

June 2008 Monthly Theme: "Go For The Gold"

As the athletes of the world strive to do their personal best in international competition, Cub Scouts have the opportunity to "Go for the Gold" by doing their best in feats of skill and prowess. This month Cub Scouts learn about exercise and sports and put that knowledge to use playing Ultimate or another sport not played before. Remember that not only is it important to do your best when you play a sport but it is important to understand the rules of being a good sport no matter the outcome of the game. This month would be a great time to work on one of the Cub Scout Sports belt loops and pins in baseball, golf or flag football.

Webelos Activity Badges: First year, Traveler; Second year, Handyman

Core Values

CHARACTER CONNECTIONS FROM PROGRAM HELPS

Remember - Know, Commit, Practice.

*Honesty - It's important to be honest when playing a game. Practicing honesty now helps a boy learn to be honest in all aspects of his life.

*Health and Fitness - Being ready to learn and practice any sport begins with knowing about health and fitness. These two interests will serve our Cub Scouts as well their entire lives.

QUOTES

"Play the game - don't look on." - Lord Robert Baden-Powell

"Doing what is right, fair and honorable is more important than winning or losing." - Chick Moorman

"Winning is only half of it. Having fun winning is the other half." - Bum Phillips

"If at first you don't succeed, try, try again." - William Edward Hickson

"Team player: One who unites others toward a shared destiny through sharing information and ideas, empowering others and developing trust." - Dennis Kinlaw

Theme Related Material

PHYSICAL FITNESS TIPS

- Exercises alone won't keep you physically fit. Good personal health care should be practiced daily.
- Bathe everyday, especially after exercising.
- Wash your hair at least twice a week.
- Brush your teeth at least twice a day.
- Visit your dentist regularly.
- Wear clean socks and clean underwear daily.
- Avoid eyestrain. Use good light.
- Use only your own wash cloth and towel.

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- Stand up straight, don't slouch.
- Get plenty of sleep - about 10 hours per night for Cub Scouts.
- Trim your fingernails and toenails.
- Wash your hands before eating.
- Wash your hands after using the bathroom.
- Protect your eyes! Don't put anything in your ears!
- Don't drink or eat from someone else's cup, plate or utensils. That's an easy way to catch their germs and get sick.
- Eat right! A balanced diet will make you feel good!
- Get plenty of exercise to make you feel great!

Pack Admin Helps

Hints And Tips For New Cub Scout Leaders

Plan your meetings far enough ahead to allow time to gather materials needed. Set goals that you want to accomplish during the year. Outline your program for the year and plan ahead to involve as many people as possible. Plan each meeting ahead of time. You might find it valuable to plan next weeks meeting after just completing a meeting.

Always have a plan B, each group will be different and activities that thrilled one den may bore another, and when they get bored they get rowdy. If they are showing signs of boredom drop the activity and go to plan B and you will rarely have discipline problems.

If you plan an outdoor activity, always have an indoor alternate planned.

Transitions from one activity to the next are easiest if the meeting is planned so that the next activity is always preferred to the current one. For example we begin with opening ceremonies that reinforce the values of Scouting (boring) then go to advancement activities (less boring but not as much fun as games which come next), after games we go to snack time (they are always willing to stop what they are doing for snack!). I use the fact that they have their hands full and their mouths full as the best opportunity for announcements and reminders. Their parents are beginning to show up, and it doesn't hurt that parents are also hearing the announcements and reminders. It also helps to keep those impatient parents from grabbing the Cub and leaving before the closing ceremony, since they intuitively understand that they should not take their child away during announcements.

Don't try to carry all the load yourself. In Tiger, Wolf and Bear dens the family unit is central to the forming of the Cub Scout and activities revolved around the family unit. Get other parents involved. Help them realize it is their program and then depend on them to lend expertise on aspects of the program. Invite them to attend by determining their interests and using them.

Leadership is developed and learned. You can become an effective Cub Scout Leader if you will prepare yourself and take the time to learn. Remember to be flexible in your planning. There are no set answers to handling boys. Don't be afraid to experiment.

Get trained! Start out with the Cub Scout Den Leader Fast Start video. It is very short and enjoyable to watch. After you get settled in, attend New Leader Essentials and Cub Scout Leader Specific Training at your district. . It is the best place to go to learn your Cub Scouting fundamentals.

Understand the Cub Scout program so you can help the boys grow throughout the program. There is a lot of resources available to help you. One of your best resources is the monthly district Cub Leader Roundtable, where you can exchange ideas with other Cub Scout Leaders.

Do your best, and, above all, have fun!

Pack and Den Activities

Favorite Team Slide

Note: In preparing to make this slide, you need to check with the boys to find out who their favorite teams are (regardless of the sport). Then you can scour the world for copies of the team logos. The internet is a reasonable source for some team emblems, but a lot of them are not available. For some, I would look in mail order catalogues, sports magazines, etc. I was able to find stickers of various sports teams at a discount store for a dollar. These work great.

Materials:

- 1 inch (or size of logo) disk
- $\frac{3}{4}$ -inch PVC slide ring
- Color copies of team logos

Equipment:

- Tacky glue
- Hot glue
- Scissors

Directions:

Cut out team logos to the size of the disks. Mount logo on disk using tacky glue. Mount the slide ring to back of disk using hot glue.

Ball Practice

Have some of the parents available to help toss, kick, bat, etc. balls around with the boys. This will keep them busy for hours!

Know The Rules of the Game

Have one of the boy's older siblings or a coach-parent provide some pre-meeting discussion on rules of different sports. This would be a good opportunity to also discuss what Good Sportsmanship is.

Local Soccer Star Demo

August is a great time to start the boys thinking about soccer, which starts up at the beginning of the school year. Why not contact one of the local high schools about getting one or two of the star players to attend the meeting and conduct a demonstration/workshop for the boys. They could practice some basic "moves" like dribbling, kicking, etc.

Multi-Sport Game

Make up a special ball game with all kinds of wacky rules combining the rules and equipment from several different sports. For example, you can have a game that uses a softball that has to be kicked or "pucked" (using hockey sticks) around the b-ball court. The boys can only pick it up when they're shooting a basket that earns them touchdown points.

Summer Olympics

Hold a fun mini-Olympics. This can involve many of the usual Olympic sports with enjoyable twists added to them. Examples of sport events might include Water Balloon Shot Put, 100-foot Crab-Walk Dash, Synchronous Swimming (without water), Low Jump (under a pole without knocking it from its holder), Balloon Javelin Throw, 50-foot 3-Legged (Potato Sack) Hurdles, 25-Yard One-Footed Relay, etc. Make sure to have Olympic Gold/Silver/Bronze "medals" for all of the participants and the winners.

Sports Event Between Packs

Again, you need to go to the Cub Scout Leader Book to get more details, but this is one opportunity that the BSA promotes and on which it provides specific guidance. If you have a neighboring Pack, especially if there's a little fun rivalry with it, set up a summertime Olympic event or a day of games. Make sure to involve the whole family in the activities.

Family Sports Day

This is just a different flavor of the same kind of event that you might plan between Packs. For a few years our Pack had a "Pack Family Picnic" at Codorus State Park that included softball, volleyball, badminton, swimming, etc.

Trip to the BallGame

For those of us in the YAAC, we have multiple opportunities for attending a sporting event as a Pack. Our Pack does an annual trip to a Senator's game in the summer—we make sure we pick an evening that has a nice give-away for the people going. Visit the Senator's website <<http://www.senatorsbaseball.com>> for schedule/event information.

Handicap Sports Event

To heighten the boys' awareness of other boys' challenges, hold a sports event that includes some element of physical challenge that physically handicapped children must accept as everyday.

String Ball

Materials

- Balloons
- Any color string
- Scissors
- Yardstick
- Petroleum jelly
- White glue
- Paper plate
- Waxed paper
- Pin
- Construction paper

Instructions

Blow up as balloons as you want to make. For each balloon, cut 30 pieces of any color string between 12 and 15 inches long. Rub a thin layer of petroleum jelly on each balloon. Pour a little glue onto a paper plate. Dip a string into the glue, and past it on a balloon. Continue dipping and pasting the strings in overlapping designs on a balloon. Place on waxed paper to dry. Let glue dry completely, at least overnight. Do the same for the other balloons. When the glue has dried, use a pin to pop the balloons. **COVER YOUR EARS!!**

Carefully pull out the balloons through a space between the hardened strings. (Promptly discard balloon pieces — they are choking hazards for small children!)

When you finish you are ready to play some string ball!

Tiny Straw Kite

Materials:

- Dental floss
- 6 straws
- Thread
- Tissue paper
- Glue
- Paint
- Fine paintbrushes
- String

Instructions

Thread 1 long piece of dental floss through 3 straws. Tie the ends of the floss together, which will form the straws into a triangle.

Cut 3 pieces of dental floss 2 inches longer than the straws. Thread a piece of floss through each of the last 3 straws, leaving an inch sticking out of each end.

Tie together 1 end of the floss from all 3 straws. You will have a 3-armed star. Tie the floss hanging from the other end of each straw to a corner of the triangle. You will have a 4-sided shape called a tetrahedron.

Cover 2 sides of the tetrahedron by gluing tissue paper to the straws.

On the triangles with tissue paper, poke small holes in the paper 1/3 of the way from the top of the kite. Thread a piece of floss through each hole, and tie them around the straw.

Tie a slightly longer piece of floss around the straw near the bottom 1/3 of the kite. Tie the floss together, then tie a long string to this to fly the kite. Paint anything nice you like on your kite, and see how high it can fly!

African Design Boomerang

Materials:

- Foam board or cardboard
- Colored markers
- Craft knife

Instructions

Sketch a boomerang shape onto foam board or cardboard (Webelos may use plywood) then cut out.

Using a combination of different geometric designs and colors, create your own traditional style boomerang pattern. Aboriginal art also reflected elements of nature. You will find designs of leaves, twigs, birds' footprints and pawprints. You may want to include some of these in your boomerang patterns also.

Display your boomerang by hanging it from the ceiling or tall bookshelf. You can make an entire collection, each with a different design featuring lots of colors, or use only a few colors and the art of repetitive patterns to create interest.

Sand Cast Sea Treasures

Materials:

- Starfish or shells found on the beach
- 4 cups sand
- Clear plastic pony beads - Yellow and Purple
- Decorative gel glue
- White glue
- Plaster of Paris

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- Glitter glue - Green and Purple
- 2 Containers for sand and plaster mixture
- Spoon
- Paintbrush
- Water

Instructions :

- Collect shells or starfish on the beach. If you do not live near a beach, these items are often available at craft stores.
- Fill container with four cups of sand. Add 1/2 cup of water to sand and mix well.
- Press starfish or shell, face down into sand to make an impression.
- Remove shell from sand.
- In another container, mix 1/2 bottle of white glue with 1/2 cup of water.
- Add 1 cup of plaster of Paris. Mix well. (TIP: This step is messy. Work outside if possible.)
- Pour this plaster mixture into impression in the sand. Allow this to set for one hour.
- Remove plaster casting from sand. Brush off extra sand with a paintbrush.
- Brush a coat of decorative gel glue over the top surface of sand casting.
- Outline and add accents with glitter glue. Glue pony beads to sand castings.

Sculptures of Ice

Materials :

- Empty plastic containers or milk cartons
- Water
- Food Coloring
- Garbage bags

Instructions

Add a few drops of food coloring to water that you have put into empty plastic containers or milk cartons. Freeze overnight.

The next day, spread large garbage bags on a picnic table (in the shade!), and put a frozen container on each. Peel off or have an adult cut away the containers. Now you are ready to sculpt. Use your hands and your mouth to make wild and crazy shapes.

Beach Bucket

Materials :

- A large plastic jug
- A paper punch
- Yarn or brass fasteners
- Self-adhesive paper

Instructions

Thoroughly wash the plastic jug and let it dry. Cut away the top half of the jug.

Cut a 1-inch by 12-inch strip from the top half of the jug — this will be the handle.

Punch a small hole at each end of the handle, and punch two holes opposite each other near the top of the bucket.

Attach the handle to the bucket with brass fasteners (or tie a short length of yarn through the holes).

Use self-adhesive paper to design a summer scene.

PROJECTS

OLYMPIC MEDAL

Materials: Lightweight cardboard (from cereal box is good), paint, glue, ribbon

Instructions

Use a glass to trace the desired number of 2 - 3 inch circles on the lightweight cardboard (you will need two circles for each medal. Cut out your circles. Paint the non-shiny side of the circles with gold, silver, or bronze paint and set aside to dry. If you cannot find gold, silver, and bronze paint, why not use blue, red, and yellow (traditional first, second, and third place colors).

Once the base paint is dry, you can decorate your medal as you like. Use glue and glitter to make it sparkle, or you can paint 1st, 2nd, or 3rd on them. Let the designs dry completely.

The final touch is to add the neck ribbon. Cut one length of ribbon, approximately 32 inches long per medal. Put a dab of glue on the center of the non-painted side of two medal pieces. Fold your ribbon in half at the middle to form a 'V' shape. Stick the fold of the ribbon onto the glue on one of the medal backs. Cover it with the other medal piece with glue on it. Set your medal aside and let it dry.

(Felt, fun foam or juice can lids can also be used for the medals - be creative!)

OLYMPIC TORCH

Materials:

- Empty paper towel tube
- Aluminum foil
- Tissue paper - yellow, orange and red
- Scissors
- Clear Tape
- Glue

1. Wrap a sheet of aluminum foil (shiny side out) around the paper towel tube and secure with clear tape.

2. Take 2 sheets each of red, orange and yellow tissue paper (8 inches tall by 12 inches wide. Cut out this shape (see figure) from each sheet of tissue paper. These will be your flames!

3. Lay each piece of tissue paper down on top of each other as shown. Each piece will overlap each other about 1/4 of an inch. Tape along the bottom of the tissue paper in order to help hold it together. Use lots of tape!

4. Loosely roll the tissue so that it forms a cylinder with the yellow paper on the outside and the red on the inside. Gather the tissue together along the bottom and tape so your flame looks like this figure.

5. Now your flame is ready to go in the torch. Using lots of glue, place the taped end of the flame into the paper towel tube. Let the glue dry and spread out the flames coming out of the tube.

INDIVIDUAL, DEN OR PACK PENNANTS

Materials: Poster board cut into a triangular pennant shape and a 1/2 inch wooden dowel (about 3 feet long) for each pennant made

Give each den or boy its poster board pennant, and make markers and staplers available. Allow 15 minutes for each boy or team to create a flag. Each pennant must contain the either his name or the den name/number. After the clock has stopped, ask the boys or dens to staple their posters to the dowels to make flags. Post banners around the Pack Olympic grounds or at your Pack Meeting (or both).

GAMES

Indoor Track Meet

A good idea would be to run this track meet on a Six basis, with each Six sending forward its representative before the name of the contest is announced.

Bean Toss: Give each contestant 10 navy beans and have him try to throw them, one at a time, into a quart jar from a chalk line on the floor.

Foot Race: Have each Cub stand with his feet touching each other, heel to toe. The den with the greatest aggregate length wins.

30-inch Dash: Tack a 30 inch piece of string with a marshmallow at the end on the wall. The first Cub who chews the string and reaches the marshmallow wins.

Polo Pan: Number six 1" cubes on each side: 0-1-2-3-4-5; and use a six hole muffin pan. Let each person throw the cubes into the muffin pan from a distance of 6'. Add the top numbers of the cubes that land in the pan to determine a winner.

Bounce Ball: Use five different-sized rubber balls and a cardboard box. Have the players, in turn, bounce the balls in the box from 10'. Score 2 points for each ball that goes in.

Plumb Ball: Suspend a golf ball on a cord from the ceiling, using screw eyes. From broom handles, make a set of tenpins, 4" long. Have the players swing the ball and knock down the pins. Score 2 points for each pin knocked over and 10 extra points for a strike. Be sure to catch the ball on the rebound.

Hoop Stop: Lay an 18" hoop made from No. 9 wire on the floor. Use three balls (marble, golf, tennis). Score 5 points for each ball placed inside the hoop in any manner from a distance of 6'.

Running High Whistle: The boy who can hold a whistled note the longest with one breath wins the event.

Lightweight Race: Have the runners carry a lighted candle in one hand and a pail of water in the other. If water is slopped over or if the candle goes out, the contestant is out. The first to cross the finish line wins the race.

20 Yard Dash: Line up the dens for a relay race. Have the contestants carry an egg in a teaspoon held with the arm extended. The first in each line runs 20 yards and back to the next one in line.

100 Yard Dash: Tie a lump of sugar or a marshmallow on the end of 100" string. The contestants gather the string and marshmallows into their mouths without using their hands. The first one to eat the marshmallow wins the race.

Obstacle Race: Place nickels in pans of white flour, or of whipping cream, to see who, with his hands behind him, can be the first to dig them out with his teeth.

Sharpshooters: Hold a contest to see who can throw the most pebbles into the mouth of a jug.

Endurance Race: See who can eat four soda crackers and be the first to whistle a tune.

Moving Target: Have the contestants throw beanbags, sticks, stones, anything for that matter, through a rolling hoop. Score 1 point for each hit.

Hobble Race: Conduct a 100' race with contestants who are bound loosely about the ankles.

Long Glum: The player who can keep from smiling longest, while all the others jeer and laugh, wins.

Slipper Throw: Have the contestants lie flat on their backs and throw slippers over their heads with both feet.

Second Obstacle Race: Make a large number of chalk marks on the floor at the end of the race course. Give each runner a damp rag with which to rub out the chalk marks. The first to clean his section on the floor and run back to the starting line, wins.

Swimming Relay: For this relay race, have each hop on one foot, carrying a glass of water.

20 Foot Dash: Have the relay runners roll lemons or hard-boiled eggs with a stick down the course and back and touch off the next player in line.

Bawl Game: See who can make the most noise for a given period of time.

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Wide Stretch: Line up the Sixes with arms extended so that the players are touching, fingers to fingers. See which Six has the longest line.

Beans Relay: Have the relay runners carry beans, one at a time, between match sticks, toothpicks or on a knife.

Standing Broad Grin: The width of the grins measured by judges. The widest one wins this event.

Discus Throwers: Each contestant throws a paper pie plate from a chalk line. The plate must be held flat in the hand and not sailed with the thumb and fingers.

16 Pound Put: Have each contestant put an inflated bag for distance as though it were put from the shoulder.

Sponge Shot-Put: Use a small dry sponge for the shot. See who can put the shot the farthest.

Hammer Throw: Use blown-up paper bags attached to a yard of string. Give each Cub one turn to see who can throw the 'hammer' the farthest.

Bottle Roll: See who can roll a pop bottle from 6' and score a bull's-eye in a chalk ring on the floor. Draw several concentric circles to make targets of different value.

Semicircle Soccer (A Semicooperative Game)

The idea for this game came from a game called Konta Wai in Papua, New Guinea. In Konta Wai, two semicircles of about five players each stand facing each other about 12 feet (3-1/2 meters) apart. The fruit of a local tree is thrown, lifted like a hockey puck, or batted back and forth between the semicircles with the use of sticks. The main object of the game is to try to prevent the fruit from passing through one's own semicircle of players. Semicircle Soccer takes off from here and adds a few new wrinkles.

To play: Two separate semicircles, of four or five players each, are formed by linking arms around the next person's waist. Semicircles begin by facing each other and kicking a sponge soccer ball back and forth. The objective of each team is to prevent the other team from kicking the ball through its semicircle.

However, both semicircles are mobile. They can move at will and can kick the ball from anywhere on the play space. They can even attempt to get around behind the other semicircle in order to kick the ball through their unit in a rear attack. Additional Semicircles and balls can be added for more action.

Finger Wrestling

This is similar to modern wrestling except that the contestants use their fingers rather than arms.

Octopus

Draw straws or choose one person to be the octopus. The octopus is "it." If you are playing indoors, you will need to clear a space between two walls. If you are playing outdoors, lay two ropes on the ground about thirty feet across from each other as shown.

The person who is the octopus stands in the middle of the "field." All other players line up on one side of the rope or against a wall. The octopus looks at them and says, "Fishy, fishy, in the sea, won't you come and swim with me?" Then all the players who are fish have to run across the field and get safely to the other wall or on the other side of the rope without being tagged by the octopus.

If the octopus tags someone, that person becomes "seaweed" and can tag other players. **However**, a person tagged by the octopus always has to keep his/her right foot on the ground in the exact place where he/she was tagged. The octopus can move about freely.

The last person to be tagged gets to be the octopus in the next game.

Push - Catch

Everyone is in a circle except for one person in the middle (usually a leader to start). The person in the center has a ball that the leader throws to those in the circle. The leader must shout out either **Push** or **Catch**. The person to whom the ball is thrown must **Do The Opposite Action** that was shouted out. That is if the leader shouts **Push**, the Cub must **Catch** the ball. If the leader shouts **Catch** the Cub **Pushes** the ball. If an error is committed by either not doing the opposite or stumbling with the ball the Cub must sit down or step back and is eliminated from play. Variation: If the group gets really good at the game, the shouter must shout out 3 words (such as **Push Catch Push**) and the Cub must do the opposite of the middle one (or the first or last).

Flame-Jumping Contest

Equipment: scissors, ruler, pencil, markers, corrugated cardboard, clothespins, masking tape.

This is a popular Midsummer's Eve game. Draw and cut out a cardboard flame 15 inches high by 10 inches wide. Decorate the flame with markers. Cut out and decorate another piece of cardboard that is 20 inches square. Fold this piece in half to make a stand 10 inches high. To play the game, fasten the cardboard flame with clothespins to the cardboard stand. Start by pinning the flame so that its bottom is level with the bottom of the stand. Each player must then jump over it without knocking it over or touching it and getting "burned." Each time all the players have successfully leapt over the flame, the flame is repined an inch high. How high can you jump? If this flame game is too easy for you, make a taller flame.

Dragon's Tail

All the players get in a line and place their hands on the waist of the person in front of them. The first person in line becomes the dragon's head. The last person in line is the "tail." Tie a rope around the last person's waist, and tuck a scarf into it for the tail.

The object of the game is for the dragon's head to grab his own tail without pulling itself apart. If the dragon pulls itself apart, the game starts over again.

Race to Freedom Game

You will need: poster board, markers, corncobs, spoons, and paper plates.

Make a big sign from poster board, and write the word "Freedom" on it. Place it 50 to 100 yards away from the start of the race. Divide players into 2 teams. Players from both teams wait at 10 to 20 yard intervals on the course between the starting line and "Freedom." The first player skates on 2 paper plates while balancing a corncob on a spoon. When this player reaches the next player, he or she hands the skates, corncob, and spoon to the next player on the course, and so on until the final player makes it to "Freedom." If the corncob falls off the spoon at any time, that player must return to the beginning, and his or her team starts again. Whichever team reaches "Freedom" first wins the game!

Toss and Catch Game Pieces

Materials:

- 2 disposable wooden paint paddles
- Paints
- Paintbrushes
- 2 paper cups
- Scissors
- Glue
- Tissue paper or Ping-Pong ball

Instructions:

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- For each player, paint a disposable wooden paint paddle with bright colors and designs. You can write a special friendship message on one side, such as "I'll always be here to catch you when you fall!"
- Then glue the bottom of a paper cup to the end of each paddle.
- Let this dry for at least an hour.
- Take your toss-and-catch game pieces outside or where there's a lot of room and you are ready to play the game.

Circle Stride Ball

Equipment: Volleyball or soccer ball.

Have players form a circle with their feet spread comfortably and touching the feet of those around them. Have one Cub as the person who is "IT" standing in the center with the ball. The Cub tries to roll it between the legs of one of the Cubs in the circle.

The Cubs in the circle can use their hands only to stop the ball. If the ball goes through the legs of a boy or if a Cub falls down they take the place of the Cub in the middle.

The Dumb - Bell

Cast: Four Cubs in Cub T-shirts, Johnny (not a Cub) and Den Chief.

Props: Cardboard cutouts of trees, rocks or real branches, etc., homemade bar bells or dumb-bells

Scene: Local Park - As scene opens, Johnny is sitting on a rock, chin in hand, looking very dejected. He says to himself,

Johnny: Gee, there's nothing to do around here, I'm almost glad school's startin'. (Voices off stage are heard)

Steve: OK, Jim, you and Billy can practice your broad-jump, Mike and I are going to lift weights. (Enter Mike and Steve with small home-made barbells. They proceed to work out with weights and Johnny watches)

Mike: Boy, Steve, I can hardly wait for the Physical Fitness Contest. We're bound to make a good showing the way we've been practicing. (Each time he lifts the weights, he steals a glance at his muscles to see if they are growing. Steve notices and says, laughing)

Steve: Nuthin's going to happen that fast, Mike. It takes lots of time and practice. (Meanwhile Johnny is still watching and finally says)

Johnny: (In puzzled voice) What are you guys doin'?

Mike: Getting ready for the big Physical Fitness Contest. Don't you know about it?

Johnny: No, what is it?

Steve: Gosh, I thought everyone knew about it. Aren't you a Cub Scout?

Johnny: No, I just moved here this month. Boy, there sure isn't much to do around here.

Mike: Sure there is. You just haven't been here long enough. You could come with us to our den meeting this week - then you could be a Cub Scout too.

Steve: (Chimes in) Yes, and be in the contest, too. You'll have lots to do then, you want to start practicing now? (Hands him the weights.) Say, do you want to work out with a real big DUMB - BELL?

That's what we're waiting for.

Johnny: Well, yes, I guess (looks pleased)

Mike: OK, say, here come the rest of our Den (Jim and Billy walk on talking, followed by a larger boy, carrying a BIG dumb-bell) And here comes our Den Chief.

Johnny: (Taking a couple of steps toward the Den Chief) Are you the Dumb-bell we're going to work out with? (rest of boys start to laugh.)

Billy: He's not the dumb-bell! He's our Den Chief! (Pointing at barbell, he says) That's the Dumb-bell! (rest of den pats Johnny on back, all walk off)

HOLD A SUMMER OLYMPICS

Hold a fun mini-Olympics. This can involve many of the usual Olympic sports with enjoyable twists added to them.

Examples of sport events might include Water Balloon, Shot Put, 100-foot Crab-Walk Dash, Low Jump (under a pole without knocking it from its holder), Balloon Javelin Throw, 50-foot 3-Legged (Potato Sack) Hurdles, 25-Yard One-Footed Relay, etc. Make sure to have Olympic Gold/Silver/Bronze "medals" for all of the participants and the winners.

OLYMPIC TORCH RELAY

Players line up in relay formation. The leader of each team holds a Ping-Pong ball balanced on top of a roll of newspaper. On signal, he runs to goal line and back to his team, passing the torch on to the second player. If the ball drops, the runner must return to starting line.

OLYMPIC RINGS

Equipment: 5 hula hoops

Team members hold hands. Pass five hula hoops from the first boy to the last without breaking the hand holds.

LET'S GO BOWLING

Materials: As many empty 2 liter soda bottles that you want for bowling pins, Water, Ball, Chalk or masking tape

When playing outside, mark off the spots for the bottles with chalk. That will make it easier for Cub Scouts who are going to set up the pins. For inside bowling you can make small Xs with the masking tape on the floor to mark where the bowling pins go.

Fill the bottoms of the bottles with a small amount of water.

Set up as many lanes as you like... Grab some balls and have fun setting up and knocking the pins down.

SQUAT TUG

Materials: 8 foot rope

Two contestants squat in a full knee bend, each holding one end of the rope with both hands. On signal, they try to cause each other to fall over by pulling.

WICKET BOWLING

Materials: Croquet tickets and balls

Set up ten croquet wickets side by side far enough apart for a ball to go between them easily. The wickets are numbered from left to right, 1 to 10. You don't need to actually number the wickets. Mark out a bowling line parallel to the wickets at least 15 feet away from the wickets. Each player bowls one ball each turn, attempting to put it through each wicket in order. The first wicket must be made before the second and so on. The first player to complete the sequence of wickets wins, or the one to do so in the least amount of rolls wins.

BACKWARD LINE RACE

Three people per team. The end two players on each team face backwards while the middle player faces the forward, locking elbows. On "go", each three person teams runs to a turn line, swings around and runs back to start line. The first team finishing that's still together wins.

JUGGLER TOSS

Pair off players and have them stand about five feet apart. Give each player a rubber ball, an orange, or an aluminum pie plate (or other objects). They toss their balls simultaneously. If both boys make the catch, each boy steps back one step and throws again. If one boy misses a catch, a point is scored against him, provided the throw was catchable. The players continue throwing, catching and stepping back until one has five points against him.

PASS THE BALL

This is a circle ball-passing game. It's played with two teams of equal size arranged in rings. Each team's goal is to move the ball around the ring five times. Adding difficult passing methods and stunts makes the game more challenging and allows the leader to adjust the difficulty to the level of the players. The boys will learn a bit about teamwork and cooperation as well as passing and catching skills.

Each team should choose a captain and then form a circle ranging from 3 to 6 feet depending on the skills of the players. Each captain holds a playground ball.

At the signal the game begins with each captain throwing the ball to the player on his right. Players continue to pass the ball to the right as quickly as possible. When the ball has made a full trip around the circle and is back with the captain, he shouts, "One!" and keeps on passing the ball. The captains count each round. If the ball is dropped, it is returned to the captain and the round starts over.

Players who have basic throwing and catching skills down pat may want to add a bit of variety to the game by passing the ball a special way. Passing between the legs, behind the back, or with a single bounce are a few ways to spice things up.

The first team to finish five rounds is the winner. When the ball finishes the fifth circuit, the captain holds it high over his head and yells "Five!"

UP AND OVER BALL

Equipment: 4 square ball or beach ball

To play have one Cub Scout, the thrower, stand away from the rest of the group of 4 or 5 catchers. He turns his back and lobs the ball over his head while the other players attempt to catch the ball. Points could be awarded to the catcher and these could be assigned by the thrower, who could yell out the point value when he throws the ball over his head.

PEBBLE STRETCH

With his toes on the line, a boy puts one hand on the ground and places a pebble as far out as he can. Then he tries to return to a standing position without shifting the hand on the ground, by springing back up. Knees must not touch the ground at any time. The winner is the player who puts the pebble farthest and springs back up according to the rules.

BALLOON BATTLE

Teams try to pop as many balloons between them without using hands.

BALLOON POPPING

Teams must pop a predetermined number of balloons by sitting on them.

Variation: Boys must make an invention that pops the balloons.

BASEBALL THROW

Boys take turns seeing who can throw a baseball the farthest. Boys could be broken up into groups by rank.

BAT THE BALLOON

Teams line up with members standing side-by-side, separated by the distance obtained when players stretch their arms sideways. Fingertips should touch between players. The first player in line takes an inflated balloon, and bats it towards the second person in line, who bats it to the third person, on down the line and back again. The only rule is this: once the players have taken their stance, they may not move their feet. If a balloon falls to the floor, or if someone moves his feet in an attempt to reach the balloon, the first person in line must run and get the balloon, and take it back to the starting line to begin again.

MORE GAMES AND ACTIVITIES

From the Cub Scout Leader How-To Book

-Various Relays - pages 3-24 to 3-27

-Cub Scout Field Day - pages 6-15 to 6-17

The Pack Meeting

Gathering Activities

Blind Man's Ball

Gather one or two of as many different sports balls as you can find. For each one, get a large enough covered box into which the ball will fit. Cut hand-holes in the side of each box and cover the holes with "curtains" so the players can't see into the box. Label the boxes for identification (e.g., 1, 2., 3. etc.). Have each person feel the ball in the box and figure out what type it is.

Team Logo Geography Quiz

Using the quiz sheet found at the back of this section, ask everyone to identify the cities to which the different sports logos are "home."

Gathering Activity

Set the room up so the boys can demonstrate the different fitness events they have done in the last month.

Nametags

Use pieces of paper that are cut in the shape of a football or a basketball and decorated with the seams usually found on the ball you choose to use

OPENING

Setting: If you are actually conducting an "Olympics" event, you might decide to use the oath as your opening; however, if you are conducting a regular meeting that uses the theme in general, you can use this opening ceremony to recite the Pledge of Allegiance. You can have the American Flag by itself (unfolded and held open by a Den of Cubs) or it can be in position at the front of the room as you normally display it (either hung on the wall or on a pole). Have a single scout assigned to walk up to the flag, hold a corner in his left hand and give the Cub Scout salute as he recites the Pledge for the entire Pack.

June 2008: "Go For The Gold"

Narrator/Cubmaster: At the start of each Olympics, every athlete promises to play fairly and obey all of the Olympic rules. One athlete from the host country takes this oath at the Opening Ceremonies on behalf of all athletes. The oath was written by Baron de Coubertin, and became a part of our Modern Olympic Games in 1920. The chosen athlete holds a corner of the Olympic Flag while repeating the oath:

"In the name of all competitors, I promise that we shall take part in these Olympic Games, respecting and abiding by the rules that govern them, in the true spirit of sportsmanship, for the glory of sport and the honor of our teams."

Tonight we will open our Sports Extravaganza meeting the same way that the athletes begin each Olympics. I ask Cub Scout [Scout's name] to come forward to recite the Pledge in the name of all of Pack [number].

(When the Cub Scout is in position, ask everyone to stand.)

Scouts, attention. Scouts salute.

Cub: (Recites Pledge)

Narrator/Cubmaster: Two.

"My Favorite Sport"

(Boys are dressed in appropriate sports outfits.)

First Cub: Baseball is the game for me
Mitts and gum and batting tees.

Second Cub: Soccer to me is really neat
Shin guards, goals and wearing my cleats.

Third Cub: Swimming is my priority
Backstroke, butterfly and swimming the free.

Fourth Cub: Football is a game renown
Kickoffs, field goals and the touchdown.

Fifth Cub: Now Basketball most definitely has it,
Dribbling, guarding and sinking that basket.

Sixth Cub: Volleyball is what I like
Serving, rotating, and doing the spike.

Seventh Cub: Tennis is a game for all
Serving, faults and very close calls.

Eighth Cub: Golfing on the course is fun
Especially a stroke that's a hole-in-one.

ALL: The games we play have two things we can brag,
Good sportsmanship and our pledge to the flag.

First Cub: Please stand for the Pledge of Allegiance.
Attention. Salute. "I pledge---

Sportsmanship

Props: Thirteen large cards, with the letters S, P, O, R, T, S, M, A, N, S, H, I, and P. Narration on the back.

CM: As Scouts, we often play games and participate in sports activities. Most of us play every game to win. Sometimes we do and sometimes we don't. What's really important, win or lose, is how well we do both. Tonight the Scouts from Den[s] X, Y, and Z [as many Dens as needed to get thirteen boys] have a message for us about the games we are going to play.

S -Smile, even if you hurt inside

P -Pardon those parents who show poor manners

O - Ooze with enthusiasm for your fellow Scouts

R -Respect the feelings of other Cub Scouts

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- T -Try your best and be your best
- S -Satisfaction guaranteed
- M -Master the art of self control
- A -Anger has no place in our meeting
- N -Notice that only one can win
- S -Success will be yours if you do your best
- H -Hush those words of bragging
- I - Insert your "congratulations" to the winner
- P -Play the game for fun!



Physical Fitness Opening

Six Scouts come on stage, carrying various kinds of muscle-building equipment. They exercise and, in turn, speak the following lines.

Cub 1: To keep your body strong and healthy, is more valuable than being wealthy.

Cub 2: When you are fit, you feel so good, and try to do the things you should.

Cub 3: It helps you lend a helping hand, to needy folks around the land.

Cub 4: Eating the right foods is always wise, and everyone needs exercise.

Cub 5: Stand on tip toes, one, two, three. Come on and practice; run with me!

Cub 6: Scouting builds young boys into men, and this is where it all begins.

Deflated Ball

Props: A partially deflated basketball, soccer ball, or volley ball; a hand pump with needle

The Cubmaster calls one scout to come forward and asks him to demonstrate how to dribble the ball. Being deflated, it won't bounce well. Then call forward another scout and have the two scouts use the pump to inflate the ball. Have them both show how well it bounces after being inflated.

CM: That's much better! Now that these Scouts have finished their work, we can play a game. There's a lesson here for all of us. Our bodies are like that ball. If we are not physically fit and pumped up with energy, we can't be ready for anything - not for play, for school, or for work. Like the ball that doesn't have enough air, you don't have the strength or energy to do what you want. Let's all remember to keep your bodies and our minds pumped up so that we're ready for whatever life brings our way.

Pumped Up Opening Ceremony

Have a partially deflated basketball and a pump and a needle.

The Cubmaster has a boy come forward and asks him to dribble the ball. Naturally, the ball will not dribble.

The Cubmaster then asks two other boys to come forward and has them inflate the ball properly.

Cubmaster: has the 1st boy now dribble the ball and says "That's much better. There is a lesson for us here, because if your body is not in proper shape, then it acts just like the flat ball. But when properly readied, it works very well. Pumped up with energy like our ball now is you can participate in sports at a safe and energetic level. Let's all remember to keep our minds and bodies pumped up and ready to go.

Please rise and join me in saying the Pledge of Allegiance."

OLYMPICS OATH OPENING

Setting: If you are actually conducting an "Olympics" event, you might decide to use the oath as your opening. However, if you are conducting a regular meeting that uses the theme in general, you can use this opening ceremony to recite the Pledge of Allegiance. You can have the American flag by itself (unfolded and held open by a Den of Cubs) or it can be in position at the front of the room as you normally display it (either

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hung on the wall or on a pole). Have a single scout assigned to walk up to the flag, hold a corner in his left hand and give the Cub Scout salute as he recites the Pledge for the entire Pack.

Narrator/Cubmaster: At the start of each Olympics, every athlete promises to play fairly and to obey all of the Olympic rules. One athlete from the host country takes this oath at the Opening Ceremonies on behalf of all athletes. The oath was written by Baron de Coubertin, and became a part of our modern Olympic Games in 1920. The chosen athlete holds a corner of the Olympic Flag while repeating the oath:

"In the name of all competitors, I promise that we shall take part in these Olympic Games, respecting and abiding by the rules that govern them, in the true spirit of sportsmanship, for the glory of sport and the honor of our teams."

Tonight we will open our Sports Extravaganza meeting the same way that the athletes begin each Olympics. I ask Cub Scout [Scout's name] to come forward to recite the Pledge in the name of all of Pack [number].

(When the Cub Scout is in position, ask everyone to stand.)

Scouts, attention. Scouts salute.

Cub Scout: (Recites Pledge)

Narrator/Cubmaster: Two.

THE OLYMPICS

Cubmaster: Let the games begin with the grand march into the arena!

(Each den enters, carrying their den flag. Boys may carry flags of different nations they have drawn. Dens stand in a semi-circle around the Cubmaster.)

Cubmaster: Bring on the Olympic flame!

(A solitary runner enters bearing the "flame". He runs around the arena, then hands the flame to the Cubmaster.)

Cubmaster: It is customary in the Olympics for the athletes to recite the Olympic Oath. Tonight our Committee Chairman will lead the Cub Scouts in our version of the Olympic Oath.

Committee Chairman:

Scouts, please make the Cub Scouts sign and repeat after me:

We promise

That we will take part

In these Olympic games

In the true spirit of sportsmanship

And that we will respect and abide

By the rules that govern them

For the glory of the sport

And the honor of our den.

Cubmaster: Let the games begin!

Stories and Audience Participations

It's All In Your Mind

Jumping Jack: Stand up and jump once, say "Boing" and sit back down.

Running Ralph: Stand up, run in place, stomp feet 3 times and say "Zip!" Sit back down.

Computer Charlie: Stand up, swing arms back and forth (like the robot from "Lost in Space") and say, "It Computes, It Computes." Sit back down.

"This is the story about a boy named **Jumping Jack**, and another boy named **Running Ralph**, and still another boy named **Computer Charlie**. These three boys were close friends and they went everywhere together.

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Jumping Jack got his name because everywhere he went he was always jumping over things for no apparent reason except that he liked to jump. You could see all three boys walking around town with **Jumping Jack** jumping over benches, curbs, bushes, fences and almost anything that wasn't too high.

As you may have guessed, **Running Ralph** got his name because he was always running. Maybe his legs were shorter than his two friends and he had to run to always keep up, or maybe he just liked to run.

Computer Charlie got his name because he was a very intelligent boy who excelled at mental skills. Everyone always teased **Computer Charlie** because **Computer Charlie** wasn't very good at sports or as strong as **Jumping Jack** and **Running Ralph**. But this never seemed to bother the three friends because they stuck together no matter what.

One day, **Jumping Jack**, **Computer Charlie**, and **Running Ralph** were on their way to the store when they saw a local bank being robbed. The robber was making his getaway. **Jumping Jack** jumped over the bushes and a fence to get to a neighbor's house to call the police. **RUNNING Ralph** was right behind him. But **Computer Charlie** just stood there, watching the whole thing. Thanks to **Jumping Jack's** jumping and **Running Ralph's** running, the police arrived at the scene in no time at all. They started to ask questions, but **Jumping Jack** and **Running Ralph** didn't know what to say because they had been too busy running and jumping to see what had really happened.

But **Computer Charlie** began telling the police everything they needed to know. He knew the model and color of the getaway car, the license plate number, the direction the robber went, and a description of his clothes and size. His mental skills were a great help to the police.

After reading about the theft in the newspaper, all of the children were so proud of **Computer Charlie**. They never teased him again about his mental skills. They came to realize that **Computer Charlie** was just as important as **Jumping Jack** and **Running Ralph**. Together, by pooling their talents, they were able to accomplish many great things.

Advancement Ceremonies

Awards Announcer

This awards ceremony is intended to resemble a sports announcer. To any and all sports announcers out there, my sincerest apologies!

Submaster: Ladies and gentlemen, welcome to the Pack XX Sports Extravaganza! I will be your sports extravaganza announcer tonight, live from Radio CUBS. This is it—the night you've been waiting for. That four event program of programs that brings together the best of the best. And so we begin.

Our first competition matches the skills and requirements of the Bobcat rank against those determined young men who will stop at nothing to become Cub Scouts. Would our players please come forward with their coaches? [Call forward the Bobcat recipients and their parents.] Sports fans young and old, let me tell you the score. These players have done it all. They've shot and scored three points for learning the Cub Scout Promise, the Law of the Pack, and the Cub Scout Motto. Their triple play came when they learned the Scout sign, handshake, and salute. Finally, not to be stopped, they ran the hurdles learning the meaning of Webelos and worked through the Parents' Handbooks with their folks. It is truly a great evening—no doubt about it! We realize these great athletes wouldn't have made it without the untiring support of their coaches, so in the tradition of good sportsmanship and good Scouting, we ask your parents/coaches to award you your Bobcat badges. [Offer a suitable applause and have them return to their seats.]

The fun and games continue ladies and gentlemen, with our next team—the Wolf Cub Scouts. Tonight's game features XXX Cubs whose RIB counts are way up there (RBI, for those of you who don't know, stands for Requirements In the Bag). [Call forward Wolf recipients and their parents.] These fellas have made some really great shots. They have completed the requirements for their advancement, encompassing 12 different activity areas. Before we award these MVP awards—that's Mighty Valuable People awards—let's get a word from their

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coaches. [Ask parents about the boys' accomplishments. This gives them a chance to brag a little about their sons and lets the boys know how proud their parents really are of them.] Coaches, again we ask you to award your sons their badges. [Offer a suitable applause and have them return to their seats.]

From the B-ball stat sheets (that's the Bear Balloo's status sheets), we have some more scores to announce. The Bears have again won, beating the competition "paws down." Tonight we will recognize some of the key players on the team. [Call forward the Bear recipients and their parents.] This team has been working on its game since the start of the season and it really shows. With no penalties or free throws, these players have won themselves the recognition they deserve for completing the requirements for the Bear rank. The Coaches are standing by to comment. [Again, ask for some parents' feedback.] So there you have it, folks, this looks to be another winning season lining up for the Bear Scouts. [Offer a suitable applause and have them return to their seats.]

And finally, we have our Webelos Scouts who are clearly at the peak of their game. Over the past month the Webelos have racked up more Activity Badges than in any other season on record. [Call off boys' names and their Activity Badge awards. Have them come forward to receive them.] If this type of success continues throughout the playing year, we look for some great things out of our Webelos players. [Offer a suitable applause and have them return to their seats.]

One final acknowledgement for the Webelos team: Tonight we recognize our Webelos MVPs who have been working on their game for quite some time. [Call forward the Webelos recipients and their parents.] When a player works so hard on his game and makes sure he does it right, he can't help but be recognized as an MVP. So it is with our Webelos Scouts who have completed their requirements for the Webelos rank. We know the coaches have been working with the players to reach their goals and to be the best they can be. Maybe we can get some game strategy tips from them. [One more time, take it to the parents for some personal accolades.] At this time we award these Webelos Scouts the Webelos Badge. Parents/coaches, please award these to your sons. [Offer a suitable applause and have them return to their seats.]

Cub Scout Baseball Advancement

Props: A small baseball diamond on the floor in front of audience and the badges to be awarded.

Personnel: Cubmaster, boys to receive awards and their parents.

Cubmaster: Will (names), our new Bobcats and their parents please come forward to the "on deck circle". As you are standing on the "on deck circle" you are at the beginning of the "game" just as you are at the beginning of the Cub Scout trail. Parents accept your son's badge. They are to be sewn on when your son does a good turn.

Cubmaster: Will (names), our Wolf candidates and their parents please come forward. Stand on first base. This represents the first stop on your Cub Scout trail. You worked hard on earning your Wolf, so keep up the good work. Parents here are their badges.

Cubmaster: Will (names), our Bear candidates and their parents please come forward. Your place on our diamond is at second base. This is the second major stop along the Cub Scout trail. Parents accept your son's badge.

Cubmaster: Will (names), the Webelos and their parents please come forward: Your spot is third base. You are almost "home." Keep up the good work and you will have no problem in finishing your trail. You now wear a badge diamond on your shirt to complete that game you need to receive your Arrow of Light. Work hard and you should have no problem.

If you have boys earning the Arrow of Light, their spot is home plate.

"The Athlete Advancement Ceremony"

Props: Cubmaster can select any sport and use appropriate equipment as props throughout this ceremony.

Cubmaster: The fast thing an athlete learns is the basic rules of his chosen sport. When a Cub first enters the Pack, he learns the Bobcat Trail which gives him the fast knowledge he must know to move up the Cub Scout Path.

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Will the following boys and their parents please come forward: (Present Bobcat Awards.)

When a boy has learned the basic rules of his game, he then begins to practice the skills needed to play. He becomes familiar with the sports equipment. Our Wolves have worked on achievements and arrow points as they continue to develop their Cub Scout skills.

Will the following Wolves and their parents please come forward. (Present Wolf Awards.)

The athlete is now ready to concentrate on improving their athletic skills.

Our Bears are like the athlete who increases his knowledge to become more proficient in his game.

Will the following Bears and their parents please come forward. (Present Bear Awards.)

Once the rules have been well learned and the skills have been mastered, the athlete is now ready to advance to a higher level of skill which involves the mental strategy used to fine tune their playing skills. Both physical and mental skills are part of the learning experience of the boys in the Webelos rank.

Will the following Webelos and their parents please come forward. (Present Webelos Awards.)

As our ceremony concludes, we recognize the progress our Cubs have made this past month. The athlete who is dedicated to his sport recognizes the many abilities he has developed within himself. He is knowledgeable of the basic rules and he is dedicated to the practices which develop his ability. The mature athlete has become confident in his ability to play the game, and becomes a leader who shares his knowledge and skill with others on this team. All these traits belong to the boys in our Pack as we see them progress from month to month and year to year. We are proud of these boys and the leaders who guide them along the Cub Scout Trail.

Cub Scout Track Meet

Equipment: A model of a track drawn on a cardboard square on the floor at the front of the meeting room, markings on the model for "Starting Line", "100 Yard Dash", "Mile Run", and "Marathon", badges to be awarded.

Personnel: Cubmaster, boys to receive awards and their parents.

Cubmaster: Will (names), our new Bobcats and their parents please come forward to the "starting line"? As you are standing at the "starting line" you are at the beginning of the "race", just as you are at the beginning of the Cub Scout trail. Parents accept your sons' badges. They are to be sewn on when your son does a good turn.

Cubmaster: Will (names), our Wolf candidates and their parents please come forward. Stand at the end of the "100 Yard Dash". This represents the first stop on your Cub Scout trail. Just as sprinters run a fast race, you too have sprinted hard to earn your Wolf, so keep up the good work. Parents here are their badges.

Cubmaster: Will (names), our Bear candidates and their parents please come forward. Your place at the track meet is the "Mile Run". After learning to sprint, many runners take the next step and run a longer distance. You too have had to run a longer distance and develop strength and stamina to reach the Bear rank. Remember that a steady pace will win the race. Parents accept your son's badge.

Cubmaster: Will (names), the Webelos and their parents please come forward. Your spot is "Marathon". The Marathon is one of the longest races you could ever run. It is also a race often run alone, without the help of coach or partner. In the same way, you have had to run a long race to earn your Webelos rank. You have learned to work on your own and at your own pace. Congratulations on having run the Webelos race. Parents, please accept your son's badge.

Physical Fitness Advancement

Props: Stand with pegs for each rank. Barbell weight (not too heavy) to put on pegs.

CM: As men and women must train to be good athletes, our Cub Scouts must also grow in strength and ability to obtain their rank advancement. At first, athletes start by lifting weights. Tonight, we have [name of Bobcat] who have attained the Bobcat rank. We will ask them to come forward and lift this weight to the Bobcat level.

For a Scout to earn the Wolf rank, he must increase his ability by practicing and developing his Cub Scout muscles in the way that a weight lifter builds weight lifting muscles. Tonight, we have [name of Wolf Scouts] who have trained to earn their Wolf rank. Please come forward and lift the weight to the Wolf level.

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Next we have [name of Bear Scouts], who have earned the Bear rank. They have taken their training to the next level by learning new skills, just as an athlete will practice new exercises to gain strength. Will our Bears please come forward and lift the weight to the Bear level?

When an athlete trains, he has a goal in mind. Our Scouts also have a goal, to earn the Webelos rank. Tonight, we have [name of Webelos] who have attained this goal. We ask them to come forward now and lift the weight to the next level.

Each of you have worked to develop your bodies and minds. This will help you to always do your best. Congratulations!

Getting In Shape Advancement Program

The Cubmaster and Assistant Cubmaster dress up in sporting clothes.

Cubmaster: There are many ways to get into shape. This can include personal exercise to world class sporting contests. But no matter which you do there must be a place to start and that allows growth to meet the end.

Assistant Cubmaster: Cub Scouting includes physical fitness as an important of it's program. Each of the ranks has requirements that challenge boys according to their age.

Cubmaster: Being in good physical shape requires being in good mental shape too. Tonight we are honoring boys who have clearly shown they are "fit and able" to move up the Cub Scouting advancement trail.

Assistant Cubmaster: Will the following boys escort their parent(s) to our advancement gym.

Cubmaster: Hands out the awards starting at Bobcat.

GOLD MEDAL WINNERS ADVANCEMENT

Make a tiered Olympic winner's platform from heavy boxes and place it in the front of the audience. (Test for sturdiness ahead of time.)

Cubmaster: In the Olympics, athletes from all around the world compete for medals. They all DO THEIR BEST. Today we have several Cub Scouts who have taken on the challenge of the achievements and electives for advancement. They, like the Olympic athletes, have done their best. [One at a time, call the boys who are receiving g badges, arrow points, and activity badges forward to stand on the top box of the winner's platform. Parents stand on the lower boxes.] It is my pleasure to present you with your winner's symbol.

Awards could be fastened to gold medals hung on a ribbon. The Cubmaster gives the medal to the parents, who place it around their son's neck. The important thing to remember is that anyone who does his best is a winner.

PHYSICAL FITNESS ADVANCEMENT

Props: Stand with pegs for each rank. Barbell weight to put on pegs (not too heavy).

Cubmaster: As men and women must train to be good athletes, our Cub Scouts must also grow in strength and ability to obtain their rank advancement. At first, athletes start by lifting weights. Tonight we have (name of Bobcats) who have attained the Bobcat rank. We will ask them to come forward and lift this weight to the Bobcat level.

For a Scout to earn the Tiger rank, he must increase his ability by practicing and developing his Cub Scout muscles in the way that a weight lifter builds weight lifting muscles. Tonight, we have [name(s) of Tiger Scouts] who have trained to earn their Tiger rank. Please come forward with your adult partners and lift the weight to the Tiger level.

Next we have [name(s) of Wolf Scouts] who have earned the Wolf rank. They continue to grow and build their muscles as the Tigers do. Will the Wolves who have earned their Wolf rank come forward with their parents and lift our weight to the Wolf level?

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Next we have [name(s) of Bear Scouts], who have earned the Bear rank. They have taken their training to the next level by learning new skills, just as an athlete will practice new exercises to gain strength. Will our Bears please come forward and lift the weight to the Bear level?

When an athlete trains, he has a goal in mind. Our Scouts also have a goal, to earn the Webelos rank. Tonight, we have [name of Webelos(s)] who have attained this goal. We ask them to come forward now and lift the weight to the next level.

Each of you have worked to develop your bodies and minds. This will help you to always do your best. Congratulations!

GETTING IN SHAPE ADVANCEMENT CEREMONY

The Cubmaster and Assistant Cubmaster dress up in sporting clothes.

Cubmaster: There are many ways to get into shape, including personal exercise or world class sporting contests like the Olympics. But, no matter which you do there must be a place to start and a challenge to meet the goal at the end.

Assistant Cubmaster: Cub Scouting includes physical fitness as an important part of its program. Each of the ranks from Bobcat to Arrow of Light has requirements that challenge boys according to their age.

Cubmaster: Being in good physical shape requires being in good mental shape too. Tonight we are honoring boys who have clearly shown that they are "fit and able" to move up the Cub Scout Advancement trail.

Assistant Cubmaster: Will the following boys escort their parent(s) to our advancement gym.

Cubmaster: [Hands out the awards starting at Bobcat...] (There may be other awards than rank awards to award to boys... so you could begin with Cub Scout Academics and Sports awards, etc and then move on into the rank awards.)

Songs

Take Me Out To The Ball Game

(This can be sung in rounds!)

Take me out to the ball game
Take me out to the crowd
Buy me some peanuts and Crackerjacks
I don't care if I ever get back
Let me root, root, root for the home team
If they don't win it's a shame
Cause it's one, two, three strikes you're out
At the old ball game

Sports Song

(Tune: Frere Jacques)

Baseball, Soccer
Baseball, Soccer
Tennis too!
Tennis too!
They are games we play
Almost every day
Will you play too?
Will you play too?

It's Fun to Exercise

Tune: Battle Hymn of the Republic

If I should climb a flight of stairs
I'm absolutely beat
I look just like an elephant
To everyone I meet.
My belly's sticking out so far,
I cannot see my feet,
That's why I exercise!
Jog, or walk, or kick a football
Get you body moving, stand tall.
You'll be fit before you know it. It's fun to exercise!
I am feeling better than I ever did before;
I can now bend over at the waist and I can tough the floor,
I'm no longer having trouble fitting through the door,
It Pays to Exercise!

Fitness

(Sung to the tune: On Wisconsin)

Hurray Cub Scouts! Build your muscles!
Get in shape for play.
When we feel our very best,
We'll do our best each day.
Keep on running, keep on jumping,
Trying to improve.
When we've grown a little older,
We'll remain Scouts on the move.

PLAY BALL

(Tune: Row, Row, Row Your Boat)

First Group:

Catch, catch, catch the ball,
Throw it to first base
Make the play, have a good day,
Put on a happy face!

Second Group:

Bat, bat, bat the ball,
Hit it nice and low.
Watch it roll while you run,
Another point to show!

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Both Groups:

We all love to play,
Every game is fun.
Pitch and bat and run and catch,
Playing ball in the sun.

WHEW W W W

(Tune: Jingle Bells)

Clap your hands, stamp your feet
Let's all stand up please.
Face to the left, face to the right
Now hands on your knees.

Sit down now, stand back up,
Clap your hands two beats.
Now we'll all wipe our brows,
And collapse in our seats.

(Sing several times, each faster)

BUILDING MUSCLES

(Tune: Clementine)

Do a push up, do a pull up,
Do a 30 yard run,
We build muscles as we hustle
All the time we're having fun.

Running broad jump, do a high jump,
Watching our muscles growing strong,
Building muscles in our backyard
That will last a whole life long.

CUB SCOUT SPORTS SONG

(Tune: My Bonnie)

My baseball went over the fence.
My arrows are broken to bits.
My volleyball has been deflated
After riding a horse I can't sit.

Chorus:

Belt loops, belt loops,
I'll earn my sports pin today, today.
Belt loops, belt loops;
My letter is not far away.

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By bicycle has a flat tire
My boomerang just won't return.
They say that I'll lose all my marbles
And I still haven't gotten my turn.

Chorus

My dog ate my ping pong paddle.
My badminton birdie has flown
I sprained my right ankle while jogging
And was stranded ten miles from home.

Chorus

They say that Cub Scout sports are fun.
Someday I would just like to know
I've been wandering around for an hour
Just waiting for my den to show.

Chorus

Skits

One Step At A Time

Characters: Senior Scout (like a Den Chief, Denner, etc.) Junior "Cub" Scouts.

Setting: All Scouts are on stage as the skit starts.

Cub 1: When I grow up I'm going to be the world's greatest broad jumper and jump like this... (Jumps about one foot and falls down.)

Senior Scout: Well, you'll have to remember to take it one step at a time, one step at a time.

Cub 2: Well, I am going to be a high jumper and win a gold medal like this... (Jumps and falls flat.)

Senior Scout: Well just remember that you'll have to remember to take it one step at a time, one step at a time.

Cub 3: Well I am doing to be a world famous baseball player and hit homeruns like this... (Swings and falls.)

Senior Scout: Fine, fine, but remember to take it one step at a time, one step at a time.

Cub 4: I am going to be the world's best slam-dunker (dribbles imaginary ball across stage and slam-dunks it, falling.

Senior Scout: Sure, sure, but remember to take it one step at a time, one step at a time.

Cub 1: Say, what are you going to be when you grow up?

Senior Scout: Why I am going to be the greatest marathon runner that ever lived! (Turns to walk away and trips on shoelace.)

All Cubs: One step at a time! One step at a time!

Athlete of the Year

Cast: 5 cubs are needed (can be rewritten for more)

Props: Carrot, orange, Exercise equipment, "sweat" towels, etc. (Optional)

Scene: Some boys working out - one boy eating.

Boy #1 Hey Joe, come and exercise with us.

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Boy #2 Yes, come on Joe exercise will make you healthy.

Joe: So does eating the right food.

Boy #3 But you've been eating all day.

Joe: You exercise, I'll eat. We'll see who is the healthiest.

Boy #4: OK men, one, two, three, four. Touch those toes.

(All exercise - except Joe)

Boy #4 One, two, three, four. One, two, three, four.

Joe Hey everybody. I'm eating a carrot. I'll be healthier than you.

Boy #2 Carrots are good for you. They have lots of Vitamin A which is good for your eyes.

Joe When I'm through with this carrot, I'm going to eat an orange.

Boy #1 Oranges have Vitamin C which is important to keep us from getting many diseases.

Boy #4 Come on Guys. Let's exercise some more.

Boy #4 One, two, three, four. One, two, three, four.

Joe Don't waste your time. Just eat right and you will be healthy.

Boy #3 You need good food, exercise and sleep to be healthy, Joe.

Boy # 1 We feel really good after this work out. Let's go to the movies.

ALL EXCEPT JOE Yes, let's go!

Boy #3 Are you going with us, Joe?

Joe I don't think so. I've eaten a bowl of cereal, a boiled egg, a ham sandwich, two apples, a celery stick, a green salad, a banana, some meatloaf, a carrot, and an orange. **(Groan)** I feel kind of funny; I'm probably too healthy!!

CUB OLYMPICS

Characters: TV reporter, 4 Cub athletes getting ready for the Cub Olympics.

Props: Frisbee for discus, pole for javelin, bag of cookies, toothbrush and basin of water on stand, fake mike for reporter (can be dressed in suit jacket and have ID for his station on his lapel in large letters)

TV reporter: We're here today to interview the athletes at Pack _____ as they prepare for the challenge of this year's Cub Olympics. As you can imagine, it takes months of training and hard work to get these athletes ready to compete. Let's see how they are preparing themselves for the big competition. (turns to Cub #1 with microphone) Tell me, how are you getting ready for your event in the Olympics?

Cub Scout #1: I'm practicing my throw for the discus event. (demonstrates how to throw discus using Frisbee)

TV reporter: Great form! (turns to Cub #2) and you -- can you tell us how you are preparing to compete?

Cub Scout #2: I'm polishing my javelin for the javelin throw (polishes pole with a rag.)

TV reporter: Good luck! (turns to Cub #3) What are you doing today?

Cub Scout #3: I'm practicing for the standing broad jump. (does a couple of practice jumps)

TV reporter: Fine! (turns to Cub #4) And what are you doing to train for the Olympics?

Cub Scout #4: I'm brushing my teeth! (uses basin of water and toothbrush --pretends to brush teeth)

TV reporter: Brushing your teeth! What Olympic event could you possibly be training for?

Cub Scout #4: I'm training for the International Olympic Cookie - Eating event! (pulls out bag of cookies and stuffs some in his mouth.)

ONE STEP AT A TIME

Character: "Senior" Scout (Den chief, Denner, Webelos), Junior Scouts

Setting: All Scouts are on stage as skit starts.

Cub Scout #1: When I grow up I'm going to be the world's greatest broad jumper and jump like this (jumps about 1 foot and falls down)

Senior: Well, You'll have to remember to take it one step at a time, one step at a time..

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Cub Scout #2: Well, I'm going to be a high jumper and win a gold medal like this (jumps and falls flat).

Senior: Well just remember that you'll have to take it one step at a time, one step at a time.

Cub Scout #3: Well, I'm going to be a world famous baseball player and hit homeruns like this (swings and falls)

Senior: Fine, fine, but remember to take it one step at a time, one step at a time.

Cub Scout #4: I'm going to be the world's best slam dunker (dribbles imaginary ball across stage and slam-dunks it, falling)

Senior: Sure, sure, but remember to take it one step at a time, one step at a time.

Cub Scout #1: Say, what are you going to be when you grow up?

Senior: Why, I'm going to be the greatest marathon runner that ever lived! (Turns and starts to walk away, but trips over show lace)

All Cub Scouts: ONE STEP AT A TIME...ONE STEP AT A TIME!

SPORTSMANSHIP SKIT

(could also be an opening ceremony)

Materials: Large cards with the letters S P O R T S M A N S H I P. You'll need the Cubmaster and 13 Cub Scouts, each with one letter. As the Cubmaster reads the letters, the boys show their cards and hold them up for the rest of the ceremony.

Cubmaster: Whenever we compete in a sports event, we need to remember something very important. We'll do it with a spelling lesson.

S is for smiling, even if you hurt inside.

P is for pardoning parents who may show poor manners.

O is for oozing enthusiasm for you and your fellow den members.

R is for respecting the feelings of other Cub Scouts.

T is for trying your best and

S is for being satisfied with yourself

M is for mastering self-control.

A is for anger, which has no place in our meetings.

N is for noticing that sometimes only one can win.

S is for success in doing your best.

H is for hushing boastful words.

I is for inspiring us to congratulate the winner.

P is for playing for fun.

Cubmaster: Let us remember the word "Sportsmanship" during our Olympics tonight.

Stunts and Applauses

TOUCHDOWN CHEER

Quickly throw both arms up into the air with fingers close together pointing upward (as if to signal a touchdown) and yell and scream and cheer.

POLE VAULT CHEER

Stand two fingers of one hand on other arm like legs. Have them run down the arm to the wrist and then leap into the air. As the hand comes down, CLAP!

STRONG MAN CHEER

Lift imaginary weights to arms length - grunt

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Lift imaginary weights to chest height - grunt
Lift imaginary weights to above head - grunt and cheer!!

BALL CHEER

Hold any kind of ball in your hands. When you are holding the ball, everyone is quiet. When the ball leaves your hands, everyone goes wild and cheers. Try bouncing the ball, faking a throw, or tossing it to another person.

JOKES/RUN ONS

OLYMPIC DRAMA

Have den line up on stage. One Scout steps forward and announces that this is the first international exhibition of a new Olympic event. This is the cue for the rest of the Scouts to grin as wide as possible. The narrator announces that this was the Standing Broad Grin.

HOLDING A BAT

Cub Scout #1: Do you know how to play ball?
Cub Scout #2: Yes, of course!
Cub Scout #1: How do you hold a bat?
Cub Scout #2: By the wings!

SKATE?

Cub Scout #1: Can you skate?
Cub Scout #2: I don't know. I can't stand up long enough to find out!

STADIUM SEATS

Cub Scout #1: Why are baseball stadium seats so cold?
Cub Scout #2: Because FANS sit in them!

HARD TO CATCH

Cub Scout #1: What is harder to catch the faster you run?
Cub Scout #2: Your breath!

LOUD SPORT

Cub Scout #1: Why is tennis such a loud sport?
Cub Scout #2: The players raise a racquet.

THE RACE

Cub Scout #1: "If you were in a race and passed the person in 2nd place, what place would you be in?"
Cub Scout #2: 2nd place!

Closing Ceremonies

Sportmanship

We hear a lot of talk about being a good sport, but just what does it mean? A good sport learns the rules so he will not violate them. He competes with all his heart striving to outclass his competitors. If he wins, he doesn't act smug but instead compliments the losers for the fine showing they made. If he loses, he should accept the fact and find out why. Maybe he can win the next time. A sportsman accepts defeat, congratulates the winners, studies how to improve, and determines to do better the next time.

Keeping Fit

Cub Scouts, I hold in my hand a pocketknife. This is a valuable tool because it can be used for many useful things. It is a dependable tool as long as the blade is kept sharp and free from rust and the working parts are in good condition. But, if it is neglected and becomes dull and rusty, it can be a dangerous tool. The same principle

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can be applied to ourselves. We have a body, which when kept in good condition, will serve us well. If we get plenty of exercise, eat the proper foods, and have good health habits, we will be able to enjoy to the fullest the things we do. But if we fail to take care of ourselves, we can become rusty and dull like the neglected knife. Do your best to keep fit!

Motivational Quotes

You have to expect things of yourself before you can do them.

- Michael Jordan, Basketball Player

Do not let what you cannot do interfere with what you can do.

- John Wooden, UCLA Basketball Coach

Most games are lost, not won.

- Casey Stengel, Baseball Coach

The minute you start talking about what you're going to do if you lose, you have lost.

- George Shultz, U.S. Secretary of State

You have no control over what the other guy does. You only have control over what you do.

- A J Kitt, Downhill Skier

My motto was always to keep swinging. Whether I was in a slump or feeling badly or having trouble off the field, the only thing to do was keep swinging

- Hank Aaron, Baseball Player

The will to win is important, but the will to prepare is vital.

- Joe Paterno, Football Coach

Ask not what your teammates can do for you. Ask what you can do for your teammates.

- Magic Johnson, Basketball Player

Set your goals high, and don't stop till you get there.

- Bo Jackson, Baseball & Football Player

It's not necessarily the amount of time you spend at practice that counts; it's what you put into the practice.

- Eric Lindros, Hockey Player

Show me a guy who's afraid to look bad, and I'll show you a guy you can beat every time.

- Lou Brock, Baseball Player

The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.

- Vince Lombardi, Football Coach

The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime.

- Babe Ruth, Baseball Player

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.

- Vince Lombardi, Football Coach

Winners never quit and quitters never win.

- Unknown

Closing Thought

Your body is a wonderful machine, but like any complicated piece of equipment it requires care and attention. A car needs oil and gas to run. Your body requires good food for energy. An engine needs routine maintenance. Your body needs yearly check ups. Healthy food, exercise, and plenty of rest are basic ingredients

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for a healthy body. With proper care, a car will run for many years. With wise healthy choices, your body will last a lifetime! Live long and healthy!

Honesty

Lord Baden-Powell, the founder of Scouting, said:

"Honesty is a form of honor. An honorable man can be trusted with any amount of money or other valuable with the certainty he will not steal it."

When you feel inclined to cheat in order to win a game, just say to yourself, "It's just a game. It won't kill me if I don't win." If you keep this thought with you, you will not need to cheat because you will have something better than a win; you will have honor.

The Pocketknife

Cub Scouts, I hold in my hand a pocketknife. This is a valuable tool because it can be used for many useful things. It is a dependable tool as long as the blade is kept sharp and free from rust, and the working parts are kept in good condition. But, if it is neglected and becomes dull and rusty, it can be a dangerous tool. The same principle applies to us. We have a body which, when kept in good condition, will serve us well. But, if we fail to take care of ourselves, we can become rusty and dull like a neglected pocketknife. As we leave tonight's meeting, try to remember to Do Your Best to keep fit.

Closing Ceremony

Sportsmanship is so very critical for our youth today. Setting the example at any sporting event is so important. Few people realize only $\frac{1}{2}$ of 1 % of the children in sports ever even make a high school varsity team. The value of a healthy mind and body is the outcome we should all remember. Good attitudes in weather winning or loosing is the extravaganza we all should revel in. Good night Scouts.

Cubmaster's Minutes

SPORTS CLOSING THOUGHTS

The world has many people in it who think it is a national calamity if they lose a contest. They lose their temper and act like bad sports. A good sport will do his best and, if he loses, look to the next game to do better and try to win.

A Cub Scout can learn to be a better boy if he remembers not to be a bad sport. You cannot always have your way, but, if you can learn to let some things run off you like water off a duck's back, you will be a lot happier.

Work while you work, play while you play; one thing at a time, that is the way. All that you do, do with all your might; things done halfway are not done right.