

# Cub Scout Den Meeting Outline

Month: **January**

Week: **1**

Point of the Scout Law: **Trustworthy**

	Tiger	Wolf	Bear	Webelos	Arrow of Light
Before the Meeting	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.
Gathering	Exercise Crossword Puzzle				
Opening	Trustworthy Opening				
Activities/Project	Being Active – Warming Up and Cooling Down				
Game/Song	Staying Active Activities (separate – Tiger & Wolf, Bear & Webelos)				
Business items/Take home	Games Tigers Play 4 (partial)	Paws of Skill 3	None	Stronger, Faster, Higher 3	None
Closing	Fit for Life Closing				
After the meeting					

## Materials:

Gathering: copies of crossword puzzle, pencils/pens

Opening: flag

Project/Activity: none

Game/Song: stopwatch (something to time running), adhesive note pads, milk jugs filled up 2/3rds with water, jump ropes, copied charts

Closing: word strips

Home assignments: See home assignment sheets

## Advancement:

Tiger - Games Tigers Play 4

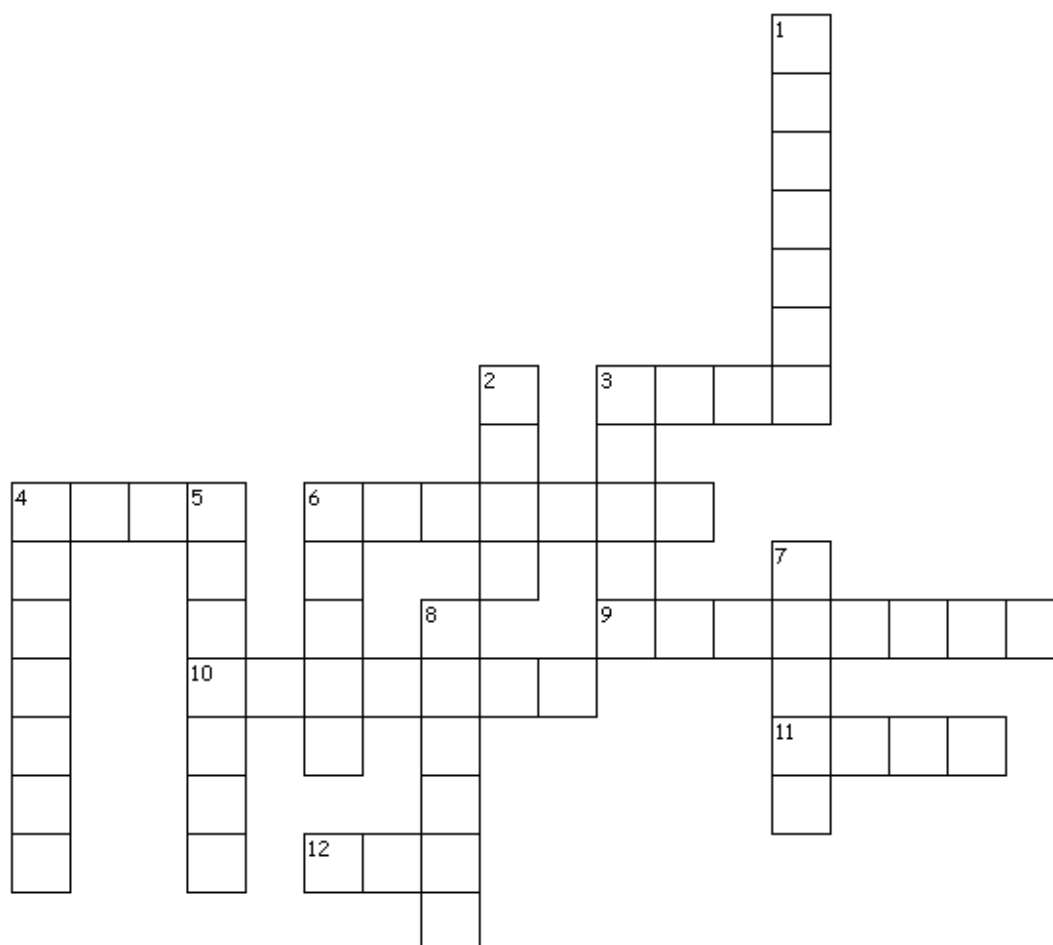
Wolf – Paws of Skill 1, 2, 3

Bear – None

Webelos – Stronger, Faster, Higher 1, 2, start 3

Arrow of Light – None

## 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.

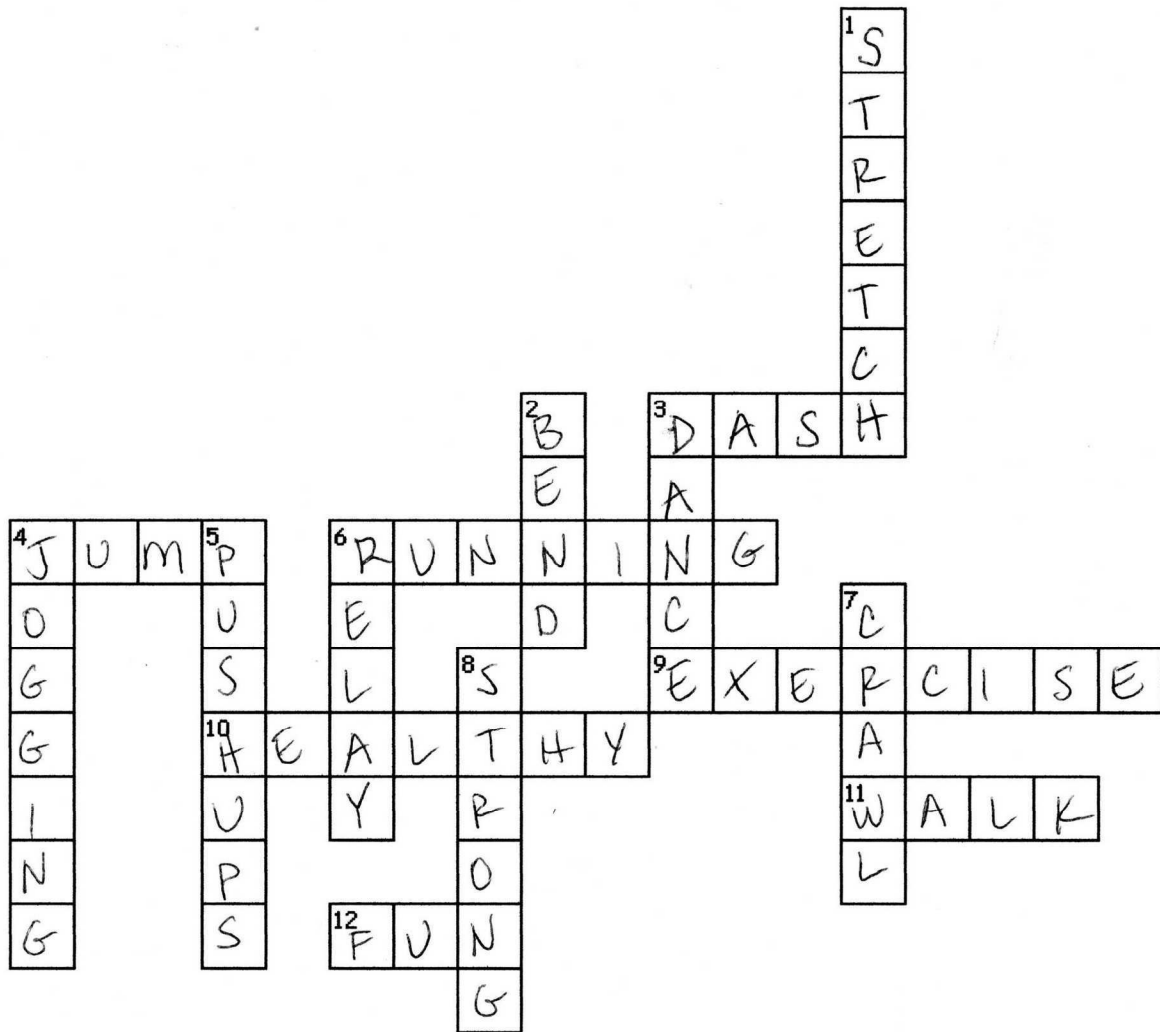
### Down

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	

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Exercise

Fun

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Jogging

Jump

Pushups

Relay

Running

Stretch

Strong

Walk

# 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.***

# 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 2/3<sup>rd</sup> 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.



Name \_\_\_\_\_



## Stronger, Faster, Higher Chart

Record your results for each activity.

Skill	Start	Week One	Week Two	Week Three
<b><u>20-yard (60 feet) dash</u></b> – How fast can you run 20 yards?				
<b><u>Vertical jump</u></b> – 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.				
<b><u>Lifting 5-pound weight</u></b> – Lift the weight toward your shoulder and then lower it. How many times can you do this until your arm gets tired?				
<b><u>Push-ups</u></b> – Count one push-up each time your chest touches the floor.				
<b><u>Curls (sit ups)</u></b> – Sit up and touch your elbows to your thighs. How many times can you do curls?				
<b><u>Jumping rope</u></b> - 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.

Name \_\_\_\_\_



## Paws of Skill Chart

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

## 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.

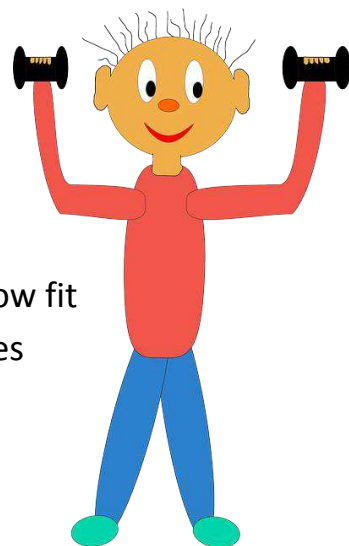
**Cub Scout #2:** It's fun to test yourself against standards to see how fit you are and to compete against other Cub Scouts in fitness games and contests.

**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.



## **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.

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

Name \_\_\_\_\_

## **January Week 1**

### **Home Assignment – Tiger**

#### **Games Tigers Play**

\_\_\_\_\_ 4. While at a sporting event, ask a player or coach why it is important to be active.

For this requirement, you will go to a sports game with your family. Football, soccer, and lacrosse are played in school in fall or spring. Swimming, diving, basketball and wrestling happen in schools in the winter. Track and field and baseball are in the spring. With the help of an adult, set up a meeting so you can talk to one of the coaches or some of the players.

\_\_\_\_\_  
Akela's OK

\_\_\_\_\_  
Date

**Return this paper to Cub Scout meeting after you have completed the assignments.**

Name \_\_\_\_\_

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Akela's OK

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Name \_\_\_\_\_

## **January Week 1**

### **Home Assignment – Wolf**

#### **Paws of Skill**

\_\_\_\_\_ 3. Select at least two physical fitness skills and practice them daily. See if you can improve over a two-week period.

Using the chart given at your den meeting today (Paws of Skill Chart), track your improvement on two of those physical fitness skills for two more weeks.

\_\_\_\_\_  
Akela's OK

\_\_\_\_\_  
Date

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Akela's OK

\_\_\_\_\_  
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Name \_\_\_\_\_

## **January Week 1**

### **Home Assignment – Webelos**

#### **Stronger, Faster, Higher**

\_\_\_\_\_ 3. Make an exercise plan that includes at least three activities. Carry out your plan for 30 days, and write down your progress each week

Using the chart given at your den meeting today (Stronger, Faster, Higher Chart), track your improvement on three of those physical fitness skills for three more weeks.

\_\_\_\_\_  
Akela's OK

\_\_\_\_\_  
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