

Cub Scout Den Meeting Outline

Month: **January**

Week: **3**

Point of the Scout Law: **Helpful**

	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	Hot Lava				
Opening	Proud of America Opening				
Activity	Being Active				
Game	Can You Do These Exercises?				
Business items/Take home	None	None	None	None	None
Closing	Fit for Life Closing				
After the meeting					

Materials:

Gathering: construction paper, masking tape

Opening: flag

Activity: None

Game: masking tape, balls

Closing: closing word strips

Home assignments: None

Advancement:

Tiger - None

Wolf – Paws of Skill 1, 2; Running with the Pack 1, 2, 3

Bear – None

Webelos – Stronger, Faster, Higher 1, 2

Arrow of Light – None

Hot Lava

Materials

Construction paper (6 sheets per group of Cub Scouts)

Masking tape (to mark the edges of the river of lava and also to securely tape down paper to floor)

Cub Scouts have to cross a river of lava and must stay only on the rocks (construction paper) or else they will get burned.



Setting up

Using masking tape make the edges of the river by making two parallel lines of tape (about 20 – 30 feet apart) on the floor. Within the river (between the pieces of tape), place the sheets of construction paper. Don't put the sheets of paper too close together or too far apart. However, the Cub Scouts should have to stretch their legs a little bit to reach. If you need to make the river wider, do so.

Instructions:

Each Cub Scout will have the opportunity to cross the lava. You can determine how they will cross. They could use only their feet, or alternate using feet and hands, etc. You could even number the sheets and they might have to cross the lava on the rocks in a specific order.

Proud of America Opening

Materials:

flag

Submaster:

“O beautiful for spacious skies, for amber waves of grain, for purple mountain majesties, above the fruited plain!” The United States of America is beautiful, from the states filled with history, to the mountains and forests of the west, to where we live here in Texas. We are proud of America and pledge ourselves to do our best to keep it beautiful. There is beauty in each of our 50 states, and our United States flag represents those states.

Please stand and join me in the Pledge of Allegiance to our flag.



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.

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.



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.

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.

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.