

WEEK 28 – BE ACTIVE

Preparation and Materials needed	<ul style="list-style-type: none"> <li>✓ Materials needed for this session: Flag, Scout booklet, pencils, crayons/markers, Team Opening Cards, stopwatch, adhesive note pad, 5 pound weight, 4 jump ropes, Measuring tape.</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 the cub scout booklet out and open, 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>
Gathering	<p>Sport Matching Sheet Collect the Tiger's 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	TEAM
Activity	Staying Active Activities (separate – Lions, 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	<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>
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>

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

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

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

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:

	Lions, 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><i>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.</i></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.