

Preparation and Materials needed	<ul style="list-style-type: none"> ✓ 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. ✓ 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. ✓ 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. ✓ 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	<p>Ox and the 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	Ox and the 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"> • Lion – Fun on the Run 1, 3, &4 • Tiger - Games Tigers Play 1b, 1c, & <ul style="list-style-type: none"> - Team Tiger 1 & 2 - Tiger Tag 1, 2a, 2b, 2c, 3, & 4 • Wolf – Paws on the Path 2 <ul style="list-style-type: none"> - Paws of Skill 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13 • Bear – None • Webelos – Stronger, Faster, Higher 1, 2, start 3, & 6 • 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.

Gathering Activity: The Ox and The Lion sheet

Talk Time: The Ox and the Lion

Instructions: Have the scouts sit in a circle and read the following story. After the story ask the Scouts about what the Ox. If the Ox stayed friends and watched each other’s back, would they be the Lion’s dinner? What could scouts learn from this story?

Encourage the scouts to always work as a team.

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

The Story:

A Lion used to prowl about a field in which Four Oxen used to dwell. Many a time he tried to attack them; but whenever he came near they turned their tails to one another, so that whichever way he approached them he was met by the horns of one of them. At last, however, they fell a-quarrelling among themselves, and each went off to pasture alone in a separate corner of the field. Then the Lion attacked them one by one and soon made an end of all four.

United we stand, divided we fall

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 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. 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 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.

The next session is the last meeting of the school year! Invite the families to join the last 10 minutes of the last session to celebrate the scouts' achievements.