period.</p> <p>12. 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.</p> <p>13. 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.)</p>
Bear	None
WELEBOS	<p><b>Stronger, Faster, Higher</b></p> <p>Do all of these:</p> <ol style="list-style-type: none"> <li>1. Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.</li> <li>2. Do these activities and record your results:             <ol style="list-style-type: none"> <li>a. 20-yard dash</li> <li>b. Vertical jump</li> <li>c. Lifting a 5-pound weight</li> <li>d. Push-ups</li> <li>e. Curls</li> <li>f. Jumping rope</li> </ol> </li> <li>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.</li> <li>6. Try a new sport you have never tried before.</li> </ol>
Arrow of Light	None
Webelos/Arrow of Light Elective Adventure	None

## Supplies Needed:

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>✓ American Flag</li> <li>✓ Pencils</li> <li>✓ Stopwatch</li> </ul> | <ul style="list-style-type: none"> <li>✓ 5 lbs weight (Can make them out of 1 gallon milk carton)</li> <li>✓ Adhesive Notes</li> </ul> |
|---|--|

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- ✓ Scissors
- ✓ Measuring tape
- ✓ Ball for Throwing

- ✓ Jump ropes
- ✓ Large balls for throwing
- ✓ String as a balance beam

**Copies (1 per scout unless specified differently):**

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

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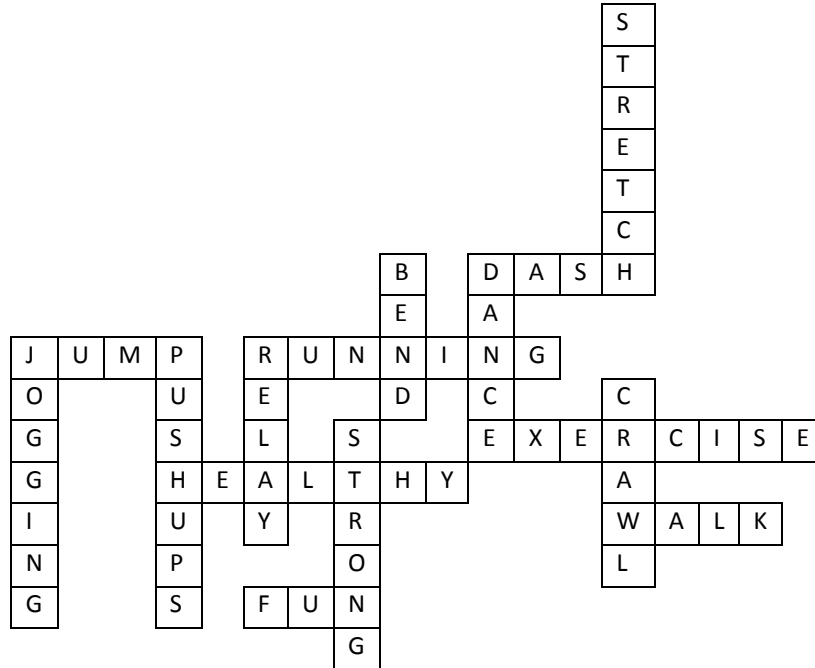
## Session 1

Preparation and Materials needed	<ul style="list-style-type: none"> <li>✓ Materials needed for this session: Flag, copies of Exercise Crossword Puzzle, pencils, crayons/markers, paper, stopwatch, adhesive note pad, 5 pound weight, 4 jump ropes, Ball for throwing, String to use as a balance beam, Measuring tape, the “Stronger, Faster, Higher charts” for the Bears and Webelos, the “Paws of Skill chart” for the Tigers and Wolves, and homework sheets for the tigers. The leader will keep the exercise charts for the scouts to use for the next 3 sessions.</li> <li>✓ Set up the room to give the scouts space to write and space for six (6) work out stations. The Scouts will be doing these station for the next 3 sessions. The stations are 20 yard dash, Vertical jump, lifting 5 pounds, push-ups, sit ups, jump ropes, balance beam, and catch.</li> <li>✓ Have an Exercise Crossword Puzzle, pencil, and crayons/markers at every seat before the scouts enter the room so they can start immediately. They can complete the crossword and/or color the picture.</li> <li>✓ Put the Scout’s Name on the work out sheets</li> <li>✓ Have the attendance sheet out and ready</li> <li>✓ 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.</li> </ul>
Gathering	Exercise Crossword Puzzle
Opening	<ul style="list-style-type: none"> <li>✓ Pick 2 scouts to hold the flag, 1 scout to lead the Oath, and 1 scout to lead the Law.</li> <li>✓ Ensure all of the scouts are focused and ready to begin</li> </ul>
Talk Time	Being Active – Warming Up and Cooling Down
Activity	Staying Active Activities (separate – Tiger & Wolf together; Bear & Webelos together). The Tigers and Wolves will be doing this for 3 sessions and the Bears and Webelos will be doing this for 4 sessions.
Closing	<ul style="list-style-type: none"> <li>✓ Point out positive behaviors and activities shown during this session.</li> <li>✓ Tell the scouts what next session will be.</li> <li>✓ Have the scouts clean up the room</li> <li>✓ Homework for Tigers</li> </ul>
After the meeting	<ul style="list-style-type: none"> <li>✓ Enter the advancements per rank. <ul style="list-style-type: none"> <li>• Lion – Fun on the Run 1, 3, &amp;4</li> <li>• Tiger - Games Tigers Play 1b, 1c, &amp; <ul style="list-style-type: none"> <li>- Team Tiger 1 &amp; 2</li> <li>- Tiger Tag 1, 2a, 2b, 2c, 3, &amp; 4</li> </ul> </li> <li>• Wolf – Paws on the Path 2 <ul style="list-style-type: none"> <li>- Paws of Skill 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13</li> </ul> </li> <li>• Bear – None</li> <li>• Webelos – Stronger, Faster, Higher 1, 2, start 3, &amp; 6</li> <li>• Arrow of Light – None</li> </ul> </li> <li>✓ Enter attendance</li> <li>✓ Turn in any needed documents into the district/council</li> <li>✓ 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.</li> </ul>

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## Gathering Activity - Exercise Crossword Puzzle

### Answer Key



### Talking Time: Being Active

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. Encourage appropriate responses. 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.*

Leader:

How often do you exercise and what do you do when you exercise?

*\* Encourage appropriate responses. Share that we should try to be active for at least 30 minutes – 3 times a week.*

# BE ACTIVE

Leader:

Before we start being really active we should do some “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 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.



Leader:

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.

## Activity: Staying Active

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 Tigers and Wolves the “Paws of Skill Chart” and give the Bears and Webelos the “Stronger, Faster, Higher Chart”. Notice the Tigers and Wolves will be doing the stations for 3 sessions and the Bears and Webelos will be doing this for 4 sessions. Make sure there are pencils at each station to record the Scouts scores at each station.

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3. Walk the scouts to each station and explain what they will be doing at each one. Be sure to explain safety concerns, how to record at each station, and how to use the equipment.
4. Divide the scouts with Tiger and Wolves together and Bears and Webelos together. Then divide those groups into each station. This should allow for smaller groups of scouts to be at each station with scouts the same age group and abilities.
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 can you do in 2 minutes?)	Jumping rope (How many jumps in two minutes)
2	Relay Race	20-yard (60 feet) dash (need a timekeeper and to measure the distance)
3	Sit ups (how many in 2 minutes? 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 in 2 minutes. They must have a straight arm and bring the weight all the way to their shoulder to count. <b>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.</b> )	
6	Push-ups (How many in 2 minutes. 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.)	
7	Practice walking forward, backward, left, and right. Use a string as a “balance beam.”	
8	Use a small ball (tennis or pink bounce) to do an “Egg Toss” until you reach 10 steps apart. Count how many tries it takes to get to it.	

### Closing: Cool Down

Leader: Pick several scouts to lead in the stretches from the opening. While the boys stretch/cool down ask them what their favorite activity was. Encourage the boys to practice the physical activities every day so their scores can improve over the next 3 sessions.

Collect the scout’s forms to be used again for the next three sessions.

The Tiger’s have homework. Help them figure out who they can ask to complete their homework.

# BE ACTIVE

## Session 2

<p>Preparation and Materials needed</p>	<ul style="list-style-type: none"> <li>✓ 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.</li> <li>✓ 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.</li> <li>✓ 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.</li> <li>✓ Have the attendance sheet out and ready</li> <li>✓ 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.</li> </ul>
<p>Gathering</p>	<p>Sport Matching Sheet Collect the Tiger’s Homework sheets</p>
<p>Opening</p>	<ul style="list-style-type: none"> <li>✓ Pick 2 scouts to hold the flag, 1 scout to lead the Oath, and 1 scout to lead the Law.</li> <li>✓ Ensure all of the scouts are focused and ready to begin</li> </ul>
<p>Talk Time</p>	<p>TEAM</p>
<p>Activity</p>	<p>Staying Active Activities (separate – Tiger &amp; Wolf together; Bear &amp; Webelos together) The Tigers and Wolves will be doing this for 1 more sessions and the Bears and Webelos for 2 more sessions.</p>
<p>Closing</p>	<ul style="list-style-type: none"> <li>✓ Point out positive behaviors and activities shown during this session.</li> <li>✓ Tell the scouts what next session will be.</li> <li>✓ Have the scouts clean up the room</li> <li>✓ Homework for Wolves</li> </ul>
<p>After the meeting</p>	<ul style="list-style-type: none"> <li>✓ Enter the advancements per rank.             <ul style="list-style-type: none"> <li>• Lion – Fun on the Run 1, 3, &amp;4</li> <li>• Tiger - Games Tigers Play 1b, 1c, &amp;                 <ul style="list-style-type: none"> <li>- Team Tiger 1 &amp; 2</li> <li>- Tiger Tag 1, 2a, 2b, 2c, 3, &amp; 4</li> </ul> </li> <li>• Wolf – Paws on the Path 2                 <ul style="list-style-type: none"> <li>- Paws of Skill 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13</li> </ul> </li> <li>• Bear – None</li> <li>• Webelos – Stronger, Faster, Higher 1, 2, start 3, &amp; 6</li> <li>• Arrow of Light – None</li> </ul> </li> <li>✓ Enter attendance</li> <li>✓ Turn in any needed documents into the district/council</li> <li>✓ 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.</li> </ul>



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## Gathering Activity: 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

Material 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.

# BE ACTIVE

## 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:

	Tigers & Wolves	Bears & Webelos
1	Jumping Jacks (how many can you do in 2 minutes?)	Jumping rope (How many jumps in two minutes)
2	Relay Race	20-yard (60 feet) dash (need a timekeeper and to measure the distance)
3	Sit ups (how many in 2 minutes? 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 in 2 minutes. They must have a straight arm and bring the weight all the way to their shoulder to count. <b>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.</b> )	
6	Push-ups (How many in 2 minutes. 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.)	
7	Practice walking forward, backward, left, and right. Use a string as a "balance beam."	
8	Use a small ball (tennis or pink bounce) to do an "Egg Toss" until you reach 10 steps apart. Count how many tries it takes to get to it.	

### 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.

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## Session 3

Preparation and Materials needed	<ul style="list-style-type: none"> <li>✓ Materials needed for this session: Flag, copies of Exercise Crossword Puzzle, pencils, crayons/markers, paper, stopwatch, adhesive note pad, 5 pound weight, 4 jump ropes, Ball for throwing, String to use as a balance beam, Measuring tape, the “Stronger, Faster, Higher charts” for the Bears and Webelos, the “Paws of Skill chart” for the Tigers and Wolves, and homework sheets for the tigers. The leader will keep the exercise charts for the scouts to use for the next 3 sessions.</li> <li>✓ Set up the room to give the scouts space to write and space for six (6) work out stations. The Scouts will be doing these stations for the next 2 sessions. The stations are 20 yard dash, Vertical jump, lifting 5 pounds, push-ups, sit ups, jump ropes, balance beam, and catch.</li> <li>✓ Have an Exercise Crossword Puzzle, pencil, and crayons/markers at every seat before the scouts enter the room so they can start immediately. They can complete the crossword and/or color the picture.</li> <li>✓ Have the attendance sheet out and ready</li> <li>✓ 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.</li> </ul>
Gathering	<p>Mouse and Lion Coloring sheet Collect the Wolves Homework sheets</p>
Opening	<ul style="list-style-type: none"> <li>✓ Pick 2 scouts to hold the flag, 1 scout to lead the Oath, and 1 scout to lead the Law.</li> <li>✓ Ensure all of the scouts are focused and ready to begin</li> </ul>
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"> <li>✓ Point out positive behaviors and activities shown during this session.</li> <li>✓ Tell the scouts what next session will be.</li> <li>✓ Have the scouts clean up the room</li> </ul>
After the meeting	<ul style="list-style-type: none"> <li>✓ Enter the advancements per rank. <ul style="list-style-type: none"> <li>• Lion – Fun on the Run 1, 3, &amp;4</li> <li>• Tiger - Games Tigers Play 1b, 1c, &amp; <ul style="list-style-type: none"> <li>- Team Tiger 1 &amp; 2</li> <li>- Tiger Tag 1, 2a, 2b, 2c, 3, &amp; 4</li> </ul> </li> <li>• Wolf – Paws on the Path 2 <ul style="list-style-type: none"> <li>- Paws of Skill 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13</li> </ul> </li> <li>• Bear – None</li> <li>• Webelos – Stronger, Faster, Higher 1, 2, start 3, &amp; 6</li> <li>• Arrow of Light – None</li> </ul> </li> <li>✓ Enter attendance</li> <li>✓ Turn in any needed documents into the district/council</li> <li>✓ 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.</li> </ul>

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## Gathering Activity: Mouse and Lion Coloring sheet and Question

### 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.

Developed at Crossroads of America Council - After School District - Lead by Josette Crawford

Committee members:

Melissa Cox, Alyssa King, Laura Mayancela, Sean McDonald, Breaira O'Shea, Ariel Relf, Janna Turner, Kyle Winton

# BE ACTIVE

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 can you do in 2 minutes?)	Jumping rope (How many jumps in 2 minutes)
2	Relay Race	20-yard (60 feet)dash (need a timekeeper and to measure the distance)
3	Sit ups (how many in 2 minutes? 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 in 2 minutes. They must have a straight arm and bring the weight all the way to their shoulder to count. <b>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.</b> )	
6	Push-ups (How many in 2 minutes. 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.)	
7	Practice walking forward, backward, left, and right. Use a string as a “balance beam.”	
8	Use a small ball (tennis or pink bounce) to do an “Egg Toss” until you reach 10 steps apart. Count how many tries it takes to get to it.	

### 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.

# BE ACTIVE

## Session 4

Preparation and Materials needed	<ul style="list-style-type: none"> <li>✓ Materials needed for this session: Flag, copies Going to the Gym word search sheet, pencils, crayons/markers, “Cub Scout Spirit” lyrics sheet, 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.</li> <li>✓ Set up the room for the sessions from the last 3 sessions, but have an area for the Tigers and Wolves to race and play catch. Ensures the scouts have space to write and space for the six (6) work out stations. This is the last session for the Bears and Webelos. The Tigers and Wolves need space to work out separate from the stations.</li> <li>✓ Have the going to the gym word Search, pencil, and crayons/markers at every seat before the scouts enter the room so they can start immediately.</li> <li>✓ Have the attendance sheet out and ready</li> <li>✓ Review the session to be prepared to lead the session.</li> </ul>
Gathering	Going to the Gym Word Search sheet
Opening	<ul style="list-style-type: none"> <li>✓ Pick 2 scouts to hold the flag, 1 scout to lead the Oath, and 1 scout to lead the Law.</li> <li>✓ Ensure all of the scouts are focused and ready to begin</li> </ul>
Talk Time	I’ve Got that Cub Scout Spirit Opening/Song
Activity	Staying Active Activities for the Bears and Webelos Tigers and Wolves Walk Like the Animals/Can You Do These Exercises?
Closing	<ul style="list-style-type: none"> <li>✓ Point out positive behaviors and activities shown during this session.</li> <li>✓ Tell the scouts what next session will be.</li> <li>✓ Have the scouts clean up the room</li> </ul>
After the meeting	<ul style="list-style-type: none"> <li>✓ Enter the advancements per rank. <ul style="list-style-type: none"> <li>• Lion - None</li> <li>• Tiger – None</li> <li>• Wolf – Running with the Pack</li> <li>• Bear – None</li> <li>• Webelos – Stronger, Faster, Higher 1-6</li> <li>• Arrow of Light – None</li> </ul> </li> <li>✓ Enter attendance</li> <li>✓ Turn in any needed documents into the district/council</li> <li>✓ 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.</li> </ul>

# BE ACTIVE

## Gathering Activity: Workout word search

### Word Search Answer Key

K U O W E E T O V Y Z C S S W M B K C K G L  
B L B Q F N R O U T I N E E X J E M C O K P  
W S A Q C D E G R T Y C O T Z B N R J A X D  
V V B W K U A N E S T R E T C H C L C V R T  
E X M T H R D B S L D T Y C D N H Z G H M T  
C X C M A A M P I S L U H V G N I M M I W R  
N J E U G N I M S W C I M B A R B E L L G A  
A N Z R B C L G T I J I M B A P R J Z X N C  
T H I D C E L S A M X B B D B G T Q P R I K  
S U Y L L I T T N M Y R P O A E O O P G W B  
I T C N C H S R C I E M N Z R E L J J V O J  
S R E A G Y O E E N L C M V A E R L Q Q G J  
E R C P F L C T P G X U D D O P A T P P N Y  
R L E T P L G C Y G X J F T Y E Y Z I F I Y  
H W E M K E T H E L C H E A R T R A T E W J  
J Z X P Z S R H L W A N X E A J H W M E O B  
E G T K L E J S I D V C Y C L I N G U D R L  
O Y Y G I I W E I G H T S I I M P O Y O K D

## Talking Time: "I've Got That Cub Scout Spirit"

Materials: Song Lyric Sheets

Leader: Cub Scouts have a long history of special songs, stories, and chants. Today we are going to learn the "I've got that Cub Scout Spirit" song.

*Optional – Challenge the scout to sing the song normally and then use different voices to sing it. As in sing it like a dog, a mouse, etc. This lets the boys be a little silly and have fun.*

# BE ACTIVE

## Activities: Tiger & Wolf – Walk Like the Animals/Can you do These Exercises

Materials: Tennis Balls

Instructions: Start the scouts by “walking” like different animals for 20 feet. This does not have to be a race, but it can be. Below are the animals:

Frog leap



Inchworm walk





# BE ACTIVE

## Kangaroo hop



## Crab walk



Then have the scouts do

- a front roll
- A Back roll
- A frog stand

Frog stand



- Walk forward, backward, and sideways
- Partner off and throw a tennis ball back and forth. After 10 throws take 5 steps apart and throw again. Keep separating and throwing until they cannot catch it any longer.

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# BE ACTIVE

## Activity: Bears & Webelos - Staying Active session 4

### 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
2. Give the scouts their charts they started in session 1,2, or 3. If you have new Bears and Webelos give them 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 1,2 or 3.
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:

	Bears & Webelos
1	Jumping rope (How many jumps without stopping)
2	20-yard (60 feet)dash (need a timekeeper and to measure the distance)
3	Sit ups (how many in 2 minutes? 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 in 2 minutes. They must have a straight arm and bring the weight all the way to their shoulder to count. <b>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.</b> )
6	Push-ups (How many in 2 minutes. 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? Ask the Tigers and Wolves if they enjoys walking like an animal.

- Collect the scout's forms. If the Webelos completed all 4 sessions they have finished and earned their Stronger, Faster, Higher.
- The Wolves earned Running with the Pack