

WEEK 30 – BE ACTIVE AND ADVANCEMENT CELEBRATIONS

Preparation and Materials needed	<ul style="list-style-type: none"> <li>✓ Materials needed for this session: Flag, Cub Scout Booklet, pencils, crayons/markers, stopwatch, adhesive note pad, 5 pound weight, 4 jump ropes, Measuring tape, All of the earned advancement for the semester.</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 Cub Scout booklet out and ready, 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	Good Bye for the summer
Activity	<p>Staying Active Activities for the Bears and Webelos</p> <p>Tigers and Wolves Walk Like the Animals/Can You Do These Exercises?</p> <p>Advancement celebration</p>
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>

**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 – Good Bye for the Summer:**

Tell the scouts how proud you are of each of them. Point out some positives you have noticed through the year. Encourage them to come back and go to summer camp.

**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



### Kangaroo hop



### Crab walk



Then have the scouts do

- a front roll
- A Back roll
- A 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.

Frog stand



### 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.

- 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.)

**Teach the scouts, “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. We are going to sing it for our families.

**Closing: Rank Advancement**

Award the scouts according to rank (Lions, Tigers, Wolves, Bears, and WEBELOS). Brag a little about the scouts.

Send them off for the year!