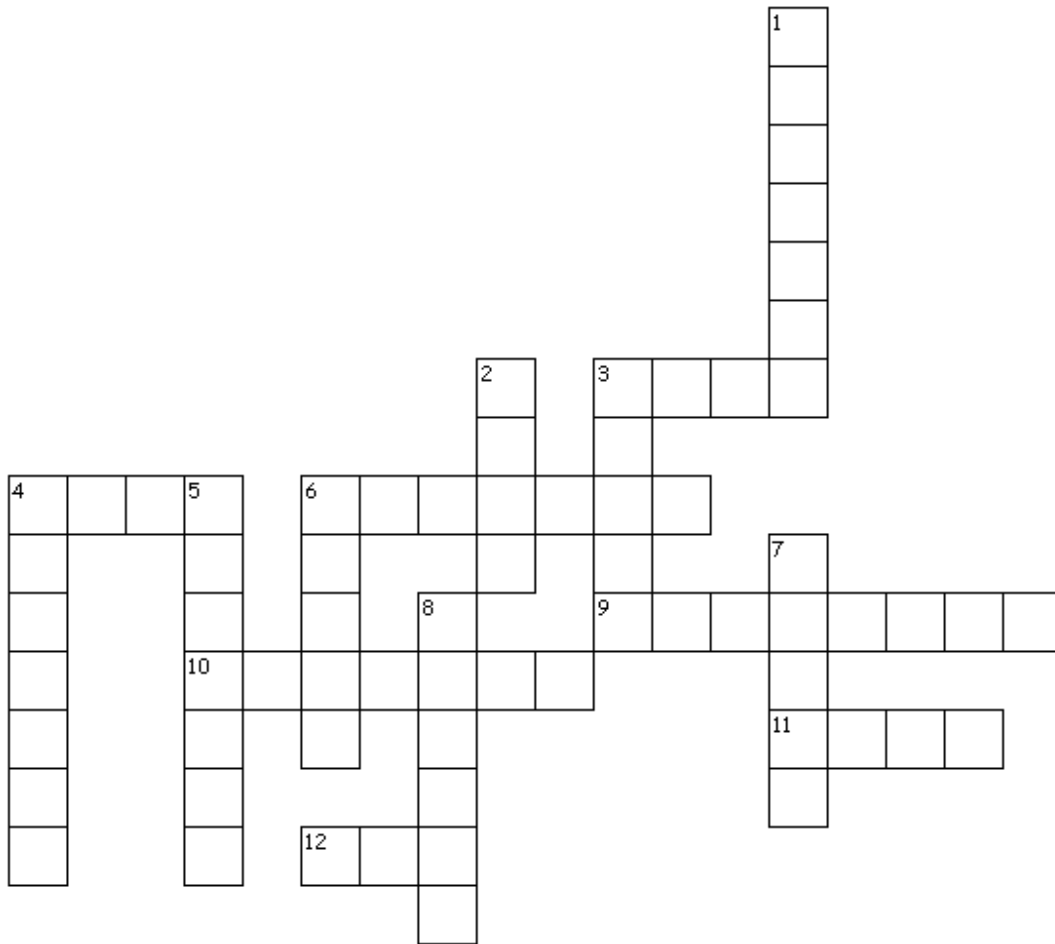


Exercise Crossword Puzzle



Across

3. A quick run.
4. One way to this is by using a rope.
6. Much faster than walking - we're _____!
9. Cub Scouts should _____ every day.
10. By exercising and eating nutritious food, you will help your body stay _____.
11. This can be an easy way to move. It rhymes with talk.
12. We should try to have ____ while we exercise.

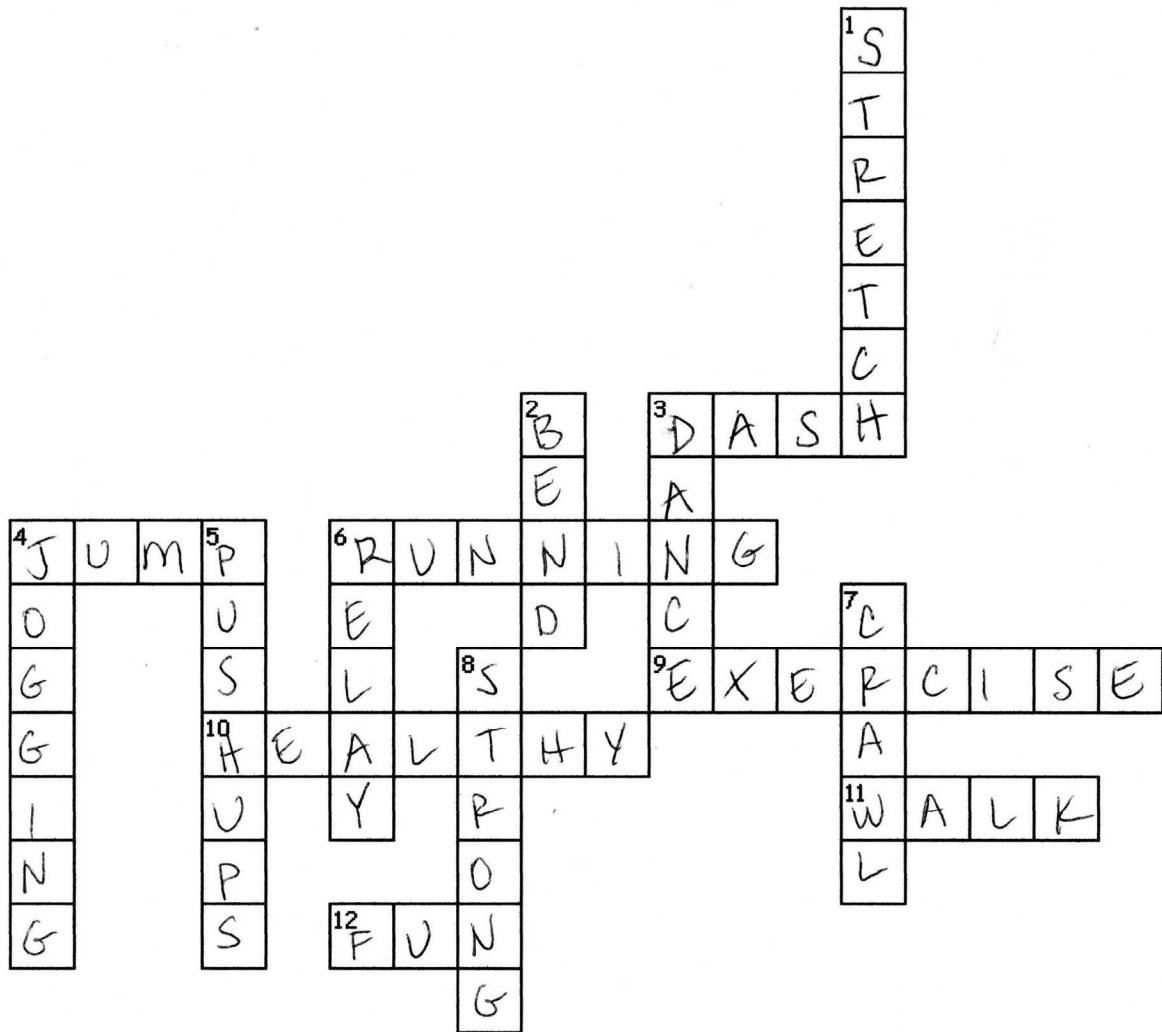
Down

1. You should do this before you exercise.
2. Try to ____ over and touch your toes.
3. One way to exercise is to _____ to your favorite music.
4. _____ is faster than walking, but slower than running.
5. We need to have strong arms to do _____.
6. When we have a _____ race, you need more than one person on each team.
7. Moving very slowly, sometimes on hands and knees.
8. Exercise helps us to build _____ muscles.

Words to Use

- | | | |
|----------|---------|---------|
| Bend | Healthy | Stretch |
| Crawl | Jogging | Strong |
| Dance | Jump | Walk |
| Dash | Pushups | |
| Exercise | Relay | |
| Fun | Running | |

Exercise Crossword Puzzle



Across

- A quick run.
- One way to this is by using a rope.
- Much faster than walking - we're _____!
- Cub Scouts should _____ every day.
- By exercising and eating nutritious food, you will help your body stay _____.
- This can be an easy way to move. It rhymes with talk.
- We should try to have _____ while we exercise.

Down

- You should do this before you exercise.
- Try to _____ over and touch your toes.
- One way to exercise is to _____ to your favorite music.
- _____ is faster than walking, but slower than running.
- We need to have strong arms to do _____.
- When we have a _____ race, you need more than one person on each team.
- Moving very slowly, sometimes on hands and knees.
- Exercise helps us to build _____ muscles.

Words to Use

- | | | |
|----------|---------|---------|
| Bend | Healthy | Stretch |
| Crawl | Jogging | Strong |
| Dance | Jump | Walk |
| Dash | Pushups | |
| Exercise | Relay | |
| Fun | Running | |

“Welcome Words” Search

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

Find the following words:

Akela

Bear

Best

Bobcat

Country

Duty

God

Handshake

Help

Motto

Oath

Pack

People

Salute

Scout

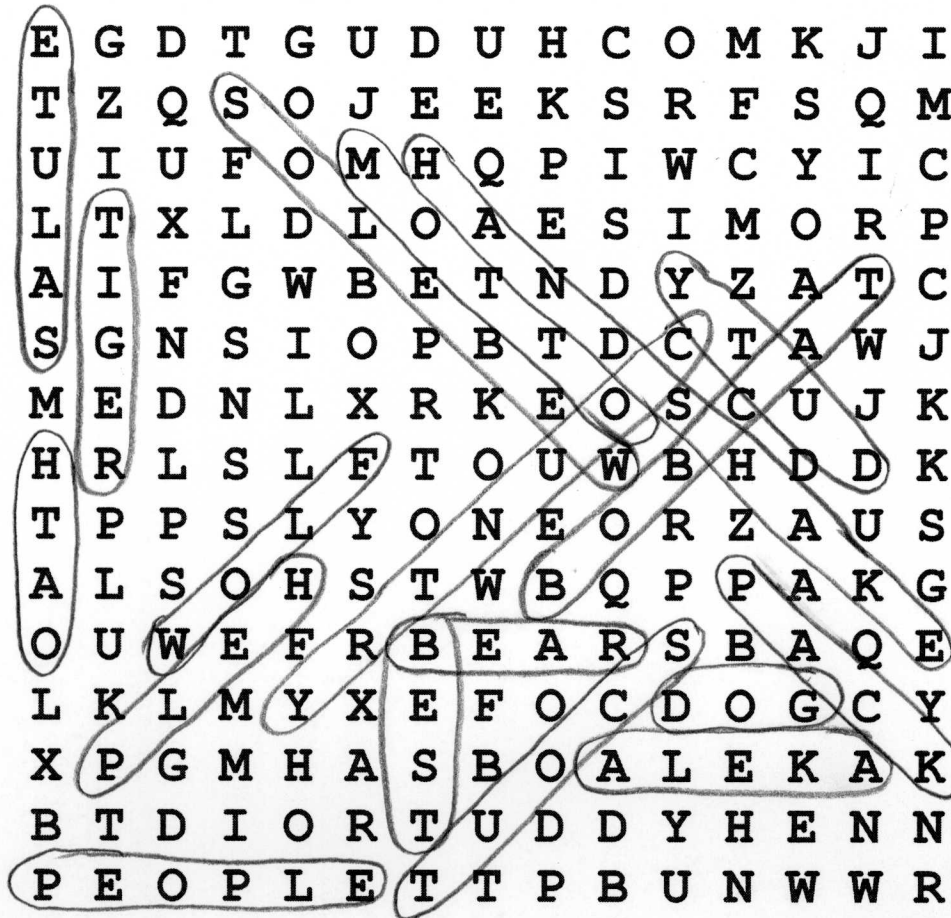
Tiger

Webelos

Wolf



"Welcome Words" Search



Find the following words:

Akela

Bear

Best

Bobcat

Country

Duty

God

Handshake

Help

Motto

Oath

Pack

People

Salute

Scout

Tiger

Webelos

Wolf



Bike Race

By R. Michael Palan



In this big picture, find the mitten, comb, ice-cream bar, crown, ladder, slice of pizza, golf club, book, tack, sock, pencil, nail, needle, and spatula.

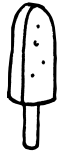
Can you find these
Hidden Pictures®



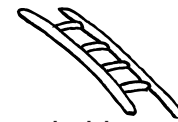
mitten



comb



ice-cream bar



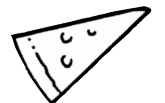
ladder



crown



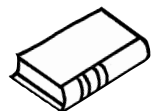
golf club



slice of pizza



sock



book



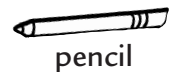
tack



nail



needle



pencil



spatula

Hidden Pictures®

Tug-of-War Fun

By Rocky Fuller

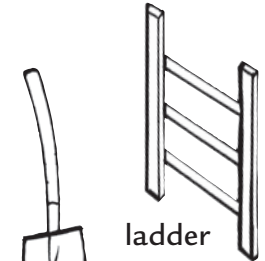
Can you find these
Hidden Pictures®



heart



hamburger



shovel

ladder



screw



ladle



tea bag



banana



mug



worm



drinking
straw



wrench



funnel

In this big picture, find the heart, hamburger, shovel, ladder, screw, tea bag, banana, ladle, mug, worm, drinking straw, wrench, and funnel.

BONUS!

Can you also find the magnet, pencil, envelope, and fishhook?

Being Active

Materials:

None

Instructions:

Cubmaster or den 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. 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. We should try to be active for at least 30 minutes – 3 times a week.]

Cubmaster or den leader: How often do you exercise and what do you do when you exercise?

Before we start being really active we should do some “warm ups.” What are 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 Cub 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.



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.

Staying Active Activities

Materials:

Stopwatch – or something to keep time in seconds (recording time for 20-yard dash)

Something that weighs about 5 lbs (milk jug full 2/3 full with water, for example)

Jump ropes

Adhesive notes

Stronger, Faster, Higher charts

Paws of Skill charts

Set –up

For these activities, Bear, Webelos and Arrow of Light dens will be working on the same activities (6 stations); Tiger and Wolf dens will be working on the same activities (4 stations).

Stations for Tiger/Wolf dens:

1. Jumping Jacks (how many can Scouts do before they are tired?)
2. Sit ups (how many can Scout do before they are tired?)
3. Running in place (how long can you go running in place at full speed? Need to time)
4. Pull-ups (optional) – if you have access to bars where Cub Scouts can do pull-ups, then this station can be included.



Stations for Bear/Webelos/Arrow of Light dens:

1. 20-yard (60 feet)dash (need a timekeeper and to measure the distance)
2. 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.)
3. Lifting a 5 lb weight (need the milk just filled 2/3rd full with water - and someone to count)
4. Push-ups (need someone to count)
5. Curls (or sit ups) (need someone to count)
6. Jumping rope (need jump ropes)

Instructions:

1. Divide Tiger/Wolf dens into 3 groups to rotate through their three stations – give them time so that everyone can do each activity.
2. Divide Bear/Webelos/Arrow of Light dens into six groups so that they can rotate through their activities. Give them time so that each Cub Scout can do each of the activities.

Which activities did they like the best? Which did they like the least?

There are charts for the Wolf dens and Webelos dens to record their performance at each station and then to do these activities again and track improvement over time. This will be part of a home assignment for Wolf and Webelos dens.

Walk Like the Animals

Materials:

None

Instructions:

Have Cub Scouts line up at the end of large room or field.

As they come toward you, they need to do the frog leap (may have to have someone demonstrate it for the group).

After they have come a certain distance (it may only be 15-20 feet) - have them return to the starting place doing the inchworm walk (see diagram from the *Wolf Handbook* below).

Then have them come back to you doing the kangaroo hop and then return to their starting point doing the crab walk.

This does not have to be a race, but it could be.

Frog leap



Kangaroo hop



Inchworm walk



Crab walk



Can You Do These Exercises?

Materials

Balls for Cub Scouts to easily throw (tennis balls, larger balls, wads of paper, etc)
Masking tape (to make lines to walk on)

Directions:

The following exercises are done on a “Do Your Best” basis. If a Cub Scout cannot completely do a back roll, but shows that he is doing his best, he has completed that exercise.

Divide the Cub Scouts in to 2 or 3 stations. At each station they will be doing something differently. Some activities will take longer than others – so you may want to group the activities in the stations accordingly.

1. Play catch with someone 10 steps away. Play until you can throw and catch.

[The boys can start 10 steps away or work their way up to 10 steps away.]

2. Walk a line back and forth. Do it sideways, too.

[Using the tape, mark a line 8 to 10 feet long for the Cub Scouts to walk back and forth and sideways on.]

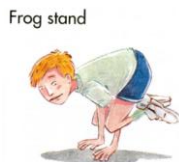
3. Do a front roll (somersault).



4. Do a back roll (backwards somersault).



5. Do a frog stand.



Tennis Ball Soccer



Materials:

Cones (4 for two teams)
Tennis ball (1 for two teams)
Masking tape (for lines)

Setup:

A rectangular “field” that can be indoors or outdoors. Mark the boundary lines and use cones to mark the sides of the goal.

Instructions:

1. Divide Cub Scouts into an even number of teams – preferably with fewer than 11 members on a team.
2. Have the team choose who will be their goalie and determine which side of the field each goalie will be on – that will also decide which direction each team will be trying to kick the tennis ball.
3. Tennis ball soccer is played much like regular soccer with the same objective of kicking the ball into the goal, with the opposing team trying to keep the team from scoring.
4. Start the game with a kick-off and watch for fouls (players getting kicked, tripped, hit, pushed, etc and touching the ball).
5. The only thing we do not do in Tennis Ball Soccer is use our head to move the ball.
6. The game can last as long as there is time available.

Variation:

Using 3 or 4 more cones set up a line of cones in the middle of the field and have the Cub Scouts have to kick the ball around the cones before they can make a goal. This makes the game a little more challenging.

Fitness Circle Game

Practice the following exercises first in place (with the Cub Scouts and leaders standing in a group).

- hop up and down
- make yourself very small
- make yourself very tall and reach your hands over your head
- walk in place
- run in place
- walk in place, raising your knees high
- run in place, raising your knees high



Now have all Cub Scouts and leaders make a VERY large circle with everyone facing the center.

1. Have everyone start walking to the right in a circle and then keep walking between these exercises.
2. Stop walking. Hop on one foot several times. Start walking.
3. Make yourself as small as possible and keep walking.
4. Make yourself as tall as possible and keep walking. Reach your hands high above your head.
5. Bend over a little, grab your ankles and keep walking.
6. Walk as if the heel of one foot and the toes of the other foot are sore.
7. Walk stiff-legged.
8. Squat down and jump forward from that position.
9. Walk forward quickly (don't run) while swinging your arms vigorously.
10. Take giant steps while walking.
11. Walk, raising your knees as high as possible with each step.
12. Run and lift your knees up high.
13. Stop and walk backward.
14. Stop!

Leg Tunnel Relay

Materials:

None



Instructions:

1. Each team must have an even number of players.
2. Teams line up single file and stand with their feet apart – making a long tunnel with their legs.
3. The last boy in each line crawls through the “tunnel” from one end to the other and stands up with his feet apart. The players follow in rapid succession, each standing up when he has crawled through.
4. The first team to be back in its original order wins.

Obstacle Course

Materials:

Cones

Masking tape (for balancing on)

Balls/Beanbags

Stopwatch (or way to keep time)

Have the Webelos den quickly create an obstacle course and then have the Webelos dens lead younger Cub Scouts on the course.

Obstacle courses combine many activities. You get to move in different ways and try new skills. Like other sports activities, you can improve your time on an obstacle course with practice.

Here are some movements you could include in your obstacle course:

Crawling under a table

Jumping over a line

Tossing a ball or beanbag into a bucket

Running a specific distance

Weaving through cones

Walking backward 10 steps

Balancing as you run along a tape

Bounce, Toss and Jump Relay

Materials:

A ball that can be bounced for each team of 10-15 boys

A beanbag for each team of 10-15 boys

Instructions:

1. Divide the Cub Scouts into teams of 10-15 boys – as evenly as possible.
2. Each team will get a ball and a beanbag that will be placed at a spot 20 feet in front of the team.
3. On “Go,” the first player on each team runs to the ball and beanbag, picks up the ball. He bounces the ball 10 times, tosses the beanbag in the air 10 times, and then jumps up and down 10 times. The first player then puts the ball and beanbag where he found them and then runs back to his team and tags the next player.
4. Play continues until all members of the team have had a turn.



Spin into Shape

Building Instructions:

Materials:

Printed cardstock spinners and arrows (1 per boy)

Brads (1 per boy)

Scissors

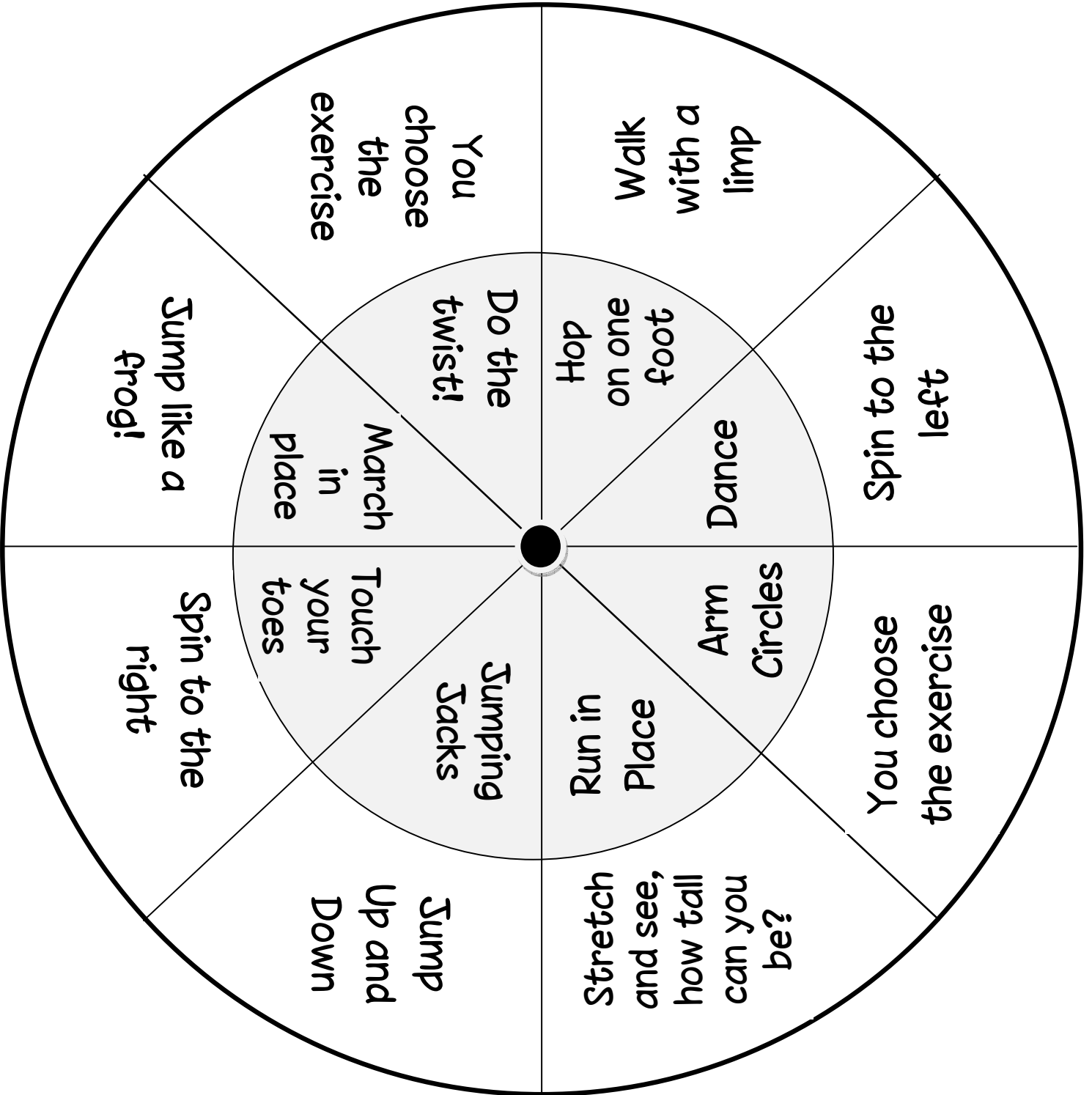
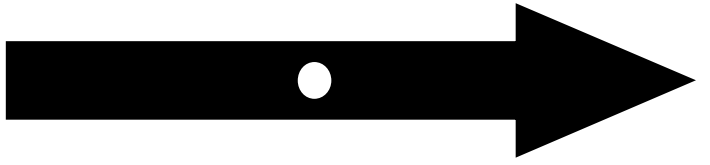
Pushpins

Have each Cub Scout cut out the spinner and the arrow. Using a push pin, make a hole in the arrow and another hole in the black circle in the middle of the spinner. Once holes are made, the brad will go through the push pin holes in the arrow and then through the spinner. Then spread apart the brad on the back of the spinner to hold them together - not too tightly, as the arrow will need to spin freely.

Game Instructions:

Once the spinner is assembled, place the Cub Scouts into small groups. Each group will decide which level to read the spinner (white or gray). The Cub Scouts will take turns spinning the arrow. When the arrow stops everyone in the group does the activity indicated by the arrow for 30 seconds to a minute.

Spin into Shape Spinner



Walk Like the Animals

Materials:

None

Instructions:

Have Cub Scouts line up at the end of large room or field.

As they come toward you, they need to do the frog leap (may have to have someone demonstrate it for the group).

After they have come a certain distance (it may only be 15-20 feet) - have them return to the starting place doing the inchworm walk (see diagram from the *Wolf Handbook* below).

Then have them come back to you doing the kangaroo hop and then return to their starting point doing the crab walk.

This does not have to be a race, but it could be.

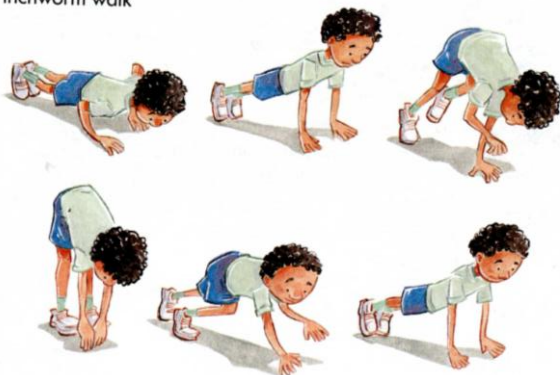
Frog leap



Kangaroo hop



Inchworm walk



Crab walk



Teams and Sportsmanship

Materials:

None

Cubmaster or den leader:

[Start a discussion with the Cub Scouts about team with the following questions.]

What is a team? Why do we need to be on a team? Is a team important?

How do we work as a team when we are playing a game? Can you think of any games that are only played with a team? Let's list some of those sports.

[Basketball, baseball, football, soccer, etc]

What would happen if a team member stopped being part of the team? What would happen?

Cubmaster or den leader:

Being a good team player is important. I'm going to list some things that we can do as we play a game – tell me if it is important or not.

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

[As sportsmanship is discussed while you go over these items with the Cub Scouts, help them see that it isn't always easy to do all of these things when you're playing a game. How can Cub Scouts try to better in all of these areas?]



Leg Tunnel Relay

Materials:

None



Instructions:

1. Each team must have an even number of players.
2. Teams line up single file and stand with their feet apart – making a long tunnel with their legs.
3. The last boy in each line crawls through the “tunnel” from one end to the other and stands up with his feet apart. The players follow in rapid succession, each standing up when he has crawled through.
4. The first team to be back in its original order wins.

Broken Down Car Relay



Materials:

Masking Tape to mark the starting point and goal line

Index cards with written instruction for each player

Set up a starting point and a goal line about 20 feet apart from each other. Divide the Cub Scouts into two teams. Have the two teams line up in two single file lines at a starting point.

-The **first player** on each team represents a flat tire. He hops to the goal and then back.

-The **second player** on each team is a broken radiator. He makes a hissing sound as he runs to the end goal and back.

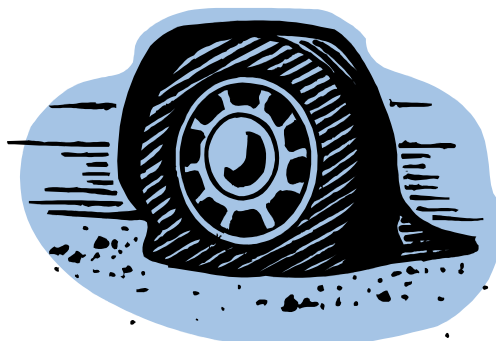
-The **third player** has water in his gas tank. He moves forward three steps and back ward two until he goes to the goal and back.

-The **fourth player** is missing a tire. He moves forward on two hands and one foot to the goal and back.

-The **fifth player** only has reverse working. He can only run backwards to the goal and back.

-The **sixth player** represents a car in good shape. He runs quickly to the goal and back.

Use other ideas as needed. You may want to write down each Cub Scout's role on an index card and give it to him so that he will remember.



Backwards Line Race

Materials:

Masking tape for starting line

Instructions:

1. Divide Cub Scouts into teams of 3 players each.
2. The end two players on each team face backwards, while the middle player faces forward, all locking elbows.
3. On “go,” each three person team runs to a turn line, swings around and runs back to the start line.
4. The first 3-player team finishing that’s still together wins.



Bat the Balloon Relay

Materials:

2 inflated balloons – different colors

Rulers – 1 for each of the two teams

Masking tape – for marking the starting line



Directions

1. Divide Cub Scouts into two teams.
2. The two teams line up at one end of the room. One team receives one colored balloon. The other team receives the other color balloon. Each team also receives a ruler.
3. Using only one hand, the first player in each team must bat the balloon to the other end of the room, around a chair and back to the starting line. The ruler is handed off to the next player and that 2nd player now bats the balloon while running to the other end of the room, around a chair and back to the starting line.
4. Players continue the relay until one team finishes.

Tennis Ball Soccer



Materials:

Cones (4 for two teams)
Tennis ball (1 for two teams)
Masking tape (for lines)

Setup:

A rectangular “field” that can be indoors or outdoors. Mark the boundary lines and use cones to mark the sides of the goal.

Instructions:

1. Divide Cub Scouts into an even number of teams – preferably with fewer than 11 members on a team.
2. Have the team choose who will be their goalie and determine which side of the field each goalie will be on – that will also decide which direction each team will be trying to kick the tennis ball.
3. Tennis ball soccer is played much like regular soccer with the same objective of kicking the ball into the goal, with the opposing team trying to keep the team from scoring.
4. Start the game with a kick-off and watch for fouls (players getting kicked, tripped, hit, pushed, etc and touching the ball).
5. The only thing we do not do in Tennis Ball Soccer is use our head to move the ball.
6. The game can last as long as there is time available.

Variation:

Using 3 or 4 more cones set up a line of cones in the middle of the field and have the Cub Scouts have to kick the ball around the cones before they can make a goal. This makes the game a little more challenging.

Games, Games, Games

Over and Under Relay

Materials:

Ball for each team (larger than a tennis ball)

Instructions:

Teams of 6-8 line up. The front player has the ball and passes it over his head to the player behind him. This continues (with the ball passing over the head) until the ball reaches the last Cub Scout, who runs to the front of the line and passes the ball between his legs to the original first player. These processes alternate until the line is back in its original order.

Variation: The first Cub Scout passes the ball over his head and the second passes it through his legs.



Wheelbarrow Race

Materials:

None

Instructions:

Set up start and finish lines.

Have Cub Scouts get into pairs. One person will be the wheelbarrow and walk on their hands, with the other person holding their ankles. One signal, they will race to the finish. Have the Cub Scouts switch off... so that each get a turn being the wheelbarrow.

The first pair to the finish wins.

Spoon Race

Materials:

Plastic spoons (one for each team)

Ping-pong balls (one for each team)

Instructions:

Set up a start and turn line.

Each team will have a spoon and a ping pong ball. Each team will line up for this relay. They will hold the spoon in their hand with the ping-pong ball on it. They will race against the first players of the other teams and go to the turn line and then return to the start and hand off the spoon and the ball to the next player. This continues until all players on the team have raced with the spoon and ping-pong ball. Once the race has started, they are no longer allowed to touch the ping-pong ball with their hands.

Variations: If running to the turn line and back is not challenging enough, add a chair on the turning line that they have to sit down in before they can return to the start line. You can create other challenges as well.

Raiders

Materials:

None

Instructions:

Cub Scouts split into three equal teams, and then each team numbers off so that each Cub Scout has his own number (if teams are unequal, some Cub Scouts can have more than one number). The three teams line up in parallel lines, with the two outside teams the same distance from the center team. A leader calls off a number and the outside teams' Cub Scouts with that number chase the inside team Cub Scout with the number. The Cub Scout who tags the inside scout gets a point for his team.

You can play to reach a certain number of points or a certain amount of time. After all numbers have been called, the losing team goes into the center.

Walking Statues

Materials:

None

Instructions:

Two teams stand on opposite ends of a field or room, with a leader in the middle. The Cub Scouts on the teams must reach the leader, but they can only move when he or she is facing the opposite direction. The leader can turn around whenever they want to and if they see a Cub Scout move, the Cub Scout is sent back to the starting line.

The first Cub Scout who reaches the leader wins for his team.

Good Sport Code Closing

Materials:

None

Cubmaster or Den leader:

Cub Scouts, I would like you to repeat each rule after I say it:

1. Obey the rules.
2. Never brag when you win.
3. Don't quit when you're losing.
4. Take turns.
5. Help others enjoy the game.

Cub Scouts, can you live by those rules that we just repeated? [Yes!]

You have the Spirit of Sportsmanship and you respect and abide by the rules that govern the sports we play. In doing so, you give honor to yourself and to your pack.



Teams and Sportsmanship

Materials:

None

Cubmaster or den leader:

[Start a discussion with the Cub Scouts about team with the following questions.]

What is a team? Why do we need to be on a team? Is a team important?

How do we work as a team when we are playing a game? Can you think of any games that are only played with a team? Let's list some of those sports.

[Basketball, baseball, football, soccer, etc]

What would happen if a team member stopped being part of the team? What would happen?

Cubmaster or den leader:

Being a good team player is important. I'm going to list some things that we can do as we play a game – tell me if it is important or not.

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

[As sportsmanship is discussed while you go over these items with the Cub Scouts, help them see that it isn't always easy to do all of these things when you're playing a game. How can Cub Scouts try to better in all of these areas?]



Leg Tunnel Relay

Materials:

None



Instructions:

1. Each team must have an even number of players.
2. Teams line up single file and stand with their feet apart – making a long tunnel with their legs.
3. The last boy in each line crawls through the “tunnel” from one end to the other and stands up with his feet apart. The players follow in rapid succession, each standing up when he has crawled through.
4. The first team to be back in its original order wins.

Bounce, Toss and Jump Relay

Materials:

A ball that can be bounced for each team of 10-15 boys

A beanbag for each team of 10-15 boys

Instructions:

1. Divide the Cub Scouts into teams of 10-15 boys – as evenly as possible.
2. Each team will get a ball and a beanbag that will be placed at a spot 20 feet in front of the team.
3. On “Go,” the first player on each team runs to the ball and beanbag, picks up the ball. He bounces the ball 10 times, tosses the beanbag in the air 10 times, and then jumps up and down 10 times. The first player then puts the ball and beanbag where he found them and then runs back to his team and tags the next player.
4. Play continues until all members of the team have had a turn.



Broken Down Car Relay



Materials:

Masking Tape to mark the starting point and goal line

Index cards with written instruction for each player

Set up a starting point and a goal line about 20 feet apart from each other. Divide the Cub Scouts into two teams. Have the two teams line up in two single file lines at a starting point.

-The **first player** on each team represents a flat tire. He hops to the goal and then back.

-The **second player** on each team is a broken radiator. He makes a hissing sound as he runs to the end goal and back.

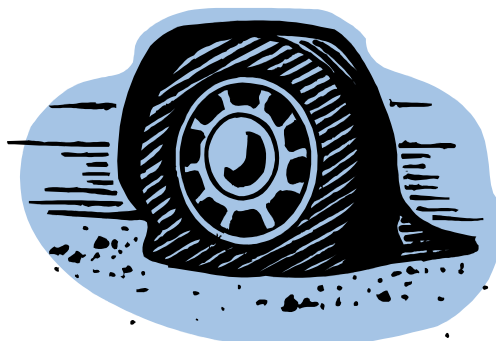
-The **third player** has water in his gas tank. He moves forward three steps and back ward two until he goes to the goal and back.

-The **fourth player** is missing a tire. He moves forward on two hands and one foot to the goal and back.

-The **fifth player** only has reverse working. He can only run backwards to the goal and back.

-The **sixth player** represents a car in good shape. He runs quickly to the goal and back.

Use other ideas as needed. You may want to write down each Cub Scout's role on an index card and give it to him so that he will remember.



Fitness Circle Game

Have Webelos Scouts lead this game.

Practice the following exercises first in place (with the Cub Scouts and leaders standing in a group).

- hop up and down
- make yourself very small
- make yourself very tall and reach your hands over your head
- walk in place
- run in place
- walk in place, raising your knees high
- run in place, raising your knees high



Now have all Cub Scouts and leaders make a VERY large circle with everyone facing the center.

1. Have everyone start walking to the right in a circle and then keep walking between these exercises.
2. Stop walking. Hop on one foot several times. Start walking.
3. Make yourself as small as possible and keep walking.
4. Make yourself as tall as possible and keep walking. Reach your hands high above your head.
5. Bend over a little, grab your ankles and keep walking.
6. Walk as if the heel of one foot and the toes of the other foot are sore.
7. Walk stiff-legged.
8. Squat down and jump forward from that position.
9. Walk forward quickly (don't run) while swinging your arms vigorously.
10. Take giant steps while walking.
11. Walk, raising your knees as high as possible with each step.
12. Run and lift your knees up high.
13. Stop and walk backward.
14. Stop!

Crab Relay

Materials:

Masking tape for marking starting and finish lines

Instructions:

1. Form equal teams of Cub Scouts.
2. Form equal teams. The first boy in each team sits on the floor with his back to the finish line.
3. On the “go” signal, he crab-walks backward on his hands and feet with his body parallel to the floor. When he reaches the finish line, he stands, runs back, and touches off the next player, who repeats the crab-walk action.
4. The team with all players to have done the crab-walk the fastest, win the relay.

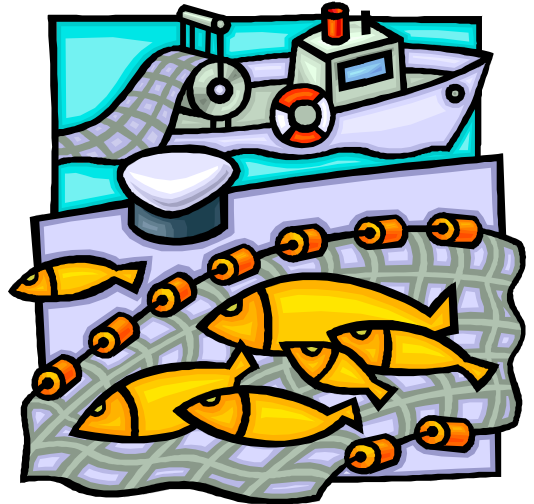


Fish and Net Tag

Materials:

None

This game is played a bit like tag except “it” is actually a group of Scouts that become a net to catch the “fish” (the other players).



Have three to five players join hands to catch “fish” by surrounding individual players.

Those who are caught become a part of the “net.”

The last five fish caught make up the net for the next new game.

Play this game for a certain amount of time or until every “fish” is caught.

Exercise Relay Game

Materials for each team:

Paper bag with slips of paper with exercises written on them (see exercise sheet that can be cut up and put into each bag)

Scissors

Directions

Place the bag 30 feet from the teams.

The Cub Scouts will need to be divided into teams (preferably a mix of ages).

On 'Go', the first Cub Scout of each team runs to their bag, pulls out one slip of paper, and runs back to the team.

Everyone on the team does the exercise.

When they are finished, the next Cub Scout runs to the bag, brings back another paper and the teams does it.

Continue until one team has completed either all of the exercises or a set number of exercises (depending on time).

Exercise Relay Game Exercise Sheet

Slips of Paper Sheet (for two teams)

(cut this sheet so that each team has a copy of each strip in their bag)

Do 5 curl-ups.

Do 5 curl-ups.

Do 5 push-ups.

Do 5 push-ups.

Do 5 jumping jacks.

Do 5 jumping jacks.

Do 5 toe touches.

Do 5 toe touches.

Do 5 one-legged hops.

Do 5 one-legged hops.

Run in place for 10 seconds.

Run in place for 10 seconds.

Do 5 head-hip-ankle touches.

Do 5 head-hip-ankle touches.

All About Teams

Materials: Paper, pencil/marker to write down answers (optional)

Have a conversation with the Cub Scouts about teams. Feel free to write down their responses to your questions on the paper.

Ask the following questions:

- What is a team?
 - What kinds of teams are there? Are there only sports teams?
 - Work teams, family teams, Cub Scout den team, school team, neighborhood teams?
- What teams are you a part of?
- How can a team do more than one person?

Emphasize that we are all on many teams and we can all help all of our teams to be the best team ever!



Batting Down the Line

Materials: Inflated balloons (one per each group of 8-10 Cub Scouts)

Instructions:

1. Have 8-10 Cub Scouts per group. Have each group stand in a line about two feet apart.
2. On a signal, the first player bats a balloon to the player next to him, who bats it to the next player, and so on until the balloon reaches the end of the line.
3. If the balloon touches the ground, a player must take it to the start of the line, and the players must begin again.



Character compass: A Scout is loyal. Team-building games help you practice being true to the members of your den.

Cub Scout Bear Handbook, page 93

Line Up

Materials: “Honor Blindfolds” (Players promise to keep their eyes closed)

Instructions:

1. Divide Cub Scout into groups of 8-10 Cub Scouts.
2. Cub Scouts will line up facing the same direction based on criteria that will be given to them.
3. Criteria for the Cub Scouts to use as they line up:
 1. With talking and with “honor blindfolds” on, Cub Scouts will line up from the shortest to the tallest.
 2. Without talking, Cub Scouts will line up by birthday (month and day of month)
 3. Without talking, Cub Scouts will line up by how many siblings they have.
 4. With talking and with “honor blindfolds” on, Cub Scouts will line up alphabetically by last name.
 5. Without talking, Cub Scouts will line up by shoe size.



Forehead Squeeze Relay

Materials: Tennis balls (enough for one ball for every 8-10 Cub Scouts)

Instructions:

1. Have each Cub Scout get a buddy.
2. The object of the game is for two players on each team to carry a ball across the room and back again by holding the ball between their foreheads. If they drop it, they must start again.



When the first pair returns to the starting point, the next pair begins. Keep playing until all players have had a turn. The trick with this game is to see how fast you can move without dropping the ball.

Reflection Time

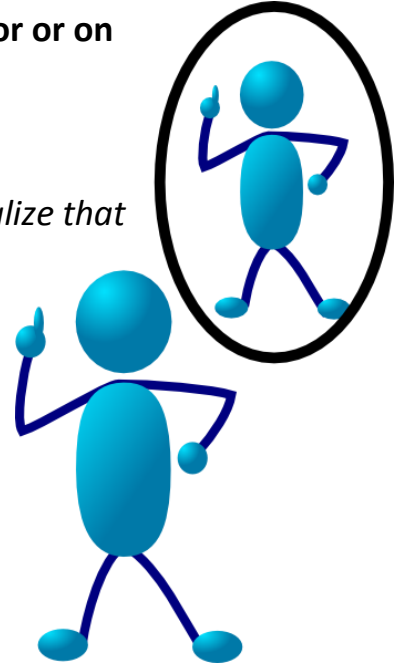
Materials: None

Cubmaster or Den leader to Cub Scouts sitting on the floor or on chairs:

We have played some fun team games today!

[Ask the following questions and try to help Cub Scouts realize that being a team can be fun and working as a team is much more productive than one person trying to do all the work.]

- How did you know you did your best?
- How did you make sure everyone was included?
- How do you know that everyone had fun?
- How would you make the game different next time?
- What did these games teach you about teamwork?
- How was this game related to the Scout Law?



Rights and Duties Opening

(best if participation by Scouts is done by Webelos Scouts)

Materials:

Flag

words strips for Webelos Scouts to read

Cubmaster or Den leader:

Together let us say the Pledge of Allegiance and the Scout Oath.

[Pack says the Pledge of Allegiance and the Scout Oath together]

In the Scout Oath, you promise to do your duty to your country. One way you do that is by being a good citizen. Let's remind ourselves today ways that you and your family members can be good citizens.

Webelos Scout #1 : We can obey the laws.

Webelos Scout #2: We can respect the rights and the property of others.

Webelos Scout #3: We can help the police.

Webelos Scout #4: We can take care of the environment by recycling and conserving.

Webelos Scout #5: We can be informed about what is going on around us.

Webelos Scout #6: We can help change things that are not good.

Cubmaster or Den leader:

When you are an adult you should vote and pay taxes and serve on a jury. Other things that we have a great opportunity to do because of our country are the following...

Webelos Scout #7: We can worship how and where we like.

Webelos Scout #8: We can say what we think.

Webelos Scout #9: We can join other people in peaceful assemblies.

Which activities did they like the best? Which did they like the least?

There are charts for the Wolf dens and Webelos dens to record their performance at each station and then to do these activities again and track improvement over time. This will be part of a home assignment for Wolf and Webelos dens.

Name _____



Paws of Skill Chart

Skill	Start	After Week 1	After Week 2
<u>Jumping Jacks</u> (count the number you can do without stopping)			
<u>Sit ups</u> (count the number you can do without stopping)			
<u>Running in place</u> (how long can you go without stopping?)			

If you are a Wolf Scout working on your Paws of Skill Adventure Loop – save this chart so that you can track your progress for two more weeks on at least two of these activities.

Name _____



Stronger, Faster, Higher Chart

Record your results for each activity.

Skill	Start	Week One	Week Two	Week Three
20-yard (60 feet) dash – How fast can you run 20 yards?				
Vertical jump – Jump as high as possible and put the adhesive note paper on the wall at the highest point. Measure to see how high you jumped.				
Lifting 5-pound weight – Lift the weight toward your shoulder and then lower it. How many times can you do this until your arm gets tired?				
Push-ups – Count one push-up each time your chest touches the floor.				
Curls (sit ups) – Sit up and touch your elbows to your thighs. How many times can you do curls?				
Jumping rope - Jump rope as many times as you can without stopping.				

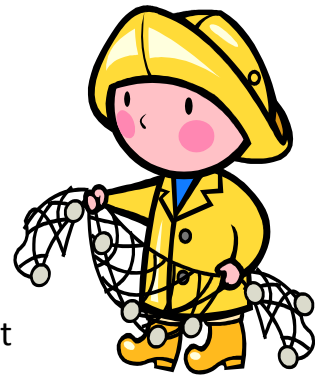
If you are a Webelos Scout working on your Stronger, Faster, Higher Adventure Pin – save this chart so that you can track your progress every week on at least three of these activities.

All in the Net Closing

Materials:

None

Have everyone make a “net” by clasping hands in any criss-cross design making sure everyone is caught in the net (part of the net).



Cubmaster or Den Leader:

We’ve had a great day together as Cub Scouts as we’ve started to learn about water and about perseverance.

Let’s now shake each other’s hands – and together say, “Do Your Best.”

Have a great week, Cub Scouts!

Trustworthy Opening

Lead the following discussion with the Cub Scouts:

Our point of the Scout Law for the month of January is “Trustworthy”.

Who can tell me what they think “Trustworthy” means? How is a Scout trustworthy?

[Cub Scouts probably have an idea of what “Trustworthy” means. Integrate as many of their answers as possible while you make sure that they understand that **when a Scout is trustworthy he tells the truth and keeps his promises. People can depend on him.**

How can a Cub Scout be trustworthy?

[Listen to their responses and remind them to realize that they choose to be trustworthy in many situations – in games, at school, in answering questions, etc – and that it’s not easy to be honest and trustworthy. Standing up for what is right by telling the truth can be difficult if you are trustworthy when others are not. If you need to, give some examples or stories of people who are trustworthy and follow the Scout Law.

Let’s have a great day in Cub Scouting today.

Let’s say the Pledge of Allegiance and the Scout Oath and Law.

A Good Sport Is... Opening

Materials:

Flag

Cubmaster:

You hear a lot of talk about being a good sport, but what does it mean?

A good sport learns the rules so they won't break them.

A good sport competes with all of their heart, striving to win over their competitors. If he or she does win, they don't act smug, but instead compliment the losers for the good job they did.

If a good sport loses, they accept the fact and try to figure out why. Maybe they can win the next time.

A good sport accepts defeat, congratulates the winners, learns how they can improve, and determine to do better the next time.

Let's show courtesy and respect every time we play games with each other.

Join me in the Pledge of Allegiance and the Scout Oath.



Fit for Life Closing

Materials:

Sentences/word strips for 5 Cub Scouts to read

Cub Scout #1: One of the goals of Cub Scouting is physical fitness, and we will be focusing on it this month.

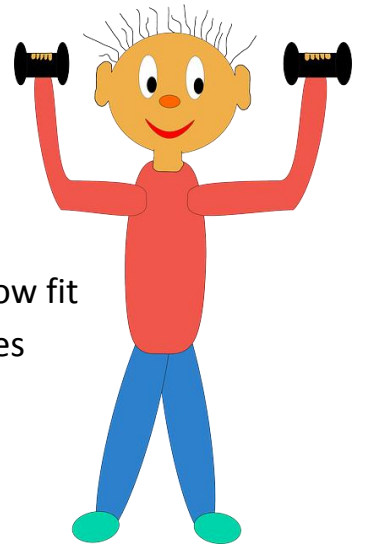
Cub Scout #2: It's fun to test yourself against standards to see how fit you are and to compete against other Cub Scouts in fitness games and contests.

Cub Scout #3: But there is a more important reason for all this physical activity. It's to make you fit for life.

Cub Scout #4: Physical fitness is not just being strong and athletic. It is also knowing how to take care of your body, how much rest it needs, and what not to put into it.

Cub Scout #5: Make good choices and help your body stay fit for life.

Cubmaster or den leader: Let's say the Scout Oath today as we finish up our meeting.



Play Fair Opening

Materials:

Flag

Cubmaster or Den leader:

What is good sportsmanship?

You might say it is being a good loser. That's part of it. Nobody likes to lose. But when you do lose, you should grin and bear it. Don't complain about the officials. Just make up your mind to do better next time.



There's more to good sportsmanship than being a good loser. It also means playing fair. A good sport does not cheat. A good sport plays by the rules, even if he knows he could cheat and get away with it. You will never know if you are good at something unless you follow the rules.

A good sport plays hard. He plays to win – but to win fairly.

Let's say the Scout Oath and Scout Law and then say the Pledge of Allegiance.

Fit for Life Closing

(word strips to be read)

Cub Scout #1: One of the goals of Cub Scouting is physical fitness, and we will be focusing on it this month.

Cub Scout #2: It's fun to test yourself against standards to see how fit you are and to compete against other Cub Scouts in fitness games and contests.

Cub Scout #3: But there is a more important reason for all this physical activity. It's to make you fit for life.

Cub Scout #4: Physical fitness is not just being strong and athletic. It is also knowing how to take care of your body, how much rest it needs, and what not to put into it.

Cub Scout #5: Make good choices and help your body stay fit for life.

Fun in the Game Closing

Materials:

None

Cubmaster:

When you play a game, always try and wish to win; otherwise, your opponent will have no fun—but never wish to win so much that you cannot be happy without it.

Seek to win only by fair and lawful means according to the rules of the game. This will leave you without bitterness toward your opponent, or shame before others.

Take pleasure in the game even though you do not obtain the victory; for the purpose of the game is not merely to win, but to find joy and strength in trying.



Fit for Life Closing

(word strips to be read)

Cub Scout #1: One of the goals of Cub Scouting is physical fitness, and we will be focusing on it this month.

Cub Scout #2: It's fun to test yourself against standards to see how fit you are and to compete against other Cub Scouts in fitness games and contests.

Cub Scout #3: But there is a more important reason for all this physical activity. It's to make you fit for life.

Cub Scout #4: Physical fitness is not just being strong and athletic. It is also knowing how to take care of your body, how much rest it needs, and what not to put into it.

Cub Scout #5: Make good choices and help your body stay fit for life.

Fit for Life Closing

(word strips to be read)

Cub Scout #1: One of the goals of Cub Scouting is physical fitness, and we will be focusing on it this month.

Cub Scout #2: It's fun to test yourself against standards to see how fit you are and to compete against other Cub Scouts in fitness games and contests.

Cub Scout #3: But there is a more important reason for all this physical activity. It's to make you fit for life.

Cub Scout #4: Physical fitness is not just being strong and athletic. It is also knowing how to take care of your body, how much rest it needs, and what not to put into it.

Cub Scout #5: Make good choices and help your body stay fit for life.

Thankful for Sports Closing

All Cub Scouts and leaders stand in a circle.

Cubmaster:

We are thankful for the world we live in. We are thankful for its beauty. We are thankful for our bodies and for the good health that we have. We are thankful for our healthy bodies and fun times to share with friends. Help us as we learn to play new games that we can follow the rules and remember to be and do our best.



Let's Be A Team Closing

Materials:

Four cards with the letters T, E, A and M written on them.

Pick up each card one at a time and hold up for everyone to see. Four Cub Scouts could be asked to come and help you by holding each card after you have talked about the letters.



Cubmaster:

T is for together.

E is for everyone.

A is for all.

M is for many.

Notice that there is no “I” in team. It takes everyone working together to be a team. Let’s think of our pack as a team and work together. Let’s give each other encouragement and support and help each other.

Team Opening

Materials:

Four cards with the letters T, E, A, and M
4 Cub Scouts to hold the signs (Cub Scouts just hold the signs – no reading necessary)

Cubmaster: [Say the following. After you say the letter, hand it to one of the 4 Cub Scouts]

T is for together.

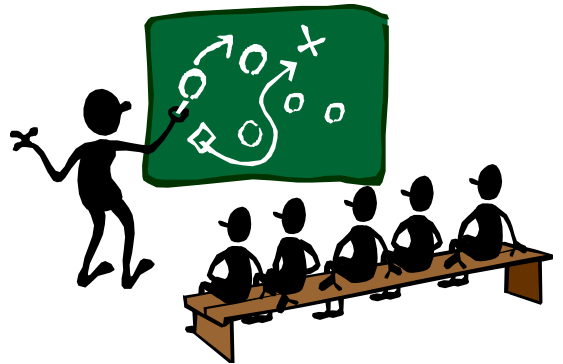
E is for everyone.

A is for all.

M is for many.

There is no “I” in team. It takes everyone working together to be a team. Let’s think of our pack as a team and work together. Let’s give each other encouragement and support.

Together, let’s say the Pledge of Allegiance and the Cub Scout Promise.



T

E

A

M