



BALOO'S BUGLE

Volume 15, Number 11

June 2009 Cub Scout Roundtable



July 2009 Cub Scout Theme

BE A SPORT

Tiger Cub Activities

Webelos Aquanaut & Geologist

FOCUS

Cub Scout Roundtable Leaders' Guide

When you play a sport, it is important to do your best, it is also important to be a "good sport." This month, Cub Scouts will play their favorite sports and learn to play other games they have never played before. They will develop good sportsmanship and learn to work well with others. A pack might have a sports day for the boys and families. What a great opportunity to start working on one or more sports belt loops and pins!!!

CORE VALUES

Cub Scout Roundtable Leaders' Guide

Some of the purposes of Cub Scouting developed through this month's theme are:

- ✓ **Sportsmanship & Fitness**, Boys will develop better sportsmanship while growing strong in mind and body.
- ✓ **Personal Achievement**, Boys will have a chance to improve their skills in their chosen sport
- ✓ **Respectful Relationships**, Boys will learn to work with others and understand that everyone has unique skills.

The core value highlighted this month is:

- ✓ **Perseverance**, Boys will realize that they must practice their skills in order to improve in their sport.

Can you think of others??? Hint – look in your **Cub Scout Program Helps**. It lists different ones!! All the items on both lists are applicable!! You could probably list all twelve if you thought about it!!

Character Connections Ideas from Program Helps

Sam Houston Area Council



Perseverance. Learning a new sport and improving one's skills requires patience and determination.

Cooperation. Many sports give boys practice in working together as a team.

COMMISSIONER'S CORNER

This is a sports theme. Don't be too aggressive. Have them play their best and always keep in mind the Young Athlete's Bill of Rights -

Young Athlete's Bill of Rights

Cub Scout Program Helps 2008-2009, 2 JUL 09

Review and consider each point of the Young Athletes' Bill of Rights (found in the Cub Scout Academics and Sport Program Guide):

1. The right to participate in sports.
2. The right to participate at his own level of ability and maturity.
3. The right to have qualified adult leadership.
4. The right to a safe and healthy environment.
5. The right to share in leadership and decision making.
6. The right to play as a child, not as an adult.
7. The right to proper preparation.
8. The right to an equal opportunity to strive for success.
9. The right to be treated with dignity.
10. The right to have fun in sports.

How do you integrate Cub Scout Sports into your pack meeting? Take bits and pieces and add them to your program. For an opening game, have the Cub Scouts do stretching activities. For a fun middle activity, play a game of baseball, kickball, soccer, or whatever sport. For a closing, discuss sportsmanship and one or more points of the Young Athletes' Bill of Rights.

Looking Ahead

This is the time to plan your pack calendar for the next year. To help you out I have included a listing of the 2009-2010 themes in Baloo's Bugle. Cub Scout Program Helps 2009-2010 should be out by now. Plan the pack calendar for the coming school year. Make your membership coordinator aware of leadership positions needed to provide a full year of fun Cub Scout activities. Second-year Webelos Scouts will benefit from interaction with several local troops as they observe those Boy Scout Troop activities.

It was good to be back home for my own RT last month. Had a great time.

Getting ready for Webelos Resident camp now.

Fast Tracks

Our pack was chosen to be a trial user this year and so I have been looking over the material on National's website under Fast Tracks. This is a different approach to advancement that National has been trying out with selected units. You can get the info at

<http://www.scouting.org/CubScouts/FastTracks.aspx>

It puts more advancement in Den Meetings and makes the parents part a little more defined. Instead of saying to the parents, "You should do something in the book with your son this week," you would say, "You need to do Achievement 42, parts t, u, and v, this week because next week" The meetings seem really "power packed" with activity. The boys stay really involved. Check it out!

**Months with similar themes to
Be A Sport**

Dave D. in Illinois

See the double asterisk (**) by the September 1939 theme?? September 1939 was the very first month Cub Scouts started using themes. And **Cub Olympics** was the first theme. CD

Month Name	Year	Theme
September	1939	Cub Olympics **
August	1945	Sports
August	1950	Cub Scout Olympics
August	1953	Sports Carnival
August	1956	Cub Scout Field Day
June	1960	Cub Scout Olympics
June	1964	Cub Scout Olympics
June	1966	Sports Carnival
July	1968	Cub Scout Olympics
June	1970	Olympics
August	1970	Cub Scout Field Day
July	1972	Cub Scout Olympics
June	1975	Sports Carnival
June	1979	Learn a Sport
June	1990	Sports Arena
August	2002	Sports Extravaganza
July	2005	Play Ball!
June	2008	Go For The Gold

THOUGHTFUL ITEMS FOR SCOUTERS

Thanks to Scouter Jim from Bountiful, Utah, who prepares this section of Baloo for us each month. You can reach him at bobwhitejonz@juno.com or through the link to write Baloo on www.usscouts.org. CD

Roundtable Prayer

CS Roundtable Planning Guide

Thank you, Lord for the opportunity you have given us to work with the youth. Give us strength and stability so we can help them learn good sportsmanship and to respect the

feeling of others. Guide us so we can be good examples for the Cub Scouts, Amen.

Sam Houston Area Council

We ask You to please us to be humble in victory and gracious in defeat. Help us to play fairly and to do our best. Amen.

Do Your Best

Scouter Jim, Bountiful UT

You learn you can **do your best** even when its hard, even when you're tired and maybe hurting a little bit.

It feels good to show some courage.

Joe Namath

The Cub Scout Motto is "**Do Your Best.**" It isn't "Practically Perfect in Every Way," it is "**Do Your Best.**" Most Cub Scouts won't become professional athletes or make millions of dollars playing sports. That is not what it is all about. It is about **Doing Your Best.**

I know a young women of Venturing Age who has a pile of softballs on her dresser. More than twenty. The value of that collection of balls, brand new is maybe one hundred dollars. All are used and the value now is only maybe a few dollars, for someone who has a use for them. She keeps them not for their great monetary value. In the league she plays in, it is the practice to give the hitter any Homerun Balls they hit. They are symbols of her accomplishments.

I know many Cub Scouts whose Scouting Belt is nearly full of Sports and Academic Belt Loops. There are currently 23 Sports Activity Belt Loops and Pins and 17 Academic Belt Loops and Pins for a total of 40. Some of these boys have very little room an their belts. The value is a few dollars new, and used, very little if anything at all. These boys aren't concerned with how much they cost to buy or what the could get selling them. They are symbols of accomplishments and activities they enjoyed with fellow Cub Scouts, family, or friends. If they were to earn all of the belt loop and wanted to wear them all, they would have to wear more than one belt like a bandolier, across their chest.

The 23 sports activity areas are: Archery, BB Gun Shooting, Badminton, Baseball, Basketball, Bicycling, Bowling, Fishing, Flag Football, Fitness, Golf, Gymnastics, Ice Skating, Marbles, Roller Skating, Snow Ski and Board Sports, Soccer, Softball, Swimming, Table Tennis, Tennis, Ultimate, Volleyball.

The 17 academics activity areas are : Art, Astronomy, Chess, Citizenship, Collecting, Communicating, Computers, Geography, Geology, Heritages, Language & Culture, Map & Compass, Mathematics, Music, Science, Weather, Wildlife Conservation.

It isn't necessary to Cub Scouts to be great at a sport to earn the belt loop or pin, it isn't necessary for them to even be good. It is only necessary for them to **do their best.** Doing their best is good enough for Cub Scouting, and it should be good enough for their parents and leaders.

Sports is a way for boys to learn to enjoy certain physical activities and learn to live a healthy lifestyle. It is a way to

associate with other boys in something they all enjoy. It isn't always about wining. The problem is adults try to live out their own "youth," through the lives of the boys. In the many years I have done officiating, it is not the athletes that are the biggest problems on the fields, it is the coaches and the fans. The athletes understand that a game is still a game. We have all seen "Little-league parents," and seen new stories, when they get out of control and do dumb things.

Boys are around adults as role models and learn of the great rivalries in sports. They see the improper actions of adults and the way they lose the spirit of sportsmanship when they let emotions rule their bodies. The best way to teach boys to be "Good Sports" is by example. As long as boys and other athletes we watch are doing their best, it shouldn't matter what the outcome is, after all "Sports is really still a game." Practice good sportsmanship and teach it to the boys.

Quotations

Quotations contain the wisdom of the ages, and are a great source of inspiration for Cubmaster's minutes, material for an advancement ceremony or an insightful addition to a Pack Meeting program cover

You learn you can **do your best** even when its hard, even when you're tired and maybe hurting a little bit. It feels good to show some courage. [Joe Namath](#)

Champions keep playing until they get it right.

[Billie Jean King](#)

Show me a guy who's afraid to look bad, and I'll show you a guy you can beat every time. [Lou Brock](#)

Don't look back. Something might be gaining on you.

[Satchel Paige](#)

If at first you don't succeed, you are running about average.
[M.H. Alderson](#)

It is a rough road that leads to the heights of greatness.
[Seneca](#)

Adversity cause some men to break; others to break records.
[William A. Ward](#)

Sweat plus sacrifice equals success. [Charlie Finley](#)

It's not the size of the dog in the fight, but the size of the fight in the dog.

[Archie Griffin, two-time Heisman winner \(5' 9" tall\)](#)

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](#)

Besides pride, loyalty, discipline, heart, and mind, confidence is the key to all the locks. [Joe Paterno](#)

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](#)

You have to expect things of yourself before you can do them. [Michael Jordan](#)

Do not let what you cannot do interfere with what you can do. [John Wooden](#)

Set your goals high, and don't stop till you get there.
[Bo Jackson](#)

I learned that if you want to make it bad enough, no matter how bad it is, you can make it. [Gale Sayers](#)

The difference between the impossible and the possible lies in a mans determination [Tommy Lasorda](#)

Luck is what happens when preparation meets opportunity. [Coach Darrel Royal](#)

If you can believe it, the mind can achieve it. [Ronnie Lott](#)
The principle is competing against yourself. It's about self-improvement, about being better than you were the day before. [Steve Young](#)

Courage is resistance to fear, mastery of fear, not absence of fear. [Mark Twain](#)

Ingenuity, plus courage, plus work, equals miracles.
[Bob Richards, Pole Vaulter](#)

It's what you learn after you know it all that counts.
[John Wooden](#)

Great works are performed not by strength but by perseverance. [Samuel Johnson](#)

I always turn to the sports section first. The sports page records people's accomplishments; the front page has nothing but man's failures. [Earl Warren](#)

An athlete cannot run with money in his pockets. He must run with hope in his heart and dreams in his head.
[Emil Zatopek](#)

Sport is a preserver of health. [Hippocrates](#)

"The coach will teach you how to score on the court, but education is how you score in life."

[Jamie Gladden, Xavier University](#)

It is not how big you are, it's how big you play.

[Author Unknown](#)

Motivational Quotes

York Adams Area Council

Most games are lost, not won.

[Casey Stengel, Baseball Manager](#)

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](#)

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](#)

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](#)

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](#)

Sam Houston Area Council

It is your response to winning and losing that makes you a winner or a loser. [Harry Sheehy](#)

Love never fails, character never quits, and dreams do come true. [Pete Maravich](#)

It's not up to anyone else to make me give my best.

[Hakeem Olajuwon](#)

The probability that we may fail in the struggle ought not to deter us from the support of a cause we believe to be just.

[Abraham Lincoln](#)

Win or lose, do it fairly. [Knute Rockne](#)

Never look down on anybody unless you're helping him up.

[The Reverend Jesse Jackson](#)

The answers to these questions will determine your success or failure.

1) Can people trust me to do what's right?

2) Am I committed to doing my best?

3) Do I care about other people and show it?

If the answers to these questions are yes, there is no way you can fail. [Lou Holtz](#)

TRAINING TIP**Cub Scouting Communication**

[Bill Smith, the Roundtable Guy](#)

Cub Scouting Communication

Good communication has always been essential in making the Cub Scout program successful. Our Cubmasters and den leaders get a constant flow of program ideas. They are the perpetual consumers of new games, projects, ceremonies, places to go and what to do. Running a pack or a den is not entirely intuitive; one usually needs help. Even if you start with a good supply of wondrous plans, it is amazing just how quickly the well runs dry and you are off to Roundtables, Pow Wows and anywhere else you can learn a new skit or magic trick.

Monthly Roundtables continue to be the best venue for communicating program information to Cubmasters and den leaders. They provide the most effective media for getting the Cub Scouting program to the packs. When you attend a Roundtable, you employ more of your senses; you hear things, you see things, you do things. You experience the fun of games, the awe of ceremonies, and the satisfaction of acquiring a new skill. And it happens every month in each district so the information is timely and local.

At least that's the way it should be.

I would guess that many of us have gone to one or more Roundtables where these hardly happened at all. I have sat through some long boring series of announcements, harangues and diatribes by pompous district officials, wondering all the time, if this is the way we are supposed to punish our Cub Scouts.

I have also gone to great Roundtables filled with exciting and informative events where everything I experienced served as models for just how pack and den meetings should be.

Also many – maybe most – good Cub Scout program ideas originate in packs and dens. Somehow these ideas need to reach other leaders. Someone needs to collect them and then

communicate them to a central point and then reverse the information flow back to the rest of the Cub Scout universe.

How Does It Really Work?

Many years ago, I served as a member of a national Cub Scouting task force looking into the effectiveness of communication in our program. We looked into how information flows through the various levels, the committees and such, to reach the people who needed it and used it. A lot of our work focused on how den leaders and others in Cub Packs got the program. Did they get it from books or other publications or from people? If from people, then how did those folks get it? As best we could, we followed the trail back to its source, usually, but not always, to some national committee.

We learned that good old [Program Helps](#) was the most reliable source that pack leaders used. It was a direct channel from National and despite the limited size and long (almost a full year) lead time, Cubmasters, den leaders, RT staff and Commissioners cited it as their prime source of program ideas.

We were dismayed to learn that very little of use got to the same people via the official channels of their councils – either from the Scout Exec's packet or from the Region Offices. A lot of information started that way but much seemed to get lost as it filtered through the various levels of council and district organizations. We also found that there was very little reverse flow unless someone deliberately visited packs to see what good stuff was going on.

Another surprise was that lots of information flowed through a sort of good-old-boy network formed by associations formed at Cub Scout Wood Badge and, to a lesser extent, at Philmont Training Courses. It seemed that friendships that originated there spanned council and even region boundaries. As more and more district Cub Scouters attended these courses, it was amazing to see how few degrees of separation existed between many den leaders and members of national committees. Many unit people could call on a district worker who was part of the network and were themselves in contact with someone on a National group. Telephone communication was rampant. Information flow was quick and surprisingly accurate.

"Sunday's on the phone to Monday,

Tuesday's on the phone to me." © P. McCartney.

When Wood Badge changed from a regional to a local council affair, this network began to fade. People changed, contacts faded and this process lost its importance.

Enter the Internet

Scouting discovered the internet around 1990. Forums, such as [Scouts_L](#), were active and gradually attracted Cub Scouters. Later that decade more forums dedicated to Cub Scouting began to appear on AOL, Yahoo and other sites. These quickly replaced the good-old-boy network as resources where leaders could ask a question and quickly get an answer. The forums were often monitored by knowledgeable Scouters from all Scouting levels who helped regulate the tone and accuracy of discussions.

Forums were also efficient at two way communication and have effectively solved the problems of spreading ideas that originate in even the remotest packs or dens.

Large web sites like USSSP emerged to provide all sorts of great ideas, categorized and sortable to make searching easy, and support to various parts of the program. About the same time, many local councils and units also developed their own web sites. Significant among these was *Baloo's Bugle* started by Chris Reisel as a district Cub Scout Roundtable service.

The National organization slowly joined the cyber world, first with *Scoutnet* and then with a quiet web site offering limited information and little interactive service. In the last few years, this has markedly changed. We now have online training and Program Helps, podcasts such as Cubcast at <http://www.scouting.org/CubScouts/Cubcast.aspx>, *Scoutstuff*, and charter renewals.

Scouting Community is a recent addition to the growing National menu of online services. This is a service a bit similar to *Facebook* or *Twitter* but limited to BSA members. With already some 16,000 members, it is scheduled to end its test phase as I write this and become part of the official BSA communication service. If you haven't yet, [register](#).

But We Still Need Roundtables

No written or online communication can replace Roundtables. Nothing beats getting together with real people, singing real songs, playing real games and having real discussions. Could you possibly imagine online den meetings or pack meetings that exist only on paper?

No, we need face-to-face Roundtables to serve as models for face-to-face Cub Scout meetings.

But Roundtables need to improve. There are reasons why so many Roundtables fail to properly serve our Cub Packs. Here are some things that might help.

- Local Councils must provide better training for Cub Scout RT Commissioners and staff. The people who put on the shows have to know and buy into the Roundtable mission. There is a solid, useable [training manual](#) that, unfortunately, is rarely implemented. If we want pack and den meetings to improve, we must select strong communicators and then train them to put on Roundtables that meet the critical needs of our den and pack leaders.
- District leadership must stop using Roundtables as opportunities to grandstand their own personal agendas. The RT serves the unit leaders: the den leaders and Cubmasters. It's not there to sell popcorn, promote FOS or conduct other district business. Key3 members are often too lazy to use other available tools and see the RT as a convenient shortcut at the expense of unit leaders' time and effort.
- National needs to beef up its Roundtable support. When I visit roundtables around the country, the magic words are *Baloo's Bugle*. Dave, and Chris before him, have put out this service almost single-handedly for more than a dozen years now to the delight and appreciation of a thousand or more RT staffs. There is

no reason why National can not provide a similar service to its people. The *Roundtable Guide* should be online and the online versions of both it and *Program Helps* should be expanded with full archives going back decades, lots of links and search capabilities. Disc space and bandwidth are cheap these days – there is no need to limit the size as it is with the paper editions. RT staffs want items like games, ceremonies and clip art that they can copy and paste into handouts and Power Point presentations. Why isn't the *Cub Scout Song Book* online with mp3 or midi audio? These are things National could supply.

I am overjoyed to see the improvements that National and local councils are making to improve communication. I know that it is a tough job with all sorts of complex channels and media to explore. The people who make the decisions and allocate the funding will need lots of cooperation and advice. Not everything they try will work the way they want it to. Yet I'm very optimistic!

On the other hand, I'm growing old and feeble and I'd really like see the day when my own web site is no more needed nor visited. So let's start communicating.

What are YOU going to do now?

***Be a S.T.A.R. - Scouter That Attends Roundtable
-And help make yours one of the best!!***

***The best gift for a Cub Scout.....
.....get his parents involved!***

✓ ***Also, be sure to visit Bill's website
<http://www.wtsmith.com/rt>***
to finds more ideas on everything Cub Scouting.

***Have any [Comments for Bill](#)
just click right here!***

PACK ADMIN HELPS

**Outdoors With Kids
Ten Camping Commandments to
Build Excitement Outdoors**

*Sent by Alice @ Golden Empire Council
From -*

http://gorp.away.com/gorp/publishers/foghorn/camp_kid.htm

CDs Note - There are some great ideas here. However, this item was written for families going camping. Not for Packs going Family Camping as Cub Scouts. Some of the items listed are against BSA policy for Packs to do (e.g., shooting activities)

How do you get a girl or boy excited about the outdoors? How do you compete with the television and remote control? How do you prove to a kid that success comes from persistence, spirit and logic, which the outdoors teaches, and not from pushing buttons?

The answer is in the Ten Camping Commandments for Kids. These are lessons that will get youngsters excited about the outdoors, and will make sure adults help the process along, not kill it. Some are obvious, some are not, but all are important:



1. Trips with children should be to places where there is a guarantee of action. A good example is camping in a park where large numbers of wildlife can be viewed, such as squirrels, chipmunks, deer and even bear. Other good choices are fishing at a small pond loaded with bluegill, or hunting in a spot where a kid can shoot a .22 at pine cones all day. Boys and girls want action, not solitude.
2. Enthusiasm is contagious. If you aren't excited about an adventure, you can't expect a child to be. Show a genuine zest for life in the outdoors, and point out everything as if it is the first time you have ever seen it.
3. Always, always, always be seated when talking to someone small. This allows the adult and child to be on the same level. That is why fishing in a small boat is perfect for adults and kids. Nothing is worse for youngsters than having a big person look down at them and give them orders. What fun is that?
4. Always show how to do something, whether it is gathering sticks for a campfire, cleaning a trout or tying a knot. Never tell—always show. A button usually clicks to "off" when a kid is lectured. But they can learn behavior patterns and outdoor skills by watching adults, even when the adults are not aware they are being watched.
5. Let kids be kids. Let the adventure happen, rather than trying to force it within some preconceived plan. If they get sidetracked watching pollywogs, chasing butterflies or sneaking up on chipmunks, let them be. A youngster can have more fun turning over rocks and looking at different kinds of bugs than sitting in one spot, waiting for a fish to bite.
6. Expect young peoples' attention spans to be short. Instead of getting frustrated about it, use it to your advantage. How? By bringing along a bag of candy and snacks. Where there is a lull in the camp activity, out comes the bag. Don't let them know what goodies await, so each one becomes a surprise.
7. Make absolutely certain the child's sleeping bag is clean, dry and warm. Nothing is worse than discomfort when trying to sleep, but a refreshing sleep makes for a positive attitude the next day. In addition, kids can become quite scared of animals at night. The parent should not wait for any signs of this, but always play the part of the outdoor guardian, the one who will "take care of everything."
8. Kids quickly relate to outdoor ethics. They will enjoy eating everything they cook, building a safe campfire and picking up all their litter, and they will develop a sense of pride that goes with it. A good idea is to bring extra plastic garbage bags to pick up any trash you come across. Kids long remember when they do something right that somebody else has done wrong.

9. If you want youngsters hooked on the outdoors for life, take a close-up photograph of them holding up fish they have caught, blowing on the campfire or completing other camp tasks. Young children can forget how much fun they had, but they never forget if they have a picture of it

10. ***The least important word you can ever say to a kid is "I."*** Keep track of how often you are saying "Thank you" and "What do you think?" If you don't say them very often, you'll lose out. Finally, the most important words of all are: "I am proud of you."

Cub Scout Monthly Themes for 2009-2010

SEPTEMBER 2009 - CUB SCOUT POCKETS -

Character Connection: Compassion

What can possibly be in a Cub Scout's pocket? What is in a boy's pocket can tell a lot about who he is and what he likes. The boys can share and show off their collections and maybe even start a new one! Put some marbles in the boy's pockets and teach him how to play the game of marbles. Pick an interest of the boys and go on a field trip to explore and learn about it. Maybe a trip to a rock quarry in search of fossils, or a nature hike around the den meeting site to pick up items. This is also a great month to educate the boys on what can go on their uniform and then make some goals to accomplish their rank advancement, special awards, belt loops and pins, and involvement in camps and council events. This might be a good month to work on the Collecting or Marbles belt loop and pin.

OCTOBER 2009 - JUNGLE SAFARI - Character Connection: Resourcefulness

Help boys discover fun and adventure in the wilds of Scouting. Take them on a month-long safari. Learn why Africa is special to our founder Lord Baden-Powell. Find out how the Jungle Book story connects to Scouting. Use it and its characters to highlight den meeting games, crafts, and costumes for the pack meeting. Learn about the things you need if you are going on a safari and how would you survive. What do Scouts in Africa do? What are their uniforms like? Take a den trip to a local zoo, animal rescue facility, or wildlife refuge. Work on the Cub Scout Outdoor Activity Award or the Wildlife Conservation Academic belt loop and pin.

NOVEMBER 2009 - CUB SCOUT SALUTE -

Character Connection: Respect

This month Cub Scouts salute those heroes who help keep us safe and secure each and every day. Can only adults be heroes? Heroes are often ordinary kids who did something out of the ordinary! A den can decide what makes a hero and who the heroes of tomorrow might be by looking at people they know today. Learn about heroes in your own community, as well as Scouting heroes who have earned BSA heroism awards. Have your Cub Scouts invite their hometown heroes to a den or pack meeting. Perhaps your den can become "silent heroes" by performing service for others without seeking any recognition. Visit a fire station, veteran's hospital (Veterans Day is this month), police station, or teacher's classroom and learn about their heroic deeds and reciprocate with a "Scout salute" for their

contributions. You might work on the Citizenship belt loop and pin.

DECEMBER 2009 - WORKS OF ART -

Character Connection: Faith

December is a time of celebration and giving. This is a perfect month for involving friends in doing good deeds and creating holiday magic through art. Cub Scouts use their artistic abilities to create holiday decorations, gifts, or cards. This artwork might be put on display in nursing homes, in churches, schools, or homes, and at the pack meeting or at a meeting of the chartered organization. Boys can make cards and ornaments and share them with residents of a local nursing or retirement home, children's hospital, or community center and do a "Good Turn for America." Boys can discover different forms of art, write poems, attend a musical or performing art show, or visit a local art museum. Works of art can become gifts for family members. The Academic belt loop or pin in Art or Music could be worked on in conjunction with these projects.

JANUARY 2010 - POWER UP! -

Character Connection: Responsibility

Boys explore the science of energy through solar, electrical, and wind power and how this energy is used in their everyday lives. They can explore different ways to conserve energy and protect the world we live in. Work on the Science or Weather belt loop and pin. Boys can invite friends to join in the pinewood derby and discover the power behind those little cars. What types of things are powered up by the flip of a switch? A field trip to the local water works or power plant might be part of the den's monthly plan. Finish up the month with a real power-packed pack meeting. The boys can power up by being physically fit and working on the Physical Fitness belt loop and pin.

FEBRUARY 2010 - HAPPY BIRTHDAY, B.S.A. -

Character Connection: Honesty

It's time to celebrate with a big birthday bash. Boy Scouts of America is 100 years old this year. Learn the history of how Scouting came to the United States. Find out about those who have given us this great Scouting legacy such as Daniel Carter Beard, James E. West, Ernest Thompson Seton, Waite Phillips, and W. D. Boyce. Let's play birthday games, make party decorations, and have birthday cake for our blue and gold banquet.

MARCH 2010 - TAKE FLIGHT -

Character Connection: Courage

The Wright brothers had a lot of courage to accomplish their dream to fly. Air has power to push and pull objects so that they can fly. This month learn all about air, what it consists of, and why it is needed to fly. Learn about gravity. Make your own flying machines as you hear about the Wright Brothers and their invention. Explore different types of paper airplanes. Figure out which ones fly farther, higher, faster, longer, and why? Hold a pack-wide paper plane derby fun night! How many things can you name that can fly? Study birds and their flyways. Why do some fly in a V formation? Take flight outdoors with a den or pack kite derby this month and enjoy that air! Take a field trip to the airport, hobby shop, or a science museum. Earn the Science belt loop and pin.

APRIL 2010 - SPRING INTO ACTION -

Character Connection: Positive Attitude

This month is a good time to spring into action with outdoor activities such as hikes, sports and games, cleaning up litter along ponds, parks or roadsides, or planting some trees for improved habitat. Make plaster casts of the animal tracks you find on your hike. Visit and talk with someone who works with wildlife conservation and visit a fish hatchery, zoo, animal shelter, or wildlife sanctuary. Bring along food and supplies that they might need as part of your "Good Turn for America." Build bird houses, bird baths, feeding stations, or boxes for nesting materials. Do a community service project with your chartered organization to show your positive attitude in doing your best. This would be a good month to work on the Conservation belt loop and pin.

MAY 2010 - IN THE SPOTLIGHT -

Character Connection: Cooperation

It's time to perform and be in the spotlight! This month spend some time making musical instruments to be used in the pack meeting variety show. The variety show could be skits, songs, puppet shows, magic trick - you name it. Have the boys and their parents and families participate in a variety show and have some adults record the show. Dens can create posters announcing the show and make programs to let everyone know what's coming. Commercials could be videotaped by the den during their den meetings and then be shown between acts. (Get the parents involved) Take a photo for the local newspaper or a video clip for the local TV station for recognition of their achievements and put Cub Scouting in the spotlight. Visit a television, radio, or cable station to see how they prepare and produce their shows. Attend a play or musical production. The Cub Scouts can earn the Music belt loop and pin.

JUNE 2010 - HOOP-DE-DOO! -

Character Connection: Health and Fitness

This is a good time to learn and play the game of basketball while you learn about sportsmanship. Have a member of the high school basketball team (preferably a Boy Scout) teach the boys the rules of basketball; then play a game in the pack with older boys and younger boys balancing each team. Play other games such as ring toss, hoop games, soap bubble contests, and hoop obstacle course. Start working on the National Summertime Pack Award or Cub Scout Outdoor Activity Award. The boys will be able to earn the Basketball belt loop and pin or another Sports belt loop and pin of their choice, including the Physical Fitness belt loop and pin.

JULY 2010 - CELEBRATE FREEDOM -

Character Connection: Citizenship

Celebrate America's freedom established on July 4, 1776, with patriotic songs, games, and family fun. Discover what makes America so special to us. Decide on a birthday present your pack can give to America by doing a service project and a "Good Turn for America." Participate as a den or pack in an Independence Day parade. Enjoy the beauty of our country by participating in outdoor activities. Have a pack barbecue or family gathering and share some family heritage about coming to our great nation. Design and serve a birthday cake and sing to America! Earn the Citizenship and Heritage belt loops and pins.

AUGUST 2010 - WAVES OF FUN -

Character Connection: Perseverance

Jump in and make a BIG splash with fun activities that explore water and waves. There is an adventure waiting in one of Earth's final frontiers, the depths of the ocean floors. Creatures never imagined before can be found there. What kinds of animals do live there? What does the ocean floor look like? The den could discover what makes a boat float, learn about different sea vessels, and even make their own boats. The pack can celebrate this month with a beach party (no beach required) and family picnic as they enjoy the great outdoors. Top it off with a raingutter regatta. Complete the requirements for earning the National Summertime Pack Award. This is a fun month to bring a friend! This is a wonderful opportunity to teach water safety and practice the buddy system while having fun and earning the Swimming belt loop and pin.

SPECIAL OPPORTUNITY**Physical Fitness Belt Loop and Pin**

www.usscouts.org



This information is from the Cub Scout Academics and Sports Program Guide (34299B) 2006 Printing.

NOTE:

Webelos Scouts that earn the Physical Fitness Belt Loop while a Webelos Scout also satisfy requirement 10 for the Athlete Activity Badge and part of requirement 3 for the Sportsman Activity Badge.

Belt Loop

Complete these three requirements:

1. Give a short report to your den or family on the dangers of drugs and alcohol.
2. Practice finding your pulse and counting your heartbeats per minute. Determine your target heart rate.
3. Practice five physical fitness skills regularly. Improve performance in each skill over a month. Skills could include pull-ups, curl-ups, the standing long jump, the 50-yard dash, and the softball throw.

Sports Pin

Earn the Physical Fitness belt loop, and complete five of the following requirements:

1. Make a diagram of the Food Guide Pyramid. List foods you ate in a week and show where they fit in the pyramid.
2. Choose a form of exercise, bring your heart rate up to target, and keep it there for 15 minutes. Don't forget to warm up and cool down.
3. Set up a four-step exercise program. Chart your progress for five days a week for two weeks.
4. Explain the reason for warming up and cooling down before and after each exercise session.
5. Visit a local gym and talk to a trainer about exercises and programs for young people.

6. Participate in some aerobic exercises at least three times a week for four weeks.
7. Build an obstacle course that could include some exercises with jumping, crawling, and hurdles. Time yourself three times to see whether you can improve your time.
8. Swim for a total of an hour, charting your time as you go.
9. Participate for at least three months in an organized team sport or organized athletic activity.

If you would like to download a workbook for these awards go to:

For Word.doc -

<http://usscouts.org/advance/cubscout/sports/worksheets/physical-fitness.doc>

For Adobe. PDF –

<http://usscouts.org/advance/cubscout/sports/worksheets/physical-fitness.pdf>



The following physical fitness activities are included in the Cub Scout, Boy Scout, and Venturing programs. These suggested advancement requirements could be a resource for youth in earning the BSA Physical Fitness Award.

Tiger Cub Handbook

- * Elective 37: Take a bike ride
- * Elective 40: Swimming-related activity

Wolf Cub Scout Book

- * Achievement 1: All of them
- * Achievement 9: Ride a bike
- * Achievement 10b: Walk
- * Elective 7: Walk on stilts/puddle jumpers
- * Elective 20: Sports—boating, skiing, ice-skating, roller-skating, sprint start, standing long jump, soccer, baseball, basketball

Bear Cub Scout Book

- * Achievement 14, 15: Bike riding, games
- * Achievement 16, 23: Building muscles, sports
- * Elective 5, 19: Boats, rowing, swimming
- * Elective 20: Sports—plus long and high jump

Webelos Scout Book

- * Aquanaut: Swimming, boating
- * Athlete: Push- and pull-ups, curl-ups, standing long and vertical jump, 50- and 600-yard dash
- * Sportsman: Two team sports, two individual sports

Knot Adult Award of the Month

Instead of a Knot this month, I am featuring the Physical Fitness Award for leaders. With BSA's emphasis on fitness and countering childhood obesity, it is important that leaders set the example in this area.

Remember, all leaders are always setting an example. We always use the story of the smoker telling boys not to smoke. How about the king size leader telling boys they need to be fit?? Lets get ourselves in shape and then we will be better able to help our Cubs be physically fit. CD

The BSA Physical Fitness Award*A Program of Emphasis*

For Cub Scouts, Boy Scouts, Venturers, and Leaders

**To Be Physically Fit**

www.scouting.org, BSA National's website

www.USScouts.org

Two important challenges in preparing youth for the 21st century—particularly in today's increasingly automated and sedentary culture—are physical fitness and good health. Every adult leader for the year 2002 should set the example and contribute directly to the health and fitness of today's Scouts by completing requirements for the BSA Physical Fitness Award. The award's objectives, developed by the Council Services Division of the National Council and the national BSA Health and Safety Committee, are as follows:

- Encourage youth fitness in the BSA by providing positive role models and by enhancing youth awareness and understanding of fitness parameters, health risks, and personal circumstances.
- Encourage physical fitness among Scouters by enhancing their awareness and understanding of fitness parameters, health risks, and personal circumstances.
- Reduce the rate of stress- and fitness-related incidents throughout Scouting.

This award is a national program of emphasis designed to heighten fitness awareness and to help change the lifestyles of American youth and adults regarding exercise and a healthy diet to improve the quality of their lives.

Many concerns have been voiced regarding the increasing percentage of overweight and out-of-shape adults and youth in America due to overeating, poor diet, and lack of exercise. The Boy Scouts of America is the organization that is best equipped to adopt a program of emphasis on physical fitness.

One of the founding purposes of the movement is to emphasize physical fitness. This program is intended to have significant grassroots involvement without encumbering a district or council. The target audience is the youth and adult members of the units.

Purpose

This award has been developed to

- Encourage the development of attitudes, knowledge, and skills that promote fitness and safe conduct.
- Lay a skill, knowledge, and attitude foundation of the seven major components of fitness.
- Improve health, fitness, and quality of life through daily physical activity.

Recognition

Scouts and **Scouters** completing the requirements and earning the recognition receive a special certificate and may wear a special recognition pin and patch that can be purchased through their local council. The unit leader should submit the complete award application to the council. (*I included some info on this award for your Cubs in the item on the Physical Fitness Belt Loop and Pin. CD*)

Teaching Areas

Instruction and participation must be conducted in an environment free from all hazards and dangers. All BSA precautions and safety measures apply to this award.

Mentor

Mentors will be identified by the council's health and safety committee, risk management committee, or training committee, and could include any person recognized and trained in activity education. A merit badge counselor in any physical activity-oriented merit badge may serve as a mentor for this award.

- Mentors and merit badge counselors must have undergone the appropriate BSA merit badge counselor orientation training, as reviewed and identified by the council's training committee and health and safety committee.
- The mentor should check to make sure all participants have had medical checkups from their physician prior to participation.
- The mentor should not omit, vary, or add requirements unless part of the individual's goal.
- The mentor should recognize that both youth and adults will participate in this program.
- Mentors, merit badge counselors, and adult Scouters will be provided with the new trifold Leader's Fitness Card (pocket card) as they initiate this program. The council's training committee and health and safety committee will ensure that adequate supplies are available for the duration of the BSA Physical Fitness Award program.

Requirements

1. Complete a cardiovascular fitness evaluation/consultation with your personal health care provider. (This can be done as part of the examination required by any council-approved class 3 medical evaluation.)
2. Using the BSA references listed after the seven major components, give a presentation to a BSA or other community youth group (at least eight youth participants) on cardiovascular fitness, diet, the health benefits of regular aerobic exercise, exercise recommendations for the Scout-age group, and healthy lifestyles.

3. Review the BSA guidelines for the Athletics and other physical activity or personal fitness-oriented merit badge and explain steps you have taken to follow each of the guidelines for the fitness goals. Explain precautions to be taken for a physical fitness activity in each of the following: woods, fields, facilities, and waterfront.
4. Explain to your mentor the symptoms of dehydration and hypothermia. Explain the special considerations for preventing dehydration and hypothermia.
5. Properly outfit for physical activities with proper equipment, clothing, and footwear. Know your own capabilities and limitations. Illustrate how you would prepare for the physical fitness goals included in the award program.
6. With supervision from your mentor or other qualified persons, set up a fitness goal-oriented plan using the seven major components of fitness.
7. Demonstrate your ability to improve your strength, posture, endurance, agility, speed, accuracy, and balance with your own goal-oriented fitness plan.

The Seven Major Components of Fitness

The BSA Physical Fitness Award's core requirements are the following seven major components. They are used to measure an individual's improvement over time, not to establish an arbitrary minimum level of activity.

★ Posture

Posture is evaluated with a posture-rating chart. The Scout or Scouter is compared to a photo of his or her starting posture, noting 13 different body segments. Each body segment is scored as a five, three, or one, making a possible range of scores from 13 to 65. Higher scores over time reflect improving posture.

★ Accuracy

The target throw is used to measure accuracy. The Scout or Scouter makes 20 throws with a softball at a circular target and is scored on the number of times the target is hit.

★ Strength

The sit-up is used to measure strength. The Scout or Scouter lies on his or her back with knees bent and feet on the floor. The arms are crossed on the chest with the hands on the opposite shoulders. The feet are held by a partner to keep them on the floor. Curl to the sitting position until the elbows touch the thighs. Arms must remain on the chest and chin tucked on the chest. Return to the starting position, shoulder blades touching the floor. The score is the number of sit-ups made in a given time.

★ Agility

The side step is used to measure agility. Starting from a centerline, the Scout or Scouter sidesteps alternately left and right between two lines 8 feet apart. He or she is scored on the number of lines crossed in 10 seconds.

★ Speed

The dash is used to measure speed. The score is the amount of time to the nearest half-second running a set distance that can be increased each year.

★ Balance

The squat stand is used to measure balance. The Scout or Scouter squats with hands on the floor and elbows against the inner knee. He or she leans forward until the feet are raised off the floor. The score is the number of seconds held in that position.

★ Endurance

The squat thrust is used to measure endurance. The Scout or Scouter starts from the standing position. He or she performs the usual four-position exercise. The score is the number of completed squat thrusts made in a given time.

Some of these tests measure more than the components they represent. For example, the sit-ups, a measure of strength, also reflect some endurance because of their repetition. The squat stand requires balance, its major component, but also requires strength and endurance to support the weight of the body on the arms.

An application for the award may be downloaded from - <http://www.scouting.org/media/publications/physicalfitness/reapp.aspx>

Most of the information here was obtained from <http://www.scouting.org/Media/Publications/PhysicalFitness.aspx>

GATHERING ACTIVITIES

Note on Word Searches, Word Games, Mazes and such – In order to make these items fit in the two column format of Baloo's Bugle they are shrunk to a width of about 3 inches. Your Cubs probably need bigger pictures. You can get these by copying and pasting the picture from the Word version or clipping the picture in the Adobe (.pdf) version and then enlarging to page width. CD

From Program Helps Oregon Trail Council

Check out –

- ✓ Ball in the Bag 2, JUL 09
- ✓ Tennis Ball Bounce, 2 JUL 09

Blind Man's Ball

York Adams Area Council

- ☛ Gather five or so different sports balls.
- ☛ 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*York Adams Area Council*

- ☛ Post logos from various professional sports teams.
- ☛ Have an answer sheet for people to write down the home city for the team

or

- ☛ Make a match game with logos in one column labeled as A to ??, and cities in the other column as 1 to ??
- ☛ Have the people match up the pairs.

*Be careful not to use logos that give away the city
The Dodgers may be too easy - But the Orioles might work*

**Gathering Activity***Crossroads of America*

Set the room up with stations so the boys can do a different fitness event at each station as they wait for the opening.

Earth Ball*Sam Houston Area Council*

- ★ Using a beach ball the group task is to hit the "Earth" ball, keeping it in the air without letting it touch the ground.
- ★ Additionally, no Scout can touch the Earth ball twice in a row.
- ★ Set a goal with the group for the number of hits that the group can make following the rules.

DRIVEWAY OR PARKING LOT BASEBALL*Great Salt Lake Council*

Draw a simple baseball field (not just diamond) on the ground with chalk. Mark different colored circles in various areas of the field. Each color would indicate a type of hit: single, double, triple, or home run.

To play, the player kneels or stands at home plate and tosses a stone into a circle. If he misses it's an out. If it lands in the circle the other team can try to toss their stone into the same circle. If the second team makes it into the same spot it's an out, if not the first team gains the number of bases listed by the spot. After three outs the teams switch sides.

SOCCER BOWL*Great Salt Lake Council*

Set up 10 cans in the grass. Players kick a soccer ball at the cans to try and knock as many down as they can from 20 feet away.

OUTDOOR CHECKERS*Great Salt Lake Council*

Use chalk to mark out a large checkerboard and use colored plastic plates for the checkers. As boys arrive they can join a side and work as a team to win the game.

ABILITY AWARENESS*Great Salt Lake Council*

Provide a wheel chair, blindfolds, crutches and arm slings to debilitate the boys. Provide obstacles for them to accomplish in their new state of being.

PHYSICAL SKILLS*Great Salt Lake Council*

Compete in the physical feats required for each rank. Crab walk, high jump, two-man games, etc.

TABLETOP HOCKEY*Great Salt Lake Council*

Cut a plastic berry container or something similar, in half vertically. Invert one half of the container and set it at one end of a table. Cubs can line up at the opposite end and try to score by flicking "button pucks" into the net.

CULTURAL GAMES*Great Salt Lake Council*

There are simple games from many cultures that can be played in a short amount of time.

STICKS AND STONES (Native American)*Great Salt Lake Council*

Take 3 popsicle sticks and color one side black. Players then drop their sticks on the ground and score based on the number of black sides that are up. This can also be done with flat rocks by marking one side with a marker.

CHARADES (France)*Great Salt Lake Council*

This classic game originates from France. To simplify and speed up the game, provide cards for the boys to pick with the thing they are to act out already written down for them.

SPORTS SCRAMBLE*Great Salt Lake Council*

Write the letters of common sports onto colored paper. Cut the individual letters apart and scramble. Have the boys unscramble the letters.

Nametags*Crossroads of America*

- ✓ Use pieces of paper that are cut in the shape of a football, a basketball or other.
- ✓ Decorate the cut outs to look like the ball (e.g. appropriate seams)
- ✓ Have the people with the same shape form a team and prepare a short talk about that sport.

OPENING CEREMONIES**From Program Helps***Oregon Trail Council*

Check out –

- ✓ America, 2 JUL 09
- ✓ All-Star Team, 2 JUL 09

Olympic Oath Opening*York Adams Area Council*

Setting: If you are actually conducting an "Olympics" event for this theme, 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.

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 Be A Sport 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 Oath)

Narrator/Cubmaster: Thank You.

Olympic Athletes Oath

In the name of all the competitors,
I promise that we shall take part in these Olympic Games,
respecting and abiding by the rules which govern them,
committing ourselves to a sport without doping and
without drugs,
in the true spirit of sportsmanship,
for the glory of sport and the honor of our teams.

"My Favorite Sport"

Sam Houston Area Council

(Boys are dressed in appropriate sports outfits.)

- Cub #1:** Baseball is the game for me
Mitts and gum and batting tees.
- Cub #2:** Soccer to me is really neat
Shin guards, goals and wearing my cleats.
- Cub #3:** Swimming is my priority
Backstroke, butterfly and swimming the free.
- Cub #4:** Football is a game renown
Kickoffs, field goals and the touchdown.
- Cub #5:** Now Basketball most definitely has it,
Dribbling, guarding and sinking that basket.
- Cub #6:** Volleyball is what I like
Serving, rotating, and doing the spike.
- Cub #7:** Tennis is a game for all
Serving, faults and very close calls.
- Cub #8:** 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.
- Den Ldr:** Please stand for the Pledge of Allegiance.
Attention. Salute. "I pledge---

Sportsmanship

National Area Capital Council

Props: Thirteen large cards, with the letters S, P, O, R, T, S, M, A, N, S, H, I, and P on front. Fronts could also have an appropriate picture drawn by the Cub Scout. The words for the Cub Scout to read are on the back in **LARGE** print.

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.

DL: 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.

- Cub #1:** S - Smile, even if you hurt inside
- Cub #2:** P - Pardon those parents who show poor manners
- Cub #3:** O - Ooze with enthusiasm for your fellow Scouts
- Cub #4:** R - Respect the feelings of other Cub Scouts
- Cub #5:** T - Try your best and be your best
- Cub #6:** S - Satisfaction guaranteed
- Cub #7:** M - Master the art of self control
- Cub #8:** A - Anger has no place in our meeting
- Cub #9:** N - Notice that only one can win
- Cub #10:** S - Success will be yours if you do your best
- Cub #11:** H - Hush those words of bragging
- Cub #12:** I - Insert your "congratulations" to the winner
- Cub #13:** P - Play the game for fun!

Achieve

Sam Houston Area Council

Setting – 7 Scouts, each holding a letter from A-C-H-I-E-V-E with the appropriate saying on the back

Scene – Scouts are in a line or semicircle around the flag.

- Cub #1:** A is for Advancement along the Cub Scout Trail
- Cub #2:** C is for Commitment to always do our best
- Cub #3:** H is for Home, where it all begins
- Cub #4:** I is for Individual, we try to be independent as well as play with others
- Cub #5:** E is for Everyone, all the Cub Scouts together
- Cub #6:** V is for Victory, which is achieved at the end of the trail
- Cub #7:** E is for Excellence, for a job well done. Please stand and join us in the Pledge of Allegiance.

M.U.S.C.L.E.S.

Tatanka District, Sam Houston Area Council

Seven boys line up across stage holding cardboard barbells and fastened to the front of each is a large letter M U S C L E S.

- Cub #1:** M - Muscles can make you big and strong.
- Cub #2:** U - Unless you try to use them wrong.
- Cub #3:** S - So as we try with all our might,
- Cub #4:** C - Cub Scouting teaches us to use muscles right.
- Cub #5:** L - Learning to build our muscles so healthier we'll be,
- Cub #6:** E - Each one doing his best to take care of his body.
- Cub #7:** S - So these weights we hold up here now,
- Cub #8:** show that to build muscles we've learned how.

Muscles And Physical Skills

Tatanka District, Sam Houston Area Council

The Cubmaster and four boys are on stage just before the presentation of colors.

- CM:** During this month, our Cubs have been working on their muscles and physical skills.
- Cub #1:** My strength comes from my parents and my ancestors.
- Cub #2:** My strength comes from the exercises and work I do.

- Cub #3:** My strength comes from the foods I eat and the clean air I breathe.
- Cub #4:** We need strength to keep our bodies healthy, but real strength is knowing when and how to use strength wisely in all that we do, especially in helping our own families.
- CM:** As we begin our meeting, let us all stand tall and proud knowing that we are doing our best as the color guard advances.

Building A Healthy Attitude

*Tatanka District, Sam Houston Area Council
National Capital Area Council*

Have seven boys come on stage carrying various kinds of muscle building equipment. They use the equipment and in turn speak these lines:

- Cub #1:** To keep your body strong and healthy is more valuable than being wealthy.
- Cub #2:** When you are fit, you feel good and try to do the things you should.
- Cub #3:** It helps to lend a helping had to needy folks around our land.
- Cub #4:** Eating the right foods is always wise, and we all need some exercise.
- Cub #5:** Stand on tiptoes, one, two, three, touch your toes and don't bend a knee.
- Cub #6:** Run a while, then slow your pace, practice will help you win the race.
- Cub #7:** Scouting builds young boys into men. This is where it all begins.

Deflated Ball

*Crossroads of America
National Capital Area Council*

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. The CM asks what is wrong?

The CA then calls forward another scout and has the two scouts use the pump to inflate the ball. Have them both show how well it bounces after being inflated.

CA: 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.

CM: And we are ready to start our meeting and play games tonight. Everyone stand for the Pledge of Allegiance.

AUDIENCE PARTICIPATIONS & STORIES

Oregon Trail Council

Check out the following audience participation in Cub Scout Program Helps 2008-2009 -

- ✓ **Sounds of the Forest**, page 3 JUN 09

A Day at the Ball Game

Sam Houston Area Council

Divide the audience into four groups. Assign each group their words for the story. Each time their word is mentioned in the story, the assigned group enthusiastically says the designated sound words. Have a practice session before starting the story

JOHNNY:	CHEER, CHEER
UMPIRE:	WHAT AN EYE!
DEN LEADER:	HAPPY, HAPPY
BARNEY (MCGOOGLE):	OUR HERO!

One fine day, JOHNNY'S DEN LEADER decided to take the den to a ball game. JOHNNY was excited because his idol, BARNEY MCGOOGLE, was playing that day. The DEN LEADER and some of the parents loaded all the boys into their cars and headed for the ballpark.

On the way to the game, the DEN LEADER pointed to a man in another car and asked, "Why would a person wear a dark suit on such a warm day?" JOHNNY looked at the man and exclaimed, "He's an UMPIRE! I wonder if he's going to the game, too." Sure enough, when BARNEY MCGOOGLE and the other players ran onto the field, the same UMPIRE whom JOHNNY and his DEN LEADER had seen on the way to the game also strolled out to his place behind home plate.

When BARNEY ran out to his position, JOHNNY and all the other fans cheered, for they knew BARNEY was a great player. The UMPIRE called, "Play Ball!" Everyone was on the edge of their seats as the pitcher took his sign, wound up, and delivered his first pitch. "Cr-rack" went the bat and a towering fly ball was headed toward BARNEY.

Back BARNEY MCGOOGLE ran, nearer and nearer to the fence, until he was right up against it. At the last second, he made a great leap into the air and the ball thudded into BARNEY's glove. JOHNNY, his DEN LEADER, and all the fans cheered as the

UMPIRE signaled, "He's out!" The pitcher then struck out the next two batters, with the

UMPIRE calling the strikes very loudly.

Now it was BARNEY's team's turn at bat. JOHNNY was hoping BARNEY would hit a home run. The first man up cracked a single. The next man also singled and then

BARNEY MCGOOGLE stepped up to the plate. JOHNNY and his DEN LEADER, and all the other fans were cheering for BARNEY to hit a good one. "Strike one," called the UMPIRE, and JOHNNY's heart sank. The pitcher took his sign, checked the runners, wound up, and delivered.

"Crack!" went the bat and JOHNNY knew BARNEY had hit

a long one. Back, back, back went the fielder, clear to the wall. He leaped, but the ball hit the wall above him. BARNEY was churning his wheels around first, around second, and heading for third.

In came the ball and BARNEY slid through the dirt towards base. "Safe!" yelled the UMPIRE. JOHNNY, his DEN LEADER and all the fans in the stadium cheered. JOHNNY was happy because, although his idol hadn't hit a home run, he had hit a triple – the next best thing. After the UMPIRE had called the final out of the game, JOHNNY, his DEN LEADER and the rest of the den and parents went home smiling.

It's All In Your Mind

National Area Capital Council

Divide the audience into 3 groups. Assign each group one of the words listed below. When their item is mentioned in the story, the assigned group should shout the designated saying. Have a practice session before starting the story.

BIG TREE:	I am tall and strong!
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.

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.

LEADER RECOGNITION

Certificate of the Right to Play

Sam Houston Area Council

By this certificate know ye that THE BEARER IS A LIFETIME MEMBER IN GOOD STANDING IN THE SOCIETY OF CHILDLIKE GROWNUPS AND IS HEREBY ENTITLED TO walk in the rain, jump in mud puddles, collect rainbows, smell flowers, blow bubbles, stop along the way, build sandcastles, watch the moon and stars come out, say hello to everyone, go barefoot, go on adventures, sing in the shower, have a merry heart, read children's books, act silly, take bubble baths, get new sneakers, hold hands & hug & kiss, dance, fly kites, laugh out loud and cry out loud, wander around, wonder about stuff, feel scared & sad & mad & happy, give up worry & guilt & shame, stay innocent, say yes and no and the magic words, ask lots of questions, ride bicycles, draw and paint and color, see things differently, fall down and get up again, talk with animals, look at the sky, trust the universe, stay up late, climb trees, take naps, do nothing, daydream, play with toys, play under the covers, have pillow fights, learn new stuff, get excited about everything, be a clown, enjoy having a body, listen to music, find out how things work, make up new rules, tell stories, save the world, make friends and do anything that brings more happiness, celebration, relaxation, communication, health, love, joy, creativity, pleasure, abundance, grace, self-esteem, courage, balance, spontaneity, passion, peace, beauty, and life energy to all humans and beings of this planet.

FURTHERMORE, the above named member is officially authorized to frequent amusement parks, beaches, meadows, mountaintops, swimming pools, forests, playgrounds, picnic areas, summer areas, summer camps, birthday parties, circuses, bakeries, ice cream parlors, theaters, aquariums, zoos, museums, planetariums, toys stores, festivals and other places where children of all ages gather to play AND is encouraged to always remember the motto of THE SOCIETY OF CHILDLIKE GROWNUPS: IT'S NEVER TOO LATE TO HAVE A HAPPY CHILDHOOD AND MAKE SURE THAT OTHERS DO TOO.

The Fan Award*Sam Houston Area Council*

Materials – a fan, either the kind that unfolds, OR make one by accordion folding a piece of cardstock. Can mount on a display board with the words – For a Fan-Tastic Supporter of our Program.

Cubmaster – There are some leaders and parents here tonight who have helped make our summer events really spectacular. They have earned the Fan award, and our pack wouldn't be nearly as "cool" without their help. (Call adults forward and present award.)

ADVANCEMENT CEREMONIES

Oregon Trail Council

Check out the following Advancement Ceremonies in Cub Scout Program Helps 2008-2009 -

- ✓ **All-Stars in Our Pack**, page 3 JUL 09
- ✓ **Sportscaster**, 3 JUL 09

Cub Scouting Is Like Playing Baseball*Catalina Council*

This ceremony takes you through all the ranks. Badges can be presented at each base as the Scouts walk around the infield. Or they can be held and presented at Home plate by calling everyone in one rank at a time. If you are not doing Arrow of Light, take time to modify that section to use it to inspire Cubs finish their path around the bases.

Participants:

- All Cub Scouts – Tiger, Bobcat, Wolf, Bear, 1st Year Webelos and Graduating (2nd Year) Webelos Scouts
- Den and Webelos Leaders
- Parents of graduating Webelos
- 5 Boy Scouts
- Cubmaster

Setup: Use a baseball field with bases set about 40 to 60 feet apart (60 feet is Little League standard). Parents stand near third base dugout; Boy Scouts stand near first base dugout; Cubs and Webelos stand near home plate with Den and Webelos Leaders beside their dens. Cubmaster stands at pitchers mound.

Cubmaster: Cub Scouting is like playing baseball. Each base we go to indicates a certain level of skill obtained.

BOBCAT

The Bobcats are in the on-deck circle. Call Bobcats and parents to on-deck circle. (Assistant CM takes all Bobcats and Parents to on-deck circle)

The Bobcat learns the basics of the game. In baseball it is throwing, batting, and catching. In Cub Scouts it is the Promise, the Motto and the Law of the Pack. In sports it is sportsmanship. In Cub Scouts it is giving good will and helping others. And, as all ball players, he gets to wear the uniform showing everyone in the stadium what team he was on - in our case the Blue and Gold team.

Present awards to parents to give to the new Bobcats.
Lead Cheer

TIGER

(Den and Webelos Leaders advance all other Cubs to Home Plate and stop.)

When the Cub Scout got up to the plate for the first time, he was a Tiger. The Tiger works on his five achievements - Making My Family Special, Where I Live, Keeping Myself Healthy and Safe, How I Tell It, and Let's Go Outdoors. He works on these with his den, his family, and his adult partner.

Present awards to parents to present to boys
Lead Cheer

WOLF

Earning the tiger Award is like hitting the ball and running to 1st base - He has completed the first leg of the diamond.

(Den and Webelos Leaders advance all other Cubs to 1st base and stop.)

The Cub is on his way to manhood. To advance further, The cub Scout must accomplish the 12 Achievements required for to earn the Wolf badge.

Call Wolf Parents to First base and present Wolf Awards to parents to present to Cub Scouts.

Lead Cheer

BEAR

(Wolf Cubs and Wolf Leader stay at 1st; the rest go to 2nd base.)

The Cub arrives at the second base, half way around. At this point he learned that through practice and determination one became a better ball handler, better thrower and better batter. The Cub is given choices in the Bear book and begins to choose what he wants to do and where to excel. The Bear Cub sharpens his skills and begins to enjoy the team aspect of the sport, not just individual achievement.

Call Bear Parents to Second base and present Bear Awards to parents to present to Cub Scouts.

Lead Cheer

WEBELOS BADGE

(Bear Cubs and Bear leader stay at 2nd; the rest go to 3rd base.)

The Cub now arrives at third base. He can see victory! He knows that if he makes it to third, he has a good chance of scoring. As he passes the shortstop he looks at the coach for guidance. This is the year in the Cub's life that changes most dramatically. He becomes a Webelos. It is the acronym for We'll Be Loyal Scouts. To the baseball player, it means that he has mastered the rudiments of the sport and now must rely on his coach to lead him around the bases. The Scout begins to trust others, listen to the coaches, back up his fellow team members and show maturity on the field. The Webelos 4th grade Scout goes on a few campouts and obtains a taste of adult responsibility.

Call First Year Webelos Parents to Third base and present Webelos Awards to parents to present to Cub Scouts.

Lead Cheer

ARROW of LIGHT and GRADUATION

(Graduating Webelos go half way to home plate.)

The Cub has gotten the high sign from the coach and he puts on the afterburners as he rounds third base. He's heading for home. The fans are standing, rooting as he approaches home plate. The Cub is on his last leg of the course. He knows he is going to score. The anticipation is tremendous, as he knows his run could win the ball game.

(Parents of graduating Cubs and Boy Scouts go to home plate and wait to give the boys a "HIGH FIVE" as they cross the plate.)

These Cubs have earned the Arrow of Light, the highest award given to a Cub Scout. He has prepared himself to return home, but this time as an accomplished ball player. He's learned the fundamentals of the sport. He has learned that he should be TRUSTWORTHY, LOYAL, HELPFUL, FRIENDLY, COURTEOUS, KIND, OBEDIENT, CHEERFUL, THRIFTY, BRAVE CLEAN and REVERENT.

He started from the on-deck circle as a Bobcat and will now return home as a young Scout ready to enter the senior league, the Boys Scouts, and be welcomed by his new coach and team mates from Troop _____. He will be greeted by the most influential people in his Cub sporting career - his parents. They helped him every step of the way around the bases. They are so proud of him that they, too, are anxious for him to cross the plate. They were with him as he touched every base and will continue to be with him in the dugout and after the game.

The Arrow of Light is the only badge of rank earned by a Cub Scout that can be worn permanently on the Boy Scout uniform. There are 7 rays of light on the badge to not only signify the 7 days of the week but the 7 virtues of playing the game:

1. WISDOM - Putting to right use the knowledge they have obtained.
2. COURAGE - To meet the opposition head on in spite of one's fear.
3. SELF CONTROL - Controlling one's temper during the game. Being sportsmen.
4. JUSTICE - Justice will prevail, even if you think the umpire made a bad call.
- 5/6. FAITH and HOPE - Two virtues that all players must have on and off the field.
7. And finally LOVE - Love of family, love of home, love of God, love of fellow members and love of the game.

These are the seven virtues that will make you successful in the games to come. Now would the following Scouts proudly stride into home and receive their Arrow of Light.

Present Arrow of Light Awards to parents to present to Cub Scouts. Have Boy Scouts welcome the graduating Cub Scouts.

Lead Cheer

Comments on the Ceremony

This award ceremony will be a challenge to anyone who conducts it. Therefore, it is short and to the point. The best advice is to practice it, practice it, and practice it. Then, make sure you have a cheat-sheet with you when you try to conduct it. (You might decide to have an "interpreter" who, in a quieter voice, repeats and emphasizes portions of each line after the Awards Chairman has said it.

I do not like combining the Arrow of light and graduation in this manner. They are two separate things and doing combo ceremonies like this confuses those who are new to Cub Scouts. I would do all the rank presentations with this ceremony and then do a traditional bridging later in the event. Choice is yours. CD

Awards Announcer

York Adams Area Council

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

The Announcer can be the Cubmaster or a parent who would like to help.

Sports Announcer: 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 second competition tonight involves our Tigers. They have completed a five point play - finishing all five Tiger Achievements - Making My Family Special, Where I Live, Keeping myself Healthy and Safe, and Let's Go Outdoors. They have demonstrated tremendous teamwork working with their Adult Partners throughout. And their Families on the Family Requirements, Their Dens on the Den Requirements and everyone on the Go See It Requirements. They have become particularly adept on the Search, discover, Share move. [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 (RIB, 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 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 Baloo'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.]

All Star Awards

Sam Houston Area Council

Materials – Set up a display table in front of the room. Place awards in small bags and attach to the back of stars, with the Scouts' names (and, if you wish, their pictures) on them.

Tonight, we are here to honor the All Stars of Pack _____.

These Scouts have practiced and sweated and deserve recognition for their excellence, their diligence and their accomplishments.

(Choose the stars one at a time.)

We would like to call up All Star _____ and his coaches—his family. He hit it out of the park this month, and earned his _____.

Next, we have All Star _____ and his coaches. He scored a big win this month and is receiving his _____.

Now in the lineup is All Star _____ with his coaches. He made a terrific slam dunk with his _____ award.

Then, we have All Star _____ who really tackled a lot this month with earning his _____. Bring your coaches forward, please.

Last, but not least, we have All Star _____, with his coaches. He really kicked into gear this month and scored a GOOOOOOAAAALLL! while earning his _____.

Other suggestions:

- ☛ His performance was better than par—
he hit a hole in one!
- ☛ He made a big splash in the Cub Scout pool.
- ☛ He sprinted to the finish line.
- ☛ He rolled strikes and bowled a perfect game.
- ☛ He really aced the serve.

Note: you may wish to bring along sports equipment to use as props, or mini versions of balls, baseball bat, sport shoes, etc, to give the boys as mementos.

A Few More Ideas

Sam Houston Area Council

1. Have boys run a mini obstacle course, finishing at the place where they receive their awards.
2. Place awards on ribbons, and have the boys stand on a "winner's stand" (decorated sturdy box) to have their awards hung around their necks by their parents.
3. Make or purchase small trophies for the champions who have earned awards this month. Check your local thrift shop for inexpensive ones you can paint/decorate.
4. Invite a local high school or college sports star or coach to give a short inspirational talk and present awards.

"The Athlete Advancement Ceremony"

Sam Houston Area Council

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

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

CA:

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 Tigers have worked on achievements and electives as they continue to develop their Cub Scout skills. Will the following Tigers and their parents please come forward. (Present Tiger Awards.)

CM: The athlete is now ready to concentrate on improving their athletic skills. Our Wolfs are like the athlete who increases his knowledge to become more proficient in his game. Will the following Wolfs and their parents please come forward. (Present Wolf Awards.)

CA: The athlete is now ready to begin specializing. Our Bears are like the athlete who increases his abilities in one area of the game as he can now choose which 12 of the 24 achievements he works on to earn his Bear badge. Will the following Bears and their parents please come forward. (Present Bear Awards.)

CM: 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.)

CA: 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

National Area Capital Council

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.

CM: 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. I present them to you to present to your son's because you had the most influence in helping him earn this badge. You deserve the honor of presenting it to him. They are to be sewn on soon as a symbol of your pride in his accomplishments. Lead Cheer

CA: Will (names), our Tiger 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 Tiger Badge, so keep up the good work. Parents I present you your son's badge so you may present it to him. Lead Cheer

CM: Will (names), our Wolf candidates and their parents please come forward. Your place at the track meet is the "500 Meter Run (880 Yard)". After learning to sprint, many runners take the next step and run a middle distance. You too have had to run a longer distance and develop strength and stamina to reach the Wolf rank. Remember that a steady pace will win the race. Parents I present you your son's badge so you may present it to him. Lead Cheer

CA: Will (names), our Bear candidates and their parents please come forward. Your place at the track meet is the "Mile Run". After running sprints and middle distance races, some runners accept the challenge to run a long distance. You have run a long distance and developed strength and stamina to reach the Bear rank. Remember that hard work and a steady pace will win the race. Parents I present you your son's badge so you may present it to him. Lead Cheer

CM: 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 I present you your son's badge so you may present it to him. Lead Cheer

Physical Fitness Advancement

National Area Capital Council

Props: Stand with pegs for each rank. Barbell weight (not to 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. Lead Cheer

CA: 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 of Tiger Scouts] who have trained to earn their Tiger rank. Please come forward and lift the weight to the Tiger level. Lead Cheer

CM: 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. Lead Cheer

- CA:** 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? Lead Cheer
- CM:** 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. Lead Cheer
- CA:** Each of you have worked to develop your bodies and minds. This will help you to always do your best. Congratulations! (One Final Cheer)

The Scoreboard

Tatanka District, Sam Houston Area Council

Props –

Scoreboard and cutouts of running figures,
Invisible tape,
Straight pins,
Badges.

Make a scoreboard of poster paper and write in the name of the advancing boys. Cut out as many as you need.

Action:

Call forward advancing Scouts and their parents.
Line up the boys on either side of the scoreboard with their parents behind them.

You know, boys, Cub Scouts is a lot like sports. It's fun, it's full of physical activities, and you can win – or lose. In Cub Scouting you win by growing strong in mind and body, and by advancing in rank. Or you can lose by not joining in our den and pack activities and by not doing your best to pass achievements and electives.

You boys have all been winners this month. You have advanced in rank or earned arrow points, or both. Your coaches have been you den leaders and your parents. In Cub Scouting, we could not get along without coaches. So I want to congratulate all of you, boys and parents. Now I'll ask each boy to show his progress on our scoreboard by putting on the scoreboard a marker for each rank you have earned and have your parents pin on your new rank badge." (In turn, advancing the boy's tape on a runner for each rank he has earned and removing his new badge for the parents to pin on to his uniform.)

We also have a boy who has earned the Arrow of Light. Cub Scouting's highest award. Call him forward with his parents. "_____ has shown that he is ready for Boy Scouting by earning the Arrow of Light. He has met the requirements for this award. He is in the ninth inning of his time in our pack. We are all proud of him and the way he has progresses in the sport of Cub Scouting. Now _____, will you please fill your ranks on our scoreboard and have you parents pin your Arrow of Light badge on your uniform?" They do so.

"I hope that every member of the pack gets on the scoreboard in the coming year. It is a good way to be a winner in Cub Scouting.

Cub Scout Baseball Advancement

York Adams Area Council

You might want to add more info about the ranks and the boys when you present the awards CD

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 Tiger 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 Tiger, so keep up the good work. Parents here are their badges.

Cubmaster: Will (names), our Wolf 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 Bears 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 the game you need to earn your Webelos Badge and your Arrow of Light. Work hard and you should have no problem.

If you have boys earning the Webelos Badge make their spot halfway between third and home plate.

Getting In Shape Advancement Program

Crossroads of America

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.

SONGS

Guidelines for Changing Lyrics to Patriotic Songs

Cub Scout Program Helps 2008-2009, 4 JUL 09

Putting new words to popular songs is part of the fun of Cub Scouting. However, Scouts should refrain from changing the lyrics to "America," "America the Beautiful," "God Bless America," and "The Star-Spangled Banner." Help the boys in your pack learn the correct lyrics to these patriotic songs.

Oregon Trail Council

Check out the following songs in
Cub Scout Program Helps 2008-2009 -
✓ **My Favorite Sport**, page 3 JUL 09

Take Me Out To The Ball Game

York-Adams Area Council
(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

Cub Scout Marching Song

Tatanka District, Sam Houston Area Council

Tune: This Old Man He Played One

This young Cub, number one,
He sure likes to get things done.

Chorus:

With a knick knack paddy wack,
Give a Cub a chore.
This he'll do and ask for more.

This young Cub, number two,
He will do odd jobs for you.

This young Cub, number three,
Full of humor, full of glee.

This young Cub, number four,
Follows rules and know the score.

This young Cub, number five,
he has courage, he has drive.

This young Cub, number six,
He'll make things with ropes and sticks.

This young Cub, number seven,
becomes a Boy Scout at eleven.

This young Cub, number eight,
gives goodwill that sure does rate.

This young Cub, number nine,
he's so pleasant all the time.

This young Cub, number ten,
sings the chorus once again.....

Sports Song

York-Adams Area Council
(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?

TOUGHEN UP

Tatanka District, Sam Houston Area Council
(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.
Throw the ball way out of sight,
Lift bar bells with all your might.

Watch 'em flexing, watch 'em bulging,
Watch our muscles growing strong.
Building muscles in our backyard,
That will last a whole life long.

A STRETCHING WE WILL GO

Tatanka District, Sam Houston Area Council
(Tune: A Hunting We Will Go
OR The Grand Old Duke of York")

A-stretching we will go,
Moving to and fro.
And when we're done,
We've had some fun,
And relaxed our muscles, too.

Come on, folks, let's stand,
And raise up high each hand.
Then spread them wide.
Now to your side,
As your muscles you relax.

Now let us stamp our feet,
But please don't take your seat.
Before you're down,
Please turn around,
And then you'll take your seat.

Fitness

Crossroads of America
(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.

HEAD, SHOULDERS, KNEES, & TOES*Tatanka District, Sam Houston Area Council*

Head Shoulders Knees and Toes, Knees and Toes.
 Head Shoulders Knees and Toes, Knees and Toes.
 Eyes and ears and mouth and nose,
 Head Shoulders Knees and Toes, Knees and Toes.

Actions:

- 1 - sing through, doing actions.
- 2 - omit singing 'head', but touch it.
- 3 - omit singing 'shoulders' and 'head'.
- 4 - omit singing 'knees' but touch them.
- 5 - omit singing 'toes' but touch them.

Want to see this done???

Then click on the link below and watch the Wiggles do it!

<http://www.youtube.com/watch?v=gFuZ6LPDYQc>

There is a Disney logo on the video clip

Sportsmanship*Sam Houston Area Council*

to the tune – Clementine

Give me a soccer ball, and a goal line
 Any game that I can play
 I like running back and forth – my
 Sporting skills upon display.
 My team plays fairly, cause we're all Cub Scouts
 Our coach puts us to the test.
 Since he's also our den leader
 He makes sure we do our best.
 We're learning teamwork, and competition,
 And good sportsmanship as well.
 Things we're hearing in our den meetings
 About the best way to excel.

THE ATHLETE*Tatanka District, Sam Houston Area Council*

Tune: My Bonnie

They gave me a suit and num-ber
 And sent me out on the field.
 Then gave me a ball called the pigskin,
 And shoes with some cleats, toe and heel.

CHORUS:

Mus-cles, cra-mps
 Wracking my body with pain, with pain,
 I stand, wonder- ing
 If ever I'll do this again!

Next time they gave me a racquet,
 Then sent me out on the court,
 Fun-ny the things you encounter,
 While trying to lea-arn a sport

CHORUS

The or-deal was finally over,
 At least -that's wh-at I thought,
 When they showed me the soccer equipment,
 I fainted dead on the spot!

CHORUS**KEEPING HEALTHY***Tatanka District, Sam Houston Area Council*

Tune: Clementine

Strong healthy, growing bodies,
 That's what we will try to keep
 Proper food and lots of sunshine
 Exercise and lots of sleep.

Brush and floss our teeth each day,
 See the dentist twice a year,
 Bubble gum and sticky candy
 Cause cavities, we fear

Have a check up by the doctor,
 Try to follow his advice.
 He's a friend who keeps us healthy,
 And always very nice.

Healthy food and not that junk food
 Helps to keep our bodies strong.
 We hope you'll try to stay healthy,
 That's the end of our nice song

It's Fun to Exercise*Baltimore Area Council*

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!

STUNTS AND APPLAUSES*Oregon Trail Council*

Check out the following in
 Cub Scout Program Helps 2008-2009 -

- ✓ **Run Ons**, page 3 JUL 09
- ✓ **Applauses and Cheers**, 3 JUL 09

APPLAUSES & CHEERS*Tatanka District, Sam Houston Area Council*

Relay: Have one Cub in each row or section start this one.

They will clap twice and then clap the hand of the person next to them. They continue to clap in unison in this manner until everyone in the room is clapping.

Strongman's: Pretend to lift a heavy object and say, "Uh, Uh, Ah".

Golf: Swing the golf club and yell "Fore"

Touchdown: 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.

Sam Houston Area Council

The Ball Applause. 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.

National Capital Area Council

Baseball Applause: Pretend to throw a baseball in the air and pretend to hit it with a bat. After you hit the ball, shout, "Home Run!!!"

Bowling Applause: Pretend to throw a bowling ball down an alley and yell, "Strike!"

Pole Vault Applause:

- Hold one arm straight in front.
- Stand two fingers of the other hand on the outstretched arm, like legs, and
- Have the finger "legs" pretend that they "run" down the arm.
- When they get to the wrist, make them "leap" into the air.
- As you bring your hand back down, clap.

RUN-ONS*Tatanka District, Sam Houston Area Council*

Cub: What does a ballplayer do when his eyesight starts going bad?

Dad: He gets a job as an umpire!

1st Cub: Wow, It's a run-home.

2nd Cub: You mean a home run.

1st Cub: No, I mean a run-home. You just hit the ball through that window!!!

Q: Why was Cinderella such a poor basketball player?

A: Because she had a pumpkin for a coach!

KAYAK*Tatanka District, Sam Houston Area Council*

Setting: two Cubs carry in a kayak (cardboard cutout) and double-bladed paddles (could, also, be cardboard)

Cub #1: Boy, it sure is pretty here, but I'm getting cold.

Cub #2: Me too. (peers off into the distance) It's too far to shore. Let's build a fire here in the kayak. That'll heat us up.

Cub #1: Good idea. (They mimic building a fire - saying Aaaah, that feels good, etc.)

Cub #2: (suddenly) Hey, we're sinking! (Both try to bail out water frantically, then turn to the audience)

Cub #1: Well that just goes to show you ...

Cub #2: You can't have your kayak and heat it too!

OLYMPIC DRAMA*Tatanka District, Sam Houston Area Council*

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.

Sam Houston Area Council

Knock-Knock.

Who's there?

Acoustics.

Acoustics who?

Acoustics help you when you shoot pool.

Knock-Knock.

Who's there?

Basis.

Basis who?

Basis loaded. Nobody out!

Knock-Knock.

Who's there?

Thoreau.

Thoreau who?

Thoreau me the ball!

JOKES & RIDDLES*Sam Houston Area Council*

Cub #1: Are there any athletes in your family?

Cub #2: Yeah, my brother's been playing soccer for five years.

Cub #1: Wow! I bet he's really tired!

Cub #1: Why is hot faster than cold?

Cub #2: You can catch a cold!

Cub #1: Where does Tony the Tiger play football?

Cub #2: In the Cereal Bowl!

Cub #1: What does a mountain use to play baseball?

Cub #2: A Sum-MITT!

Cub #1: Why do spiders make good outfielders?

Cub #2: Because they can catch flies!

Cub #1: What's the noisiest sports equipment?

Cub #2: A tennis racket!

Cub #1: What is a basketball player's favorite snack?

Cub #2: Cookies and milk. Because he likes to DUNK!

Cub #1: What do you get when you cross a dog and a football player?

Cub #2: A golden receiver!

Cub #1: What's the quietest sport in the world?

Cub #2: Bowling! You can hear a pin drop.

Tatanka District, Sam Houston Area Council

Q: Why is a bad golfer like a motor boat?

A: They both go putt-putt putt-putt.

Q: How do players keep cool at a basketball game?

A: There are lots of fans out there.

Cub 1: I know an athlete who is happy every time he strikes out.

Cub 2: He must be a terrible baseball player.

Cub 1: Yeah, but he's a good bowler.

Q: Are umpires good eaters?

A: Yes, they always clean their plates.

Nature Theme Riddles*Tatanka District, Sam Houston Area Council*

- Q: When is a baseball player like a spider?
A: When he catches a fly.
- Q: Which insect eats the least?
A: The moth. It eats holes.
- Q: Why is a frog never thirsty?
A: Because in an instant, he can make a spring.
- Q: What kind of bird is present at every meal?
A: A swallow.
- Q: Why is the letter A like a sweet flower?
A: Because a B (bee) is always after it.

SKITS*Oregon Trail Council*

Check out the following Skit in
Cub Scout Program Helps 2008-2009 -
✓ **Sports for Me Skit**, page 10 JUL 09

One Step At A Time*York Adams Area Council*

- Characters:** Senior Scout (Den Chief, Den Leader, etc.)
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 1 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!

STEP OVER*Tatanka District, Sam Houston Area Council*

- Personnel:** Three Cub Scouts, one dressed neatly and the other two dressed sloppily and looking tired and bored.
- Cub #1:** (Drags himself on stage, looking tired, bored and meets the sharply dressed Cub. #2) Say, am I ever tired. I wish I could be in shape. I'm so weak I don't know what to do.
- Cub #2:** I have something that will get you into shape physically and mentally. Take the first step into my program and into shape by stepping over the line.

*Cub #1 Steps over the line,**and becomes alert, bright and athletic.*

- Cub #3:** (Walks in dragging, tired and meets #1 and #2.) I'm so bored. I have done everything there is and nothing is left. I miss the challenges.

- Cub #2:** I have something that will challenge you, train you, coach you and develop you both physically and mentally. Just step over the line.

*Cub #3 Steps over the line
and becomes bright, alert and athletic.*

- Cub #1 and #3 (TOGETHER)** What is this program we stepped into that gives us this energy, strength and really challenges us?

- Cub #2:** It's, it's, it's (hold up a sign that reads "Cub Scouting") Cub Scouting!!!

Athlete of the Year*Sam Houston Area Council*

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

Props: Carrot, orange, Exercise equipment, towels, etc.

Scene: Some boys working out - one boy eating.

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

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*Tatanka District, Sam Houston Area Council***Props:**

Frisbee for discuss,
 Pole for javelin,
 Bag of cookies,
 Toothbrush and basin of water on stand,
 Fake mike for reporter

TV reporter: We're here today to interview the athletes at Pack _____ as they prepare for the challenge of this years 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 #1: I'm practicing my throw for the discus event. (demonstrates how to throw Frisbee)

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

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

THE RACE OF A LIFETIME*Tatanka District, Sam Houston Area Council***Characters:**

Announcer;
 Cub Scout;
 Igor the Great;
 Freddy Fast;
 Steven Speed;
 Marty Marathon;

All super-fast runners in jogging suits or shorts, but NOT in Scout uniforms. Ideally all would have racers' numbers.

Setting: The race will have a starting line and finish line at opposite sides of the stage. All racers are on stage warming up as announcer starts.

ANNOUNCER: We are gathered here today to witness the greatest race ever held. With us today are the running greats of the world. Men who have set records for speed and endurance and who have astounded the world with

their athletic abilities. As we prepare for this race to begin, I'll introduce the contestants.

(Each runner steps forward and continues to warm up as he is introduced, then returns to the starting line.)

Wearing the number 1, we have IGOR THE GREAT. Igor has run the mile in 1.05 minutes. He is said to be one of the fastest men in the world.

(Pause for runner's warm ups)

Wearing the number 2 is FREDDY FAST. Freddy has just won the four-mile race at Pensacola, Florida. He ran four miles in 5 minutes!

(Pause for runner's warm ups)

Wearing the number 3 is STEVEN SPEED. Steven runs 20 miles in 22 minutes! A fantastic runner....he is a favorite to win this event today.

(Pause for runner's warm ups)

Wearing number 4 is MARTY MARATHON. Marty is a world champion runner and has been clocked running 45 miles per hour for ten minutes straight!

(Pause for runner's warm ups)

Wearing the number 5 is CUBBY SCOUT.... Cubby Scout --there has to be a mistake here.. It says he runs a mile in under 15 minutes? Are you kidding me? What's this kid doing in our race...he doesn't have a chance! Oh well...we're about to begin the race.

(Pause for runner's warm ups)

This race is 100 yards (give or take a few) and the winner will be the champion of the world and other places.

Racers to your starting positions.

On your mark ... get set...go!

(Racers start and all run fast but back and forth away from and toward the audience while the scout runs straight to the finish line.)

I don't believe it, I don't believe it!

The Scout won the race!!!

Let's talk to him and see what happened.

Approaches the Scout at the finish line) Tell me Cubby, how did you win this race against all of these faster racers? What was your secret?

SCOUT: There's no secret really, it's just something that I learned in Scouting...It's not how fast you run the race of life, but how straight your path.

ANNOUNCER: Well, there you have it, folks, straight from the winner's mouth...A straight path is what makes the winner's difference and apparently Scouting teaches that straight path.

The Split Ball*Tatanka District, Sam Houston Area Council***Characters:**

Bud the pitcher,
 Bill, the reporters,
 Shorty the catcher,
 Gentleman from Australia,
 Other visitors,
 Two flashlight operators.

Scene: Practice field.**Set Up:**

The front stage is very dimly lit. Across the back is a sheet or lightweight curtain through which a light can shine.

The success of the stunt depends on the ability of the pitcher, catcher, and flashlight operators to coordinate their movements.

The pitcher pantomimes a throw. When he says, "There," a flashlight operator turns on his light and makes it shine through the screen. The light moves along the screen to resemble the flight of the ball.

The catcher pretends to catch the ball, and the flashlight goes off. The movement may or may not mimic the flight of that kind of ball in a real game.

Bud comes on stage, in front of the curtain. Bill steps up to him, followed by all the visiting Gentlemen.

Bill: Hi, Bud.**Bud:** Hi, Bill.**Bill:** Gentlemen, I'd like you to meet Bud, the greatest pitcher in America.**Bud:** Oh, come on, Bill!**Bill:** It's true. Bud, these gentlemen represent the world wide athletic association. They wanted to see the greatest American pitcher, so I brought them right to you.**Bud:** Well, I am flattered.**Bill:** This is Mr. Grossman from Australia, Mr. Blackwell from England, etc. (Each shakes hands with Bud and then steps away.)**Grossman:** Excuse me, sir. We have heard about the different ways you pitch ball. Would you demonstrate a few balls for us?**Bud:** Glad to. Have a seat. (points to a row of seats and they sit.)**Gentlemen:** Thank you.**Bud:** Shorty?**Shorty:** (appearing) Yes, Bud?**Bud:** What shall I start with, Bill?**Bill:** Start with your fast ball.**Bud:** O.K. a fast ball. There! (light darts across screen, quickly. Gentlemen cheer.)**Bill:** A slow ball.**Bud:** O.K. a slow ball. There! (light moves very slowly across screen. Gentlemen Cheer.)**Bud:** A curve ball.**Bud:** O.K. a curve ball. There! (light moves in a fancy curve. Gentlemen Cheer)**Bud:** A knuckle ball.**Bud:** O.K. a knuckle ball. There! (light moves in a zig zag line. Gentlemen Cheer.)**Bill:** How about a sinker?**Bud:** O.K. here comes a sinker. There! (light glides along waist-high, then drops into mitt. Gentlemen Cheer.)**Grossman:** Pardon me sir. I have heard about your split ball. Could you please show us?**Bud:** Certainly. A split ball. There! (The two flashlights start together. They seem to separate, one high, one low on the screen. Then just as they near Shorty, they come together.)*Every one cheers, pats Bud on the back as they all exit.***MUSCLE BUILDING CHAMPS***Tatanka District, Sam Houston Area Council***ALL:** We excel in building muscles

We're champs at that, you see;

Just listen to our stories

And I'm sure you will agree.

Cub #1: I hold the title of strongest in my den.
Do you suppose it's because of my friend?*(Holds up toy skunk, other boys hold their noses.)***Cub #2:** I'm known as the den's muscle man this year.
Most of my muscle is between my ears.*(Pulls out small hat from behind his back and desperately to fit it on his head.)***Cub #3:** I hold the title of the fastest of all.
I'm first in line for the chow basket call.
*(Pulls out bag of cookies and begins eating.)***Cub #4:** I'm known as the champion of the high jump.
One time I missed and got a big lump.
*(Rubs head, with painful expression on face.)***Cub #5:** To keep in shape, I exercise each day.
I wonder why my muscles turned out this way.
*(Removes sweat shirt to show colorful padding on arms and legs.)***Cub #6:** I'm champ at making things disappear, you see.
Watch us all disappear, as I count to three.
*(He counts slowly 1 — 2 — as all cubs exits.)***The Emergency Test***Sam Houston Area Council***Setting** – group of Scouts.**Scene** – Scouts in a line, except one (the announcer). The announcer comes on stage and stands in front of the Scouts.**Announcer:** This is a test.**Scouts:** Hmmmmmmmmmmmmmm.**Announcer:** This has been a test of the emergency broadcast system. This was only a test. If this had been a true emergency, you would have heard:*Scouts throw hands over heads and yell and run wildly off stage.*

The Talking Dog*Sam Houston Area Council*

Setting – 3 Scouts (one will play the dog, one a Scout, one in the restaurant)

Scene –

- Scout and dog are in a restaurant and the waiter approaches, ready to take an order.
- Upon seeing the dog, the waiter begins a conversation with the Scout.

Waiter: Hey! I'm sorry young man, dogs are not allowed in here.

Scout: You don't understand sir, this is no ordinary dog. This is a talking dog.

(The waiter looks very skeptical.)

Waiter: I'm sorry sir, but the dog will have to go.

Scout: I'll tell you what. If I can prove that my dog can talk, Will you let him stay?

(Reluctantly the waiter agrees. The Scout gets his dog's attention and begins to ask him three questions.)

Scout: What is on top of a house?

Dog: (barking) Roof

Scout: "What is the opposite of smooth?

Dog: (barking) Ruff

Scout: Who was the greatest baseball player of all time?

Dog: (barking) Ruth

(The waiter is upset and asks the Scout and his dog to leave.

The Scout and his dog are sitting on the curb outside the restaurant when the dog turns to the Scout.)

Dog: Who should I have said, Joe DiMaggio?

Ice Fishing*Sam Houston Area Council*

Setting – several Scouts, fishing pole for each; leader should carry pretend “saw” to cut ice; there should be a “voice” offstage

Scene – Leader has gathered his Scouts around him and they are about to head out onto the ice for some fishing.

Leader: OK guys, this looks like a great spot for some ice fishing. (Takes saw and makes a hole in the ice. Scouts drop in fishing lines.)

(Scouts – Agree throughout what a great site this is for fishing; they hope to catch a big fish, etc...)

Voice (from offstage - like voice of God) There are no fish there.

(Leader and Scouts shrug.)

Leader: Come on guys – let's head over here. This looks like a great spot. (Saws another hole in the ice, Scouts drop in fishing lines.)

Voice (from offstage) There are no fish there.

(Leader and Scouts shrug and walk to another spot.)

Leader: OK guys – I bet this is a great spot for some fishing (saws another hole in the ice, Scouts drop in fishing lines once again).

Voice (from offstage) This is the manager of the ice rink. There are no fish in here.

(Leader and Scouts shrug sheepishly.)

The Dumb – Bell*Sam Houston Area Council*

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)

CLOSING CEREMONIES

Oregon Trail Council

Check out the following Closing in

Cub Scout Program Helps 2008-2009 -

- ✓ **Good Sport Code**, page 3 JUL 09

Sportsmanship

Sam Houston Area Council

Setting – 13 Cubs (or several Cubs reciting two cards), poster boards with the letters to S-P-O-R-T-S-M-A-N-S-H-I-P on the front and the appropriate verses on the back

Scene – Cubs in a line, or another simple formation.

- Cub #1:** S S is for SPORTS that we like to play.
- Cub #2:** P P is for the PRACTICE we do every day.
- Cub #3:** O O is for the ORGANIZED leader of our team.
- Cub #4:** R R is for READY – to play the extreme.
- Cub #5:** T T is for the TIME we have to give.
- Cub #6:** S S is for SMILE, because we're active.
- Cub #7:** M M is for the MANY ways we try
- Cub #8:** A A is for ALWAYS standing by.
- Cub #9:** N N is for NEW friends we have in our bunch
- Cub #10:** S S is for SNACKS like apples and punch
- Cub #11:** H H is for HELPING our teammates along
- Cub #12:** I I is for INCLUSION – we all belong.
- Cub #13:** P P is for PLEASE stand as we say
The Cub Scout Promise to end our day.

Strong For America

Tatanka District, Sam Houston Area Council

Each of seven boys hold up a sign showing a different type of fitness and reading his part.

- Den Ldr:** When we talk about a Cub Scout being strong for America, we usually think of physical fitness and the different ways one can be fit. In Scouting, we like to talk about five different kinds of fitness.
- Cub #1:** Physical Fitness: Physical means that a Cub Scout develops and keeps his body healthy for a well-rounded life.
 - Cub #2:** Mental Fitness: Mental fitness is the development of our minds, skills, and attitudes.
 - Cub #3:** Emotional Fitness: Emotional fitness is the ability to control feelings of fear and anger, to win and lose gracefully, and to get along with others.
 - Cub #4:** Social Fitness: Social fitness means being able to work, play and live happily with others.
 - Cub #5:** Spiritual Fitness: Spiritual fitness is knowing and following your obligation to God.
 - Cub #6:** These five forms of fitness are what we mean when we say "Scouting rounds a guy out" and makes us all better Americans.
 - Cub #7:** Please rise, give the Cub Scout Sign and repeat the Cub Scout promise with me.

Do Your Best

Tatanka District, Sam Houston Area Council

- Cub #1:** Some people think if you have muscles, You must win in every game, But if they'd only stop to think, Many a loss can also be a gain.

Cub #2: If we're always good sports when we lose, And learn what to do better next time, Then we really come out a winner, For experience is a teacher sublime.

Cub #3: It matters not that the top score we've won, If only we all do our best, For that's the mark of a champion, What ever may be the test.

Cub #4: If you can't do GREAT things, my friend, It matters not at all, If only you try to do in a GREAT way, Things that may seem so small!

Cubmaster's Minutes

Oregon Trail Council

Check out the following Cubmaster's Minutes in
Cub Scout Program Helps 2008-2009 -

- ✓ **Play Fair**, 3 JUL 09
- ✓ **Den Leader's Closing Moment**, 8 JUL 09
- ✓ **Strong and Healthy**, 8 JUL 09

Real Sportsmanship

Jim Jones, Great Salt Lake Council

Larry Shields, the Penn State miler, is being hailed as a hero in spite of the fact that he lost the distance medley relay race at the championship games in Philadelphia. Shields and Connolly, of Georgetown, were running on even terms as anchor when they bumped into each other and Connolly fell to the cinders. Shields, instead of putting on a burst of speed, slowed up to a walk and waited until Connolly picked himself up and again was on even terms with him. Then he started to sprint that won the race by less than a yard. But he was disqualified because the track judges said he was responsible for Connolly's fall. *Adapted from Boys' Life*

Sportsmanship and the Scouting Uniform

Jim Jones, Great Salt Lake Council

Sportsmanship is more than just understanding the rules of a game, it is obeying the rules and etiquette of the game and of the sport. It is respecting the feelings and abilities of team members and opponents.

Addressing Sportsmanship in the Summer 2009 issue of *Officials' Quarterly*, published by the National Federation of State High School Associations, Bill Riccia wrote the following:

Players, coaches and spectators as well as officials are reminded the playing field is an extension of the classroom. On it, lessons of self-control, discipline, respect for others and responsibility are learned. With this in mind, everyone must be aware that any action that detracts from those lessons is detrimental to the values the game is trying to instill.

As a boy many of us were told, never do anything we would not do with our mothers watching. This counsel kept many young men on the straight path to manhood.

The Scout Uniform is recognizable as a symbol of the Boy Scouts of America. Whenever a Scout or a Scout Leader does anything, wearing the Scout Uniform, it reflects back on the whole Scouting Program. When participating or watching a sporting event while wearing the Uniform or

representing the Boy Scouts of America, that activity is an extension of the Scouting Program. Any action that distracts or reflects poorly on the Boy Scouts of America is damaging to the image and reputation of that great program. Always act in a way that reflects properly on the honor and reputation of the Boy Scouts of America.

Keeping Fit

York Adams Area Council

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 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!

Teamwork

Sam Houston Area Council

Materials – 4-5 pieces of rope (small in length)

These ropes are like our Scouts, rather strong, but also flexible. You can do many things with them, and they are helpful on projects. What happens, though, when we tie the ropes together? It becomes a much longer piece, that can help with even larger projects or jobs. So it is with your den. When you work together, or play together, or complete a project together as a den, you can achieve even greater success, and even more accomplishments. You can all support each other. I encourage you to be the strong piece of rope in your den so that when you work together, you are doing your very best.

Sportsmanship

York Adams Area Council

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.

Honesty

National Area Capital Council

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.

Sportsmanship is Critical

Crossroads of America

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.

Winning Isn't Everything

Tatanka District, Sam Houston Area Council

Some years ago a hard-nosed coach said, "Winning isn't everything, but it sure beats whatever's second." There's some truth in that. Everyone likes to win. Very few people enjoy losing. The trouble is that in every type of competition, there must be losers as well as winners. It's also true in life. You and every other human being find that sometimes you have to be a loser. Perhaps your sports team loses a game on an unlucky break. Or maybe you work hard in school but get low grades. Some people might say you're a loser. Maybe so. But you don't have to stay a loser. The real difference between winners and losers is that a loss makes some people more determined to do better next time. In the long run they are the winners because they learn to profit by their defeats and mistakes. No, winning isn't everything. We can learn from losses, too.

Dartmouth Vs. Cornell Closing

Tatanka District, Sam Houston Area Council

Probably some of you will earn a Sports Belt loop this month. If so, the first thing you'll have to do, is to understand what sportsmanship is, because it's the first requirement. I'd like to read you a little story from the sports merit badge pamphlet, which sums up sportsmanship very well. Here's the story. In 1940, an underdog Dartmouth football team played powerful Cornell, which needed only one more victory for a perfect season and a number one ranking in the country. Trailing 3-0 Cornell scored a controversial touchdown that the Dartmouth players insisted was made on an extra 'fifth down.' However, the referee counted the touchdown, and Cornell won 7-3. But after the game, Cornell officials watched the game on film and saw that, indeed their team had been allowed an extra play. They immediately sent a telegram to Dartmouth stating that they could not accept the victory. It went into the record book as 3-0 victory for Dartmouth.

That little story tells us what sportsmanship really is. It is the desire to play hard and to win - but to win fairly - and if you lose, to accept defeat with good grace. Let's remember that throughout our lives. Also remember, that to be a good sport you have to lose to prove it.

A Continuous Program*Tatanka District, Sam Houston Area Council*

A good program for getting into shape is a continuous program that lasts a lifetime. A program that covers all aspects of the body and mind. A program that challenges our capabilities but doesn't overwhelm. Cub Scouting is like that...a program that challenges the body and mind. It is part of a continuous program into Boy Scouts, Venturing and Adult Scouting. One of the most important things in this program is to challenge the cubs, but do so in a way they can learn and still have fun. We must be aware that each boy is an individual with different strengths and weaknesses. Each must be treated according to his needs. As each boy follows the Scouting program, going up each level, he will receive awards. These awards by themselves are worthless, but the accomplishments, experiences and gained knowledge that was needed to obtain them are priceless.

THEME RELATED STUFF*Oregon Trail Council*

Check out the following Group Activity in Cub Scout Program Helps 2008-2009 -

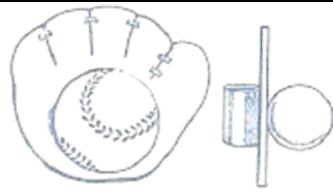
- ✓ **Sports Quiz**, page 2-3 JUL 09

TEN COMMANDMENTS OF SPORTSMANSHIP*Jim Jones, Great Salt Lake Council*

1. Thou shalt not quit.
2. Thou shalt not alibi.
3. Thou shalt not gloat over winning.
4. Thou shalt not be a rotten loser.
5. Thou shalt not take unfair advantage.
6. Thou shalt not ask odds thou art unwilling to give.
7. Thou shouldst always be ready to give thine opponents the shake.
8. Thou shouldst not under-estimate an opponent, or over-estimate thyself.
9. Remember that the game is the thing, and that he who thinks otherwise is a mucker and not a true sportsman.
10. Honor the game thou playest, for he who playeth the game straight and hard wins even when he loses.

TIGERS**Sport Neckerchief Slide***Oregon Trail Council***Materials:**

Round, football-shaped, or mitt-shaped pieces of craft foam; Polystyrene foam balls, Wooden balls, Plastic balls, Golf tees, Miniature helmets, or other sports equipment miniatures; Leather, Paint, Paintbrushes, Markers, $\frac{1}{2}$ -inch-long pieces of PVC pipe, Glue

**Directions**

- ✓ Paint balls as necessary ahead of time so they will dry.
- ✓ Cut out shapes ahead of time or have an adult help the boys, if they need it.
- ✓ The boys can use markers, ballpoint pens (for craft foam), or paints to decorate the balls and craft foam.
- ✓ Glue a piece of PVC pipe to the back.

Hints:

- ✓ Break off the pointed end of a golf tee and embed the broken end into a plastic or foam ball to prevent injury to boys in case they fall on it.
- ✓ Inserting a toothpick into a foam ball before you paint it makes the ball easier to work with; the toothpick's other end can be stuck into a foam box (like empty takeout food container) to keep the ball from touching anything as it dries.

Sun Visors*Oregon Trail Council***Materials:**

Craft foam (heavier is better), Hole punch, $\frac{1}{2}$ -inch elastic, Scissors, Ballpoint pens

**Directions**

- ✓ Before the meeting, the den leader cuts out the visors, following the illustration.
- ✓ The boys draw pictures on the craft foam using ballpoints, not felt pens). Or have foamy cutouts available for them to glue on.
- ✓ Reinforce the area to be punched with a small round of foam; it will reduce the tearing when boys pull on the elastic.
- ✓ Punch holes in both small ends of the visors about $\frac{1}{2}$ -inch in from the edges.
- ✓ Cut a piece of elastic about 8 inches long.
- ✓ Thread the elastic through the holes and tie a knot in each end.
- ✓ Adjust knots so the visor fits loosely but stays on the boy's head.
- ✓ Now go out and enjoy the sun!

Tiger Cub Sportsmanship Pledge*Oregon Trail Council*

As a Tiger Cub, I promise to be a good sport,
To play the games by the rules,
To include everyone in the games, and
To be a good loser and a graceful winner.

Starter Cheer

Oregon Trail Council
Ready, set go!

Ice Cream Toss

Oregon Trail Council

Make "Ice Cream in a Bag".

- Have one bag per boy
(and one for any parent who wants one).
- Have the boys toss the bags of ice cream to each other as the leader calls out how to toss them: overhand; underhand; from behind your back; turn three times, then toss, etc.
- It will take about 10 minutes for the ice cream to freeze, and the more twisting and turning it gets, the better it will be.

Ice Cream in a Bag

Oregon Trail Council

Ingredients:

½ cup milk or cream
3 tablespoons sugar
1 teaspoon vanilla

Materials:

Quart-sized resealable freezer bag,
Gallon-sized resealable freezer bags,
Crushed ice,
Rock salt

Directions

Mix the milk, sugar and vanilla in the quart-sized bag.

Carefully push the air out of the bag and seal.

Place this bag into the gallon-sized bag.

Add crushed ice and several spoons of rock salt to the gallon-sized freezer bag.

Remove any excess air and seal.

While holding the sealed edge, shake and roll the bag for 10 or 15 minutes.

Once the ice cream freezes, open the large bag and remove the ice cream bag.

Enjoy your treat right from the bag.

For flavored ice cream:

Add 1 tablespoon of instant pudding of your choice with the milk and freeze as in the recipe.

Alternative for milk-sensitive Tiger Cubs:

Use fruit juice in place of milk to make a nice cold sorbet.

Pop Bottle Poofball

Oregon Trail Council

Materials:

- ✓ Empty 2-liter pop bottle with cap for each boy,
- ✓ A 6- to 8-inch-diameter foam ball,
- ✓ Three pieces of cardboard for two bases and home plate

Field setup:

Position two bases and home plate in a triangle, an equal distance from each other.

Directions

- ★ One boy bats at a time; the other boys have a position or lay in the outfield.
- ★ After the batter bats and his run is complete (i.e., he made a home run, is stopped on a base, or is out), the boys rotate.

★ Suggested rotation:

Left outfielder to center fielder,
Center fielder to right fielder,
Right fielder to first baseman,
First Baseman to second baseman,
Second Baseman to catcher.

- ★ When the runner gets an out or gets a home run, he then goes to the left outfield.
- ★ The batter throws the ball in the air and hits it with a pop bottle in the direction of the outfield.
- ★ Once the ball is hit, the batter runs to first base.
- ★ The rest of the boys try to get the ball and get it to the first baseman with their bottle-bats.
- ★ The runner is out if he gets hit with the ball when he is not on a base or if someone catches the ball he hit before it hits the ground.
- ★ Use a tee to hold the ball steady after a Tiger Cub has one or two strikes.
- ★ The runner gets a point if he makes it all the way home without being put out.

PACK AND DEN ACTIVITIES

Oregon Trail Council

Check out the following activities for your dens in Cub Scout Program Helps 2008-2009 -

- ✓ **Outdoor Fitness**, page 8 Jul 09
- ✓ **Park Outing**, page 8 Jul 09
- ✓ **Cook "Stove"**, page 8 Jul 09, this activity works for Wolf Elective 13
- ✓ **Homemade Exercise Equipment**, 10 JUL 09
- ✓ **Exercise Stunts**, 10 JUL 09

Outdoor Activities for Everyone

Oregon Trail Council

Tiger Cubs

Cub Scout Program Helps 2008-2009, 4 JUL 09

Tiger Cubs and adult partners can go fishing.

Wolf Cub Scouts

Cub Scout Program Helps 2008-2009, 4 JUL 09

Compete in some of the many sports listed in Ach 20.

Bear Cub Scouts

Cub Scout Program Helps 2008-2009, 4 JUL 09

A game of ultimate gives Bear Cub Scouts the chance to work on their skills.

Webelos Scouts

Cub Scout Program Helps 2008-2009, 4 JUL 09

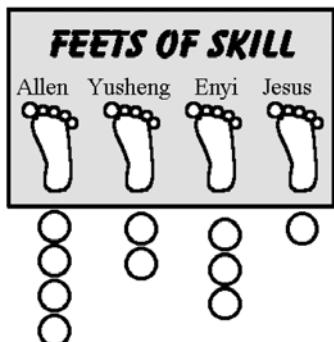
Play a game of flag football in the park.

"FEETS" OF SKILL SCORE BOARD*Tatanka District, Sam Houston Area Council***Materials:**

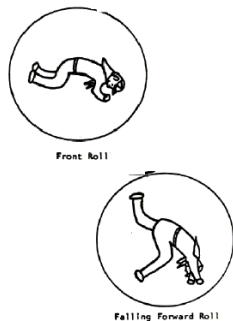
Posterboard,
Pink construction paper (for feet),
Glue, Paper punch, Paper clips,
Crayons or colored pens

In order to give the boys an incentive to work hard on these skills or any muscle building skills which they may accomplish this month, following are some patterns and ideas for personal score boards which can be made from many different materials.

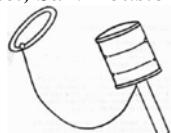
This also provides the boys with a craft item for the month which they can proudly display at the pack meeting and then hang in their room.



1. Cut an 8 1/2" x 11" piece of poster board for backboard.
2. Cut feet from pink construction paper and
3. Glue to poster board.
4. Letter poster board as shown using Cub's own name.
5. Punch holes in bottom of board.
6. Copy patterns of "medals" and let each boy color them. Then glue to poster board and cut them out.
7. Punch holes in top and bottom of each medal.
8. As boys complete each "feet" of skill let him hang his medal using the paper clips.



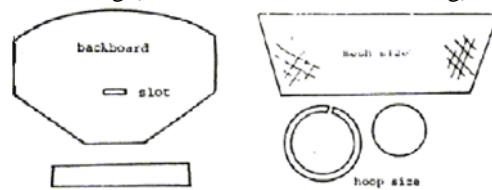
See ideas for other Medals at end of Baloo's Bugle CD

Catch Can*Tatanka District, Sam Houston Area Council*

- ☛ Nail or screw a stick to the bottom of a can
- ☛ Where the can and stick join, tie a long string.
- ☛ Attach a washer small enough to fit inside the can to the loose end of the string
- ☛ Hold stick in hand and try to catch lid with can.

Basketball Backboard Tie Slide*Tatanka District, Sam Houston Area Council***Materials:**

Wood scraps 1/8" thick -- such as paneling or balsa,
Paint,
Wire,
Mesh or nylon;
Small Styrofoam or wooden ball;
Glue:
PVC ring (3/4 inch diameter, 1 inch long)

**Directions:**

- ✓ Cut backboard from wood using the pattern shown.
- ✓ Sand backboard as needed.
- ✓ Make a hoop by wrapping wire around a 1/2 " dowel.
- ✓ Bend a small strip of aluminum foil and insert through the slot in the backboard to fasten the hoop.
- ✓ Epoxy or glue strip the back.
- ✓ Cut nylon net to size of the pattern and sew or glue together.
- ✓ Paint the ball orange and draw lines with marking pen if desired.
- ✓ Paint the hoop orange and the backboard and net white. After this is dry, glue the ball and net to the hoop.
- ✓ Glue PVC ring on the back.

Soccer Ball Neckerchief Slide*Tatanka District, Sam Houston Area Council***Materials:**

Ping pong ball,
Plaster,
PVC ring,
Black paint

Directions:

- ✓ Cut a ping pong ball in half.
- ✓ Fill the half of ball with plaster and
- ✓ Insert drapery ring for slide.
- ✓ Let dry.
- ✓ Decorate with black paint to resemble a soccer ball.

Note:

This idea can be used to make a basketball, baseball, etc.

BARBELL NECKERCHIEF SLIDE**Materials:**

Two 20mm wooden beads,
5/16" dowel (or size to fit inside the beads),
Hot glue,
Black, silver, and white paint,
Thin strip of vinyl for the slide itself.

Directions:

- ✓ Measure and cut the dowel rod about 2 1/4" long.
- ✓ Paint it silver.
- ✓ Paint beads black.
- ✓ Put a dab of glue in the bead and insert the dowel.
- ✓ Paint the ends to match the bead.
- ✓ Paint a weight number on each barbell with white paint.
- ✓ On the back of each barbell, hot glue one of the two ends of the narrow strip of vinyl. This will make the loop.

String Ball*National Area Capital Council***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 paste 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*National Area Capital Council***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*National Area Capital Council***Materials:**

Foam board or cardboard
Colored markers
Craft knife

Instructions

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

Favorite Team Slide*York Adams Area Council*

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, 1" long
- Color copies of team logos

Equipment:

- Tacky glue
- Hot glue
- Scissors

Directions:

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

Ball Practice*York Adams Council*

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*York Adams Area Council*

Use your resources. Do you have a Cub Scout with a parent who is a coach or official? How about a big brother who plays on the High School Varsity??

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*York Adams Area Council*

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.

Summer Olympics*York Adams Area Council*

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.**

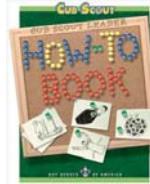
Make sure to have Olympic Gold/Silver/Bronze "medals" for all of the participants and the winners.

Super Scoops*Sam Houston Area Council*

Materials – large plastic jugs, like bleach containers, balls, or bean bags, scissors, tape

Directions –

- ☛ Cut off the bottoms of the jugs,
- ☛ Then cut out the side portion below the handle, angling down toward the bottom.
- ☛ Place masking tape or painters tape around the cut edges for safety.
- ☛ You can then use the scoops for tossing and catching balls or bean bags.

MORE GAMES AND ACTIVITIES*Oregon Trail Council*

Want to organize a **Sports Event Between Packs??**

How about a **Family Sports Day** -

Check out the How To Book for

Cub Scout Field day, page 6-15

Make sure to involve the whole family in the activities. Work in ideas from **Summer Celebration**, page 6-18 and **Pack Family Picnic**, page 6-22

Maybe your pack can hold "Pack Family Picnic" that includes softball, volleyball, badminton, swimming, etc.

How about holding a **Disabilities Awareness Event**?

Check out the How To Book for

Disabilities Awareness Day, page 6-14**ADVANCEMENT IDEAS****From Program Helps via**www.cubroundtable.com

These should be the newly recruited tigers, the just promoted Wolfs (from Tigers) and the just promoted Bears (from Wolfs). Everyone is just getting started. CD

Tigers – *These will be new Tigers recruited at you Spring Recruitment. They are kindergartners just getting started!!!*

Ach at Den Meeting - Bobcat 1, 3G (Go See It)

Ach at Home –

Elect. 16, 35, 40

Wolf –

Ach at Den Meeting 9E

Ach at Home 6, 10C

Elect. 5, 17, 20

Bear –

Ach at Den Meeting–3G, 15, 23

Ach at Home –

Elect. 20D, 20E, 20F

GAMES

Oregon Trail Council

Check out the following games in
Cub Scout Program Helps 2008-2009 -

- ✓ **Backyard Hockey**, page 10 JUL 09
- ✓ **Sidewalk Tennis**, page 10 JUL 09
- ✓ **Ankle Ball Toss**, page 10 JUL 09

25 RELAY GAMES

Tatanka District, Sam Houston Area Council

Use these to fill up a den meeting.

- 1. Over the Top** - Play with a medicine ball or basketball. Boy in line in straddle position. Ball passed overhead from boy to boy. Last boy receiving ball vaults over the line as they stand in stooped position. Others continue until first boy finishes.
- 2. Through the Tunnel** - Boys in same position. Ball is passed between legs and last boy crawls through, pushing ball ahead with head and hands. Others continue.
- 3. In and Out** - Ball is passed between legs and overhead. Last boy runs in and out through the line and others continue.
- 4. Over and Under** - Same formation except the balls are alternatively passed overhead and between the legs. Last boy vaults over one and crawls between legs of next boy. Others continue.
- 5. Kangaroo** - Ball is passed through line between legs. Last boy tucks ball between knees, jumping on side of line to front, and others continue.
- 6. Goat** - Same as above, except that last boy butts ball along side of line with head, not being allowed to use hands.
- 7. Leap Frog Race** - Players stand in stoop-stand position as first boy straddle vaults over backs, when he gets down to the end of the line and second boy begins to leap frog jump over line, so continuing until all boys have had their turn jumping over backs of others.
- 8. Skin the Snake** - All boys in line stoop over, grasping the left hand of player with his right between legs. Last boy lies down. Line continues backing until all are lying. Return to starting position, all standing. (This should be executed as quickly as possible.)
- 9. Checker Relay** - You will need: 6 wooden checkers playing pieces per den. Scouts race up and down the hall in relay fashion, with a pile of 6 checkers is balanced on the back of one hand. They are not allowed to steady the pile with the other hand. The only time they can touch the checkers with the other hand, is either when they have dropped them and are picking them up, or when they are transferring the checkers to another scout in their team.
- 10. Chinese Ladders** - This game only belongs here insofar as the boys are likely already arranged in the right format to play it. They should sit down the length of the hall facing their partners, with their feet touching those of their partners

- 11. Clothespin Relay** - Divide into teams. Each team member must run from the starting line to a team bottle placed a distance away, attempt to drop a wooden clothes pin into the bottle (Each boy has only one attempt to get the clothes pin in the bottle) and run back to tag the next team member, who then repeats the action. The rules are to hold the clothespin with a straight arm at shoulder height or with a bent arm at waist height (as long as all do it the same way). When all the teams are done the team with the most clothespins in their bottle wins the game.
- 12. Cotton Ball Race** - Each person has to pick up all the cotton balls with a spatula, keeping it balanced while running to a specified goal and back. If the cotton ball is dropped, the player must start over. When he returns with the cotton ball he places it in a carton.
- 13. Crawling Race** - Each scout crawls to a turning line 30 feet away, and returns similarly. Crawling must be on hands and knees; a contestant may not rise to the toe to propel himself.
- 14. Driving the Pigs to Market** - The first person in line receives a wand (stick, yardstick, or broom handle) and a pig (soda bottle or egg). On signal the player drives the pig to market and back pushing the pig with his wand.
- 15. Eskimo Race** - Each contestant advances, holding the feet together and knees stiff, by quick toe springs. The turning line is about 30 feet distant.
- 16. Fifty Yard Swim** - Each boy hops on one foot carrying a paper cup of water. First one over the finish line wins. (Could also be done as a relay.)
- 17. 2 Ball Hockey Game** - You will need: 2 hockey sticks, 2 balls, or sponge pucks, 4 chairs, 6 skittles or liquid dishwashing soap squeeze bottles. Two equal sized numbered teams on each side of the hall. Two chairs each end for a goal, with a hockey stick and puck in each goals mouth. A line of skittles between each goal mouth. When a number is called, the two scouts with that number race to their goal mouth, pick up the stick and then dribble the puck between the skittles slalom fashion until they reach the end of the line where they can shoot at the opposing teams goal.
- 18. Animal Relay** - the players progressing to the goal and back in the manner, as some animal's walk must vary Relays. Some variations may be: 1) Donkey's walk: traveling on all fours to the goal and imitating the donkey's bray, 2) Duck walk: walking on two feet in squat position squawking without stopping, 3) lame dog: walking on two hands and one foot and barking.
- 19. Baby Bottle Race** - Each player runs to a chair, picks up a baby bottle with a slightly enlarged nibble, drinks a small amount (1 oz) of liquid, return and tag next teammate to go.
- 20. Barefoot Marble** - Divide the scouts into teams (patrol/den). First boy runs to a line 15 ft. away. He grasps and carries one marble with the toes of each foot, returns to tag the next scout.

- 21. Bat Round Relay** - Each player runs to the other end of the field of play, puts their head to the bat (held vertically by the leader), runs around the bat ten times in that position, and then must return to his team without failing down.
- 22. Balloon Balance** - Equipment: Per team: 1 big balloon; 1 small balloon. Divide the group into teams of six to eight players. Each team is given one large and one small balloon. The first player of each group, on the word 'Go', balances the smaller balloon on top of the larger one and races to the other end of the playing area. If the top balloon falls off, the player must return to the starting line and begin again. When the 'run' (or walk) is complete, the player takes both balloons in his hands and runs back to the starting line, where the second player is waiting to race. The first team finished, and sitting down, wins.
- 23. Blow Cup Relay** - A string is held taut with the string running through a paper cup that is located initially at the one end. Each player must plow the cup to the other end then pushes the cup in line on his team.
- 24. Bottle Fill Relay** - Fill a large pop or milk bottle that is held on a player's forehead with a nonbendable cup filled with water.
- 25. Candle Race** - First person lights a candle, carries it to a specified point, returns to the next person in line, hands him the candle, all without letting the flame go out. If the flame does go out, he must return to the starting line, relight the flame and start over again.

Indoor Track Meet or Outdoor

York Adams Area Council

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

- ★ **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 on 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 sting 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.
- ★ **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.

Multi-Sport Game

York Adams Area Council

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.

Semicircle Soccer (A Semicooperative Game)

Bay Area Council

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.

Octopus

National Capital Area Council

- ✓ 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 your are playing outdoors, lay two ropes on the ground about thirty feet across from each other.
- ✓ 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. They are the fish.
- ✓ 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

National Area Capital Council

- 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** than 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).

Fitness Circle Game

Tatanka District, Sam Houston Area Council

Form a circle as large as the room permits with all Cub Scouts facing the same direction. Give instructions for various activities as follows:

1. Start walking in a circle, and keep walking between these exercises.
2. Start hopping.
3. Make yourself as small as possible and continue walking.
4. Make yourself as tall as possible and continue walking. Now reach your hands high over your heads.
5. Bend your knees slightly, grasp your ankles, and continue walking.
6. Walk as if the heel of one foot and the toes of the other were sore.
7. Walk stiff-legged.
8. Squat down and jump forward from that position.
9. Walk on hands and one foot with the other leg held high, imitating a dog with a lame foot.
10. Walk forward at a rapid pace (don't run) while swinging your arms vigorously.
11. Take giant steps.
12. Walk forward, raising your knees as high as possible with each step.
13. Run, lifting your knees high.
14. Walk on your hands and feet.

This is a great set of directions for a Simon Says Game CD

Hodge Podge Ball*Tatanka District, Sam Houston Area Council***Equipment:**

4 people minimum, one tennis ball and a variety of items (one per player) that can be used to hit the tennis ball such as plastic bats, pots, pans, large sticks, fly swatters, kitchen utensils, etc.

Directions:

- ★ Players are gathered in a large circle.
- ★ One player bats the tennis ball with his utensil to another player in the circle.
- ★ The receiver tries to send the ball to another member of the circle.
- ★ The ball bounces once between each hit.
- ★ If a person fails to receive the tennis ball or send it to another player, he is eliminated.
- ★ The game continues until one player is left, then everyone passes his utensil one person to the right and the game begins again.
- ★ The choice of utensils makes the game a success.

Partner Relay*Tatanka District, Sam Houston Area Council***How to play:**

- Divide into teams, each team member selects a partner.
- On signal, with inner elbows hooked together, the first pair on each team begins walking quickly toward the turn-around line.
- When the game leader blows the whistle, each pair must stop and make a complete turn before resuming forward progress.
- The game leader blows the whistle as often as he/she likes.
- The pairs returns to the starting line in the same manner and tag the next pair in the line.
- The first team to finish wins.

Variation: Have boys complete the relay in groups of three, with one member walking backward.

ABC Sports*Sam Houston Area Council*

Scouts sit in a circle.

Taking turns, each Scout names something that has to do with sports or sporting events (A is for archery, B is for bobsled, C is for competition, etc.).

Hop, Skip, and Jump down the Trail*Sam Houston Area Council*

- ◆ Divide the Scouts into two teams.
- ◆ Let each team practice hopping, skipping, and jumping until they are comfortable with these actions.
- ◆ The first Scout on each team takes a hop, a skip, and then a jump from the starting line.
- ◆ The next Scout also takes a hop, a skip, and then a jump, but he starts from the heel mark of the Scout who went before him.
- ◆ This continues until each member of the team has had a turn.
- ◆ The team who covers the farthest distance wins.

Crab Soccer*Sam Houston Area Council***Materials:** 1 ball and 4 chairs

This is a version of football that can be played indoors using chairs as goal posts.

The rules are much the same as normal football with the exception that Scouts must be in the crab position - that is, on hands and feet/heels with back toward the ground.

You may want to make additional rules to prevent the goalkeeper from throwing the ball too far across the hall. For example, the ball must bounce at least once on his side of the hall.

Do This, Add That*Sam Houston Area Council*

Scouts sit in a circle or stand in a circle.

The first Scout does something (like patting his head).

The second Scout then has to pat his head and add something to this (like stomping his foot).

The third Scout would pat his head, stomp his foot, and add a third action.

The game continues until someone skips a step.

Relay Ball Games*Tatanka District, Sam Houston Area Council***Equipment:** One ball for each team**How to play:**

- Each team stands in file formation with a team leader sitting opposite about twenty feet away.
- The Team Leader has the ball in her/his lap.
- On signal, the first player in line runs to this leader, picks up the ball, and returns to his place in the file line.
- He then throws the ball to the leader and goes to the end of the file line and sits down.
- When the ball returns to the leader's lap, the next player runs.
- The first team to finish a rotation wins.

Tennis Ball Pass*Tatanka District, Sam Houston Area Council***Equipment:** A tennis ball for each team**How to play:**

- ☛ Teams stand in a file formation.
- ☛ A tennis ball is passed from chin to chin, using no hands, from one end of the line to the other end.
- ☛ If the ball is dropped, it is returned to the start of the line.
- ☛ The first team to pass the ball forward and backward wins.

Waddle Relay*Tatanka District, Sam Houston Area Council***Equipment:** A small-to-medium ball for each team**How to play:**

On signal, No. 1 players race against each other while carrying the ball between their knees.

They must successfully reach the turnaround line, bounce the ball once, and return to their team with the ball once again between their knees and tag Player No. 2.

Player No. 2 continues.

If the ball is dropped at any time, the player must go back and start over.

The first team to have all players "waddle" the ball wins.

Flame-Jumping Contest*National Capital Area Council**This is a popular Midsummer's Eve game.*

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

Set Up:

- ✓ 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.
- ✓ 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.

To play the game,

- ✓ Each player must them jump over the flame without knocking it over or touching it and getting "burned."
- ✓ Each time all the players have successfully leapt over the flame, the flame is repinned an inch high.
- ✓ How high can you jump?
- ✓ If this flame is too easy for you, make a taller flame.

Dragon's Tail*National Capital Area Council*

- ☛ 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 (the scarf)without pulling itself apart.
- ☛ If the dragon pulls itself apart, the game starts over again.

Rainy Day Cub Olympics*Tatanka District, Sam Houston Area Council*

Have different stations and let the boys go around to each one and do their best.

- ☛ **Shot-Put:** Out of 10 navy beans, how many can a Cub toss into a quart jar 5 feet away?
- ☛ **Hammer Throw:** How far can a Cub toss an inflated balloon tied to a string?
- ☛ **Football Game:** Teams on opposite sides of a table try to blow a ping pong ball off on the opponents side.
- ☛ **Standing Broad Grin:** Judges measure grins to find the widest.
- ☛ **Discus Throw:** Place an empty pie tin flat on the palm of the hand and see who can throw it the farthest.
- ☛ **Foot Race:** Each Cub stands with one foot in front of the other, heel to toe. The longest length wins.
- ☛ **Running High Whistle:** With one breath, who can hold a whistled note the longest?
- ☛ **Thirty Inch Dash:** A piece of string 30 inches long with a marshmallow on the end is tacked on a wall. The Cub who reaches the marshmallow first by "eating" the string wins.

Bottle Ball*Tatanka District, Sam Houston Area Council***Supplies:**

Medium Sized Inflated Ball,
Large Plastic Soda Bottles,
One Less Bottle Than The Number Of Players,
Chalk Or Stick For Scratching Boundaries

Directions:

1. Place the soda bottles in any arrangement, no bottle closer than 15 feet (or a dimension you choose) to another bottle.
2. Draw a circle four feet in diameter around each bottle.
3. Each player, except for the one chosen to be "It" stands with one foot inside the circle, guarding his or her bottle.
4. "It" stands anywhere, but at least 6 feet away from the nearest player.
5. "It" kicks the ball into one of the circles in an attempt to knock down a bottle.
6. The remaining players protect their bottles by deflecting kicks, but must keep one foot inside the circle at all times.
7. When "It" tumbles a bottle, he changes places with the player in whose circle it stood.
8. Continue until all players have had a chance to be "It."

ZIP! ZAP!*Tatanka District, Sam Houston Area Council*

- Form a circle with the leader in the center.
- When he points to someone and says "Zip!" The player must give the name of the person on his right before the leader counts to ten.
- If the leader says "Zap!" The player must name the person on his left before the leader counts to ten.
- Anyone who gives the wrong name or is too slow, drops out, or becomes the leader.

Race to Freedom Game*National Area Capital Council***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 players 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
National Area Capital Council

Materials:

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

Instructions:

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

Crossroads of America

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 only use their hands 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.

CUB GRUB

Oregon Trail Council

Check out the following recipe in
 Cub Scout Program Helps 2008-2009 -

- ✓ **Sporting Cupcakes**, page 3 JUL 09
- ✓ **Wrapped Wieners**, 8 JUL 09

Skateboard Sandwiches

Sam Houston Area Council

Ingredients –

Your Favorite sandwich
 Milk
 Carrot sticks
 Black olives
 Food coloring
 Water
 Ice cube tray

Directions –

1. Remove the crust from the edges of the sandwich and trim the edges so that they are rounded like a skateboard.
2. Mix 3 Tbsp of milk with food coloring and place separate colors in the individual ice cube tray sections.

3. Using a new, clean water color brush, dip the brush into the colored milk and decorate the skateboard. Use the water to rinse the brush between colors.
4. To add wheels and axles, place an olive on the ends of two carrot sticks and lay the sandwich on top of both carrots.

Mini Football Subs

Great Salt Lake Council

Ingredients

Meat balls
 Spaghetti sauce
 Shredded cheese
 Individual-size rolls

Directions

- ★ Combine meatballs and spaghetti sauce in a skillet and warm them through.
- ★ For each sub, cut a V-shaped notch from the top of an individual-size roll,
- ★ Place meatball in the roll, and top with cheese shred laces.
- ★ Finally, get the sandwiches in a huddle on a cookie sheet and
- ★ Place them in a warm oven for a few minutes to melt the cheese.

Yellow Howler

Great Salt Lake Council

Ingredients

8 lemon-lime Gatorade ice cubes
 1/4 -1/2 c lemon-lime Gatorade or water

Directions

- Drop the Gatorade cubes into a blender or food processor.
- Pour in the Gatorade or water;
- Blend until slushy, adding more liquid if necessary.
- Serves 1

Football Pudding

Great Salt Lake Council

Ingredients

1 package instant pudding mix
 Milk called for in directions on package
 2 re-sealable bags

Directions

- ☛ Pour both milk and pudding mix into a plastic bag.
- ☛ Squeeze all the air out and seal.
- ☛ Place first bag in second bag and squeeze all the air out, seal.
- ☛ Stand in a circle and toss the "football" around for about five minutes.
- ☛ When pudding is done snip the corner of the bags and squeeze into cups for serving.

Peanuts

York Adams Area Council

Just get a bag of fresh roasted peanuts in their shells.

Lemon Peppermint Sticks

York Adams Area Council

Cut lemons into halves (two of them!) and in the center of each stick a 6-inch peppermint stick.

Popcorn Sport Balls
Great Salt Lake Council

Ingredients

- 1/4 c chunky peanut butter
- 1 (10 oz) package large marshmallows
- 1 (12 oz) bag chocolate chips
- 7 cups popped popcorn
- Black string licorice
- 2 tbsp soft butter

Directions

- ✓ Warm peanut butter on low in microwave for 1 minute.
- ✓ In another bowl, melt marshmallows and chocolate chips in microwave on low for 1 minute.
- ✓ Stir chocolate and soft peanut butter together.
- ✓ Pour over popcorn; stir to coat.
- ✓ Rub hands with butter; shape into a sport ball and
- ✓ Decorate with licorice.

Smoothies

Chris Reisel, the creator of Baloo's Bugle

Recently I have become a huge smoothie fan. I have at least one a night, sometimes two. I thought I would share some recipes I have. They are like milkshakes.

Banana Orange Smoothie

- ✓ Place in blender
- 1/2 cup orange juice,
- 1/2-cup milk, and
- 2 scoops of orange sherbet
- ✓ Slice 1 banana and add to blender with liquids
- ✓ Blend for about 10 seconds or until smooth.
- ✓ Yummy!

Lemonade Sweet-Tart Smoothie

- ✓ Place in blender
- 1 (6-ounce) can frozen lemonade concentrate
- 1 cup milk
- 1 cup water
- 1/4 cup sugar - or to taste
- 1 teaspoon vanilla extract
- 10 to 12 ice cubes
- ✓ Place all ingredients into container of electric blender.
- ✓ Blend on high until smooth, about 30 seconds.
- ✓ Serve immediately.
- ✓ Makes 3 to 4 servings.

This one reminds me of a lemon sweet tart!

Watermelon Smoothie

- ✓ Place in blender
- 2 cups seeded watermelon chunks,
- 1 cup crushed ice,
- 1/2 cup plain yogurt
- 1 Tbsp sugar .
- ✓ Combine all ingredients in blender container,
- ✓ Blend until smooth.

Chocolate Graham Whipped Creme sandwiches

Chris Reisel, the creator of Baloo's Bugle

These are so good!

Ingredients:

- Chocolate graham crackers (not chocolate covered)
- No Fat Cool Whip

Directions

- ✓ Break Graham Cracker in half.
- ✓ Put 2 TBS of Cool whip on one half.
- ✓ Top with other half.
- ✓ Put in freezer
- ✓ Eat frozen

WEBELOS**AQUANAUT****PHYSICAL SKILLS GROUP**

Baltimore Area Council

Every Scout is a swimmer! The Aquanaut Activity Badge teaches swimming skills, water and boat safety, and snorkeling. Swimming and water sports provide the finest exercise a boy can get, and the skills will last a lifetime. The Scout who is a swimmer has self-confidence. These activities can be done year-round as many School pools have open swim sessions for the public. Aquanaut is in the Physical Skills group.

Objectives

- ✓ To teach safety precautions on, in, or near the water.
- ✓ To increase the boys' swimming skills and endurance.
- ✓ To introduce Webelos to snorkeling.

Remember! Any activity around water requires the presence of someone who has taken the "Safe Swim Defense" course. Any boating activity requires the presence of someone who has taken the "Safety Afloat" course.

Where to Go and What to Do

- Take the den swimming. Let them try some of the swimming skills.
- Have a splash party for your Webelos and allow them to bring their friends (a good recruiting idea). Alternately, have a parent and scout swim coupled with swim tests and instruction in using fins, mask and snorkel
- Have a scuba diver give a demonstration of mask, fins, and snorkel.
- Teach the 3 basic water rescue methods.
- Practice rescue breathing on a mannequin.
- Have a swim instructor or coast guard explain how to handle emergencies in the water.
- Find out more about water pollutants in lakes and rivers in the area. How do they affect water consumption and recreation?
- Have a quiz on boat safety rules.
- Ask Boy Scouts to demonstrate and teach water rescue techniques.
- Attend a Swimming meet or diving exhibition.
- Visit a Boatyard.

- Visit a municipal swimming pool to see water-filtration system and discuss lifeguard skills and training.
- Have a Den or Pack meeting at a local pool. Be sure to make a reservation!
- Study about the water pollutants in the lakes and rivers in your area and their affects on the uses of water for consumption and recreation.

Games for Aquanaut

The Guess What I'm Doing Game

On separate slips of paper, write some directions. (Make them roles from Safe Swim Defense). Put the slips in a hat and ask the first player to pick one. He reads his directions silently and pantomimes the action. The player who first guesses what he is doing becomes the next pantomimic.

Yacht Race

Line your gang at one end of the swimming area, giving each racer a soda straw and a small sailboat made of a flat board, an upright stick and paper sail. Make the sailboats as much alike as possible so that everyone has the same chance of winning. The Cub Scout regatta boats could also be used. On a signal, the swimmers must begin to blow their craft forward by puffing through their soda straws. The use of hands to put the boats back on course is forbidden. Whoever blows his boat across the finish line first is the winner.

Nuts and Bolts

A good way to get used to being underwater is to play this game. Toss a large bolt with a nut on it into waist-deep water. Bend down to find the bolt and unscrew the nut while you are under the water. If you can't finish the job, you must drop the bolt, come up for air and go down again until you have separated the two. When they are separated, straighten up to show them, throw them in again and go under to replace the nut on the bolt. This may be played individually or as a team relay game.

Note: Be careful of throwing these bolts into a plastic lined swimming pool so you do not damage the liner. Be sure to remove all nuts and bolts after the game so they do not rust and stain the lining of the pool.

Find the Number

About 20 large, flat rocks are plainly marked on both sides with numbers ranging from one to five. These are thrown into water that may be from two to six feet deep, depending on the swimming ability of your group. On a signal, everybody dunks to try to bring back as many numbered rocks as possible to his station on shore. Only one rock may be carried at a time. The player who collects the highest total when the numbers on his rocks are added up is the winner. Any flat, non-floating objects may be used instead of rocks.

Swimming Spell Down

Leader calls out a stunt.

Swimmers performing it to remain in the game.

Others are eliminated as in a spelling match.

Ideas to call out –

- Swim with one arm out of water (side stroke)
- Swim on the back with both arms out.
- Steamboat (arms forward and feet do crawl kick)
- Duck dive (Surface dive)
- Log roll (arms and feet extended, roll the body)
- Front somersault
- Pendulum float

Paddle Wheel Contest

Needed: Foam kickboard for every two boys playing game. This is a game played in waist deep water and the boys don't have to be strong swimmers to compete.

Directions

Each pair of boys grasp either end of the same board. On signal, both boys start kicking, trying to force his opponent backwards.

Kim's Game Underwater

- ✓ In five-foot deep water, make a small pile of five to ten familiar objects that do not float (spools, coins, metal nuts and washers, bolts, soda can full of water, etc.).
- ✓ Players swim out,
- ✓ Surface dive to inspect the articles, and return.
- ✓ They then tell the leaders all the articles they remember seeing.
- ✓ The game ends with the swimmers retrieving all the objects.

Towel Rescue

Play this game in chest-deep water.

Divide the group into two teams.

Put one member of each team some distance from his teammates and give him a towel.

On signal, he walks or swims to his team, tosses the end of the towel to a teammate, and tows him back to the position from where he started.

The "rescued" boy then becomes rescuer and repeats the actions, "saving" another team member.

Continue until the whole team has saved and been saved.

Water Safety Quizzes

Water Safety

For each statement, circle the correct answer, DO or DON'T.

- ✓ Show off in the water.
- ✓ Dive into strange or shallow waters
- ✓ Go in swimming right after eating.
- ✓ Have your family physician tell you of any problems found in your fitness checkup

Boating Safety

Circle the correct answer(s) for each statement.

- ✓ In a rowboat (1 OR 2 OR 3) people per seat is a safe rule.
- ✓ (Children OR Scouts OR Adults) should wear a life jacket in a boat 20 feet or shorter.
- ✓ If your boat tips over (swim to shore OR hang onto the boat).
- ✓ Always keep a lookout for (other boats OR swimmers OR sharks).

Swimming & Rescue

Using words from the list below, fill in the correct answer for each description.

Surface Dive	Crawl	Stroke
Backstroke	Go	Sidestroke
Reach	Buddy System	Throw

1. Swimming with a buddy is good common sense because you can help each other if one gets in trouble or help each other to improve swimming skills.
2. This stroke begins with floating on your back
3. This stroke is done on either your left side or your right side.

4. In this stroke your head changes from facing down to facing to the side so you can take a breath of air
5. This skill involves floating face down, then bending sharply at the waist and aiming toward the bottom.
6. Rescue method where you extend something for the victim to grab onto
7. This rescue method involves providing a floating device to the victim.
8. This is the last rescue choice where you must get to the victim, preferably in a boat or other form of support.

Boat Safety

Fill in the blank with one of the following words:

weight	shore	hang
overload	middle	flotation

1. Always wear a personal _____ device.
2. Don't _____ the boat.
3. Balance the _____ evenly in the boat.
4. If the boat tips over, _____ onto it and kick to shore.
5. Step into the _____ seat when changing seats or getting in.
6. Head for _____ if bad weather comes.

Do's and Don'ts In and Around Water

Fill in the blank with DO or DON'T for each statement.

- _____ Learn how to swim from a qualified instructor.
- _____ Check with your buddy to see if he knows how to swim.
- _____ Be a "show off" or bother others.
- _____ Swim with a buddy.
- _____ Dive into water without knowing its depth.
- _____ Get out of the water when you are tired or cold.
- _____ Swim alone.
- _____ Beware of sunburn. Cover up and use sun screen.
- _____ Dive into water without knowing what is under the water's surface.

Scout Rules for a Safe Swim

Number these items in order of importance to you. Start with #1 being the most important.

- _____ Know the dangers of water.
- _____ Know your abilities and your limitations in water.
- _____ Always swim with a buddy.
- _____ Know your boat or watercraft.
- _____ Get regular physical examinations by your family doctor.
- _____ Wait a while after eating to give your food time to digest.
- _____ Practice to improve your abilities.
- _____ Know and follow all waterfront rules and beach regulations.
- _____ Never dive into unknown waters.
- _____ Never show off or take a dare.
- _____ Never swim underwater more than a few seconds.
- _____ Never drink alcoholic beverages.

Aquanaut

In the puzzle below, locate the words that appear on the word list. You may find the words written backward, forward, up, down or diagonally. When you find a word, circle it on the puzzle and cross it off of the word list.

AQUATICS	FINS	POOL
SNORKEL	BUDDY BOARD	GO
RESCUE BREATHING		SWIM
BUDDY PLAN	LIFELINE	ROW
TARGET	DROWN PROOFING	MASK
SAFE SWIM	THROW	

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

Sam Houston Area Council

Swimming is one of the best sports that a boy can be involved in. It is one of the few sports in which every muscle in our body is exercised. As Webelos leaders, we have the responsibility to develop self-confidence in every boy in our den or patrol. Through learning to swim, each boy will gain a sense of self-achievement, as well as gaining a skill that may save his life or other lives some day. Learning to swim at this age, well enough to pass the BSA swim test, will make his eventual advancement to the Boy Scout's First Class Rank much easier.

**RULES FOR A SAFE SWIM – NEVER SWIM ALONE**

1. Check health condition of participants.
2. Secure safe facilities.
3. Use qualified supervision.
4. Have lifeguards and lookouts.
5. Identify swimming ability groups.
6. Teach the Buddy System.
7. Maintain good discipline.
8. Follow pool rules.
9. Teach rescue methods.

SUGGESTED PATROL ACTIVITIES

1. Make a simple buddy board and make buddy tags for all the boys. One tag per boy with his name on it, and color the tag blue for swimmers, red for novice swimmers, and white for non-swimmers. Insist they place their tag on the board, on the same hook as their buddy's tag, when they are in a swimming or boating area.

2. Visit a SCUBA dive shop and teach boys how to use a mask, fins, and snorkel.
3. Teach basic rescue methods such as "reach, throw, row and tow."
4. Visit a high school swim meet or water polo match.
5. Instruct the boys how to use their clothes for floatation purposes.
6. Work on the Swimming Belt Loop or Sports Pin.

FLOATING AND TREADING WATER

Some boys may not be able to swim yet. Floating and treading water exercises can help overcome fear or unfamiliarity with water.

TURTLE FLOAT

In waist-deep water, take a deep breath. Reach down and wrap arms around knees. Hold the knees. Your body will bob to the surface and float. Grab quick breaths and float again.

JELLYFISH FLOAT

In waist-deep water, take a deep breath, reach down and grab ankles. Hold ankles. Your body will bob to the surface and float. Grab quick breaths and float again.

TREADING WATER

In shoulder-deep water with supervision, teach methods for treading water by efficiently kicking, and making calm sweeping hand motions. Teach them to float whenever they get tired.

WATER GAMES FOR SWIMMERS AND NON-SWIMMERS

TOWEL RELAY

Play in shoulder-deep to waist-deep water. Split into two equal teams; start with all boys on one side of the pool except for one from each team. The two boys on the opposite side of the pool each get a towel. On signal, these boys swim to the other side of the pool and then they must tow one other Scout back across the pool using the towel. Then the boy just towed does the same until all are towed across.

ADD THE NUMBERS GAME

Cut up an old hose into 2" lengths, and write a number on each (a few with much larger numbers). Scatter them in waist deep water. Players try to retrieve as many as they can within a specific time (or they're all found). Add the numbers on all of the hose pieces that each collects, and that is their score. If it's a pack event, do this in age groups, for safety purposes. Scatter at least five hose pieces per boy in the game. Try the same game with numbered corks or as teams.

POOL OBSTACLE COURSE

Time the boys successfully going through an obstacle course in the pool. Place in the pool a series of hoops that the boys must swim through one at a time. Pool noodles and hula hoops are examples of hoops that can float, or cut 6'-8' lengths of an old hose and duct tape the ends to make watertight, hollow hoops. Have a few hoops floating on top of the water, but have most floating up-right underwater. To make the hoops stand upright underwater, duct-tape a weight onto one side. The heavier the weight, the deeper the hoop will

sink. Place the hoops in their proper place for every boy's attempt.

NIGHTSHIRT RELAY

Divide the patrol into two teams. Give each team an old-fashioned nightshirt (or large pajama top or sweatshirt). On signal, the first player on each team puts on the nightshirt and swims to the other end of the pool. When he takes off, the next player puts it on and swims his lap. The team who finishes first wins. Let them find the best way to switch shirts, by racing twice.

SAILBOAT OR POOL REGATTA RACES

Have the boys build similar wooden sailboats (like rain gutter regatta boats). For a race, have them line up 5 yards from the bank and blow their sailboats back to shore by plowing through straws. No touching them during the race!

WATER RELAY RACE

One small can per team and two buckets per team

Transport water from a full bucket to another bucket, while holding the water can above their heads. Everyone on the team takes equal turns carrying water. Each carrying can has many small nail holes in the bottom edge, resulting in a shower effect on the carrier. After 5 minutes, the team that has the most water in the bucket they're carrying it to wins.

GEOLOGIST OUTDOOR GROUP

Baltimore Area Council

Discover the world of volcanoes and learn why there are earthquakes. Find out what minerals are used in our everyday lives. Here's another opportunity for the Webelos leader to present the subject of Geology in such a way that the boys will find it not only fun, but they'll learn a good deal also. Boys have a natural curiosity about rocks, so use that as your jumping point. Geologist is in the Outdoor group of Activity Badges.

Objectives

- ✓ To teach boys to recognize common rock specimens.
- ✓ To acquaint boys with uses of different rocks and minerals.
- ✓ To make boys aware of the earth and its resources.
- ✓ To introduce boys to earth's devastating forces.

Where to Go and What to Do

- Have a contractor tell the den about construction materials.
- Make your own fossils.
- Under the supervision of a knowledgeable adult, have the den build a "live" volcano.
- Construct a geyser to see how it works.
- Take a treasure hunt for rocks and minerals. Identify them and check specimens on mineral hardness scale.
- Make a rock collection. Use cigar boxes, egg cartons, or small cardboard boxes with dividers to display rocks and minerals.
- Start a collection of geologic materials used in home construction.
- Visit a geology exhibit or department at a museum or collection.

- Tour a rock quarry, mine or gravel pit. Look for fossils.
- Visit an industry that uses geological materials.
- Make a mineral hardness kit.
- Study cause and effects of earthquakes.
- Have a demonstration of rock tumbler.

Let's Go Rock Collecting

Clothes: type of clothes you would wear hiking or hunting.

Collecting bag: a knapsack with pockets is ideal. Lunch size paper bags can be used to put individual specimens in. Also take newspaper to wrap rocks in first.

Field Notebooks and labels: Give each specimen a number and label it before you wrap it. In a small pocket notebook record: Name/ Location/ Date/ collector

Big and little hammers: An 8 x 10 pound sledgehammer and a 1 ½ to 2 pound hammer.

Chisels: One or more steel chisels (Wood chisels chip and dull too quickly)

Goggles and face shields: To protect face and eyes while hammering at rocks

Magnifiers: Hand lens or pocket magnifier

First Aid Kit

Compass

Remember:

Ask for permission before going on private property

Don't meddle with tools, machinery or domestic animals

Leave gates as you found them

Stay on roads, don't walk or drive over growing crops

Take only what you will use for yourself or trading, leave something for others after you.

Be courteous and considerate of the rights of others

Listen to the leader.

Games and Activities

The Biggest Handful

Have the Webelos collect egg-sized rocks for this contest.

See which boy can hold the most rocks in one hand.

Rock and/or Mineral Identification Contest

The first contest should try to identify rock as igneous, sedimentary and metamorphic.

The second contest should name the rock.

Have the boys identify common minerals found in your area.

Flash Cards

Cut out photographs of a variety of rocks and tape & each one onto an index card.

(You can buy rock hounds magazines and cut them up.)

Write the correct identification on the back.

Work in pairs to learn rock identification.

King of the Mountains

Draw a large circle on the ground.

The denner is chosen to be King of the Mountain.

The other boys must remove the King from the circle to become the new King of the Mountain.

Nuggets in the Bag

The Den Chief is to put a certain number (known only to him) of different sized rocks in a cloth drawstring.

Each boy is given the bag for 15 seconds.

He then passes it to the next boy.

When all the boys have had a chance to examine the bag for fifteen seconds, it is returned to the Den Chief.

The boy who guesses the correct number of rocks in the bag then takes his turn as the one who puts an amount of nuggets in the bag.

Mineral Tag

This is played as regular tag, except that the players must be touching an object made from minerals to be safe.

Building the House of Diamonds

Two teams build a card house made of diamond playing cards.

Individuals can build with the cards also.

Rock Pick-Up

Arrange the players around a table or kneeling in a circle on the floor.

Give each a saucer with two toothpicks and 12 small rocks. On signal, the contest is on to see who can be the first to lift out five rocks. With each round, increase the number of rocks needed to win.

Pet Rocks

Find smooth, flat or round rocks.

Be sure to clean off any dirt or sand and dry completely before starting.

Paint with acrylic paints.

Decorate faces by using goggle eyes, yarn for hair, markers, glitter, and any other tidbits you like.

Rose Rock Tie Slide

Materials: Rose rock 1 ½" diameter (Can be purchased at MJ Designs), plastic plumbing pipe ½" x ½," epoxy, clear acrylic spray

Clean the rock with water and a small soft brush to bring out the petals of the rose.

Epoxy the rock to the piece of PVC pipe and allow to dry completely.

Coat the rock with several coats of acrylic spray.

Volcano Neckerchief Tie Slide

Materials: 1 ½" x ½" plastic pipe, Plaster or self-drying "Sculpy" Clay Paint

Use plaster or clay to build up the pipe in the shape of a volcano. Let the plaster or clay set up until completely dry and hard. Let some plaster "run" down the mountain to look like the escaping lava. Using green and or brown paint, paint the mountain. Use red to paint the lava flow.

Like a Rock

Use these words to fill in the blanks below

Magnifier	volcanoes	sedimentary rock
geologist's hammer	Mountains	igneous rock
safety glasses	chisel	metamorphic rock
earthquake	fossils	Geysers

_____ Rock made by the cooling of magma; not layered; examples are granite and basalt.

_____ Sediment that under great pressure becomes rock; it is layered; examples are sandstone, shale and conglomerate.

_____ Baked rock or rock that has changed form; examples are marble and quartzite.

- _____ Used to pull rocks out of the hillside and for breaking them apart.
- _____ Used with a hammer to chip stone as well as for digging things loose.
- _____ These help protect eyes while digging and exploring.
- _____ This is a special type of glass that is used to make things appear larger so they can be examined more closely.
- _____ Holes in the ground through which streams of melted rock pour out of the earth; may form into a mountain peak.
- _____ Steam and boiling water that is blown into the air.
- _____ Rocks in one area (under great pressure from other rocks) that crack together and cause the phenomenon of "shaking" earth.
- _____ This land feature can be formed by volcanic action, erosion, or by uplift.
- _____ A trace of animal or plant life from millions of years ago that has hardened into rock

Hardness Mineral Scratch Test Uses, Importance, etc.

1. TALC - Easily with fingernail. The softest of minerals; has a slippery, soapy feel. Used in powdered form for manufacture of paint, paper roofing material, rubber, face powder and talcum powder. Small parts fired in furnace used in electrical appliances. Occurs most abundantly in metamorphic rocks.
2. GYPSUM - Barely with fingernail. Of considerable commercial importance because of its use in production of plaster of Paris. Used for gypsum lath, wallboard and interior plaster. "Alabaster" is fine-grained, massive variety of gypsum that is cut and polished for ornamental purposes. Most commonly found as a sedimentary rock.
3. CALCITE - Barely with copper penny. Calcite has more varieties than any other mineral except quartz. One type of clear, colorless calcite is used for optical prisms because of its power of dividing a ray of light passing through it into two separate rays. Limestone and marble are varieties to calcite. Limestone is used in the manufacture of cement and mortar, also used as a building stone.
4. FLUORITE - Easily with knife blade. Fluorite is one of the most beautiful minerals occurring in many different colors. The chief use is in making steel. It also is used in making opalescent glass, in enameling cooking utensils, and in making hydrofluoric acid. Small amounts are used in making prisms and lenses. The phenomenon of fluorescence was first observed in fluorite and takes its name from this mineral. Commonly found with metallic ore minerals.
5. APATITE - Barely with knife blade. Among the large group of phosphates, apatite is the only one considered a common mineral. Commercially, its greatest use is the source of phosphorus for most commercial fertilizers. After being mined, both apathy and rock phosphate are treated with sulfuric acid to make superphosphate, for in

this form they are much more soluble in the diluted acid of the soil.

6. FELDSPAR - Not by blade. Easily with window glass. The feldspars, all of them silicates of aluminum with potassium, sodium, and calcium and rarely barium, form one of the most important groups of all minerals. Found in most igneous rocks, as essential constituents of lost crystalline rocks, such as granite syenite, gabbro, basalt, gneiss and thus make up a large percentage of the earth's crust. Used in manufacture of porcelain and as a source of aluminum in glass.
7. QUARTZ - Easily marks steel and hard glass. Quartz is the most common mineral, and in some of its varieties, one of the most beautiful. Makes up most of the sand on the seashore; occurs as a rock in the form of sandstone and quartzite and is an important constituent of other rocks such as granite and gneiss. Some varieties used as gemstones, as prisms, and cut into plates for control of radio frequency. Varieties; crystal, amethyst, agate, onyx, bloodstone, jasper, flint.
8. TOPAZ - Harder than other common minerals. Topaz is highly prized as a gem. Those from Brazil are the most valuable. The pink color of some gem Topaz is obtained by gently heating the dark yellow stones. It has a mineral hardness greater than any other common mineral except corundum.
9. CORUNDUM - Scratches Topaz. Clear blue varieties make "sapphire" and clear red the "Ruby." Hardest mineral next to diamond. Long been used as an abrasive. "Emery" was the first type used in this manner. The ruby is used in the laser beam.
10. DIAMOND - Scratches Corundum; hardest mineral. Hardness of diamond is greater than any other known substance, natural or artificial; many times harder than corundum. Diamond is pure carbon and has same composition as charcoal, but does not burn readily. Highly prized as gemstone. Only 20% of diamonds are gemstones, the other flawed stones have industrial uses, drills, saws, cutting glass, etc.

Great Salt Lake Council

Discover the world of volcanoes and learn why there are earthquakes.

Find out what minerals are used in our everyday lives. At first thought, geology may seem too specialized a science for Webelos to study. But since Scouting is essentially an outdoor program, knowledge of basic geology is valuable to the Scout. Just about everything on earth, including living things, have a relationship to geology in one-way or another. The Geologist activity badge is designed to increase the boys' awareness in the outdoors.

Geologist is another easy badge if you work only on the minimum requirements. It provides an opportunity to bring in an expert. The expert can be a person or a video. For this badge use illustrations. Use paper to show mountains uplifting or baking soda and vinegar to make a volcano. This is one of the badges that seems to be oriented toward increasing the boys' awareness of the outdoors. While working on this badge, the boys will learn how the earth is formed, how rocks and minerals are used and how a

geologist works. The Webelos Scout book contains information on volcanoes, geysers and the formation of mountains so that the boys will acquire a fairly good knowledge with only a little assistance. To most ten-year-old boys, the study of geology will not sound too exciting. Rocks, for most boys of this age, are for throwing. But the fact is, geology can be fun. Most boys have a rock collection. This natural curiosity about rocks can make this a natural starting point for the Geologist activity badge. If you can locate a rock hound in your pack or community, he can help the boys with some of the technical aspects of geology and study of rocks and minerals.

Weather Rocks

Collect a quantity of "weather" rocks to pass out to every family at the pack meeting.

Photocopy the following directions and sandwich between layers of clear contact paper.

Give one with each rock.

Make a big deal out of this wonderful present your den is giving away.

The directions are:

For best results, place your weather rock outside:

If your rock is wet...it's raining.

If your rock is white...it's snowing.

If your rock is moving...it's really windy.

If your rock is stiff...it's freezing.

If your rock is gone...sorry, you've been ripped off!

Sam Houston Area Council

The Geologist Activity badge is a fun and exciting time for the boys as they explore the outdoors for that perfect rock sample, explore what happens when you crush rocks or create a miniature volcano. The hands-on activities will encourage the boys to become budding rock hounds and explorers.

SUGGESTED PATROL ACTIVITIES

1. Make a rock collection
2. Take a field trip to the central Texas area and hike on the limestone formations. Notice the folding as you drive through cuts in hills along side the road.
3. Construct a geyser to see how it works
4. Invite a housing contractor to come to your patrol meeting. Ask them to bring building materials such as slate, brick, limestone, marble, cement, etc. Where do they purchase these supplies? Where do they come from originally?
5. Start a collection of geologic materials used in home construction. Make a display for pack meeting.
6. Visit a geology exhibit, department, museum or collection. The Houston Museum of Natural Science has several good collections.
7. Visit a rock collectors club meeting. View the rocks on display. How did the people get interested in this hobby?

TEXAS ROCKS, MINERALS AND GEMS

Create a Texas Rock collection, of the types of rocks, minerals and gems that are possible to find in Texas.

Quartz, granite, gneiss, flint, schist, feldspar and limestone are common stones in the Llano area of central Texas. Gold and silver ore are rare in Texas. Agates, like the Balmorhea blue agate. Blue Topaz is the Texas State Gem Stone. Petrified wood is common near Houston. Rock salt, from salt domes is a common underground formation, and salt domes can be a place that holds crude oil or natural gas. In limestone, try to find small fossils, like ammonite shells. The US Geodetic Survey lists the following as some of the minerals produced in Texas: Clay, Granite, Limestone, Gypsum, Sand, Perlite, Sulfur, Salt and Talc. Limestone is used in the manufacture of the cement, and it is combined with sand and other rocks to make the concrete for house foundations. Gypsum is the rock in the sheetrock that covers the walls in most houses.

Obviously, you want to modify this for your state. CD



MAKE YOUR OWN FOSSILS

Materials:

Clay Small waterproof containers

Leaves Small shells

Small dry bones

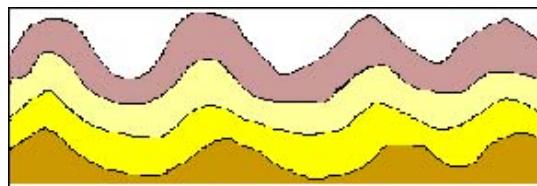
Ideas:

Fossils are found in sedimentary rocks that are formed by having layers of sand or mudslides covering objects and then solidifying. To model this, mix clay and water so that it is gooey. Cover the bottom of the containers and let dry for 3 days. Lay a few objects on top of that layer and pour another layer to dry. Continue layering and drying. Have the boys discover how to find the clay "fossil" imprints.

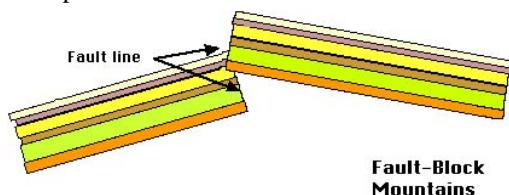
GEOLOGIC FORCES

Modeling clay can help Scouts understand many of the forces of nature that create hills and form valleys. First roll out into flat pancakes of different colors of clay. Lay these pancakes on top of the other and use a knife to cut out several 3"x 6" rectangles, so that you can see the layers clearly around all four sides.

Take one of the rectangles that you made and push from opposite sides. Notice that the layers begin to look wavy. This is an example of FOLDING. You may also see some fissures forming. See picture below -



Take two of your rectangles and slide them together. Push harder and where the two rectangles meet, you should be able to observe the effects of FAULTING as they slip at the crack.. See picture below



Lay a clay rectangle over a small stone and notice an effect like DOME BUILDING, that would in nature be done by an upwelling of underground magma.

EROSION can be modeled by using a pitcher to slowly pour a stream of water over the hills that you formed. Notice small valleys forming and how they don't always form in straight lines.

MAKE A MODEL “SHIELD VOLCANO”

Shield volcanoes are formed when molten rock is forced to the surface through cracks in the earth, and lava emerges. As it flows and cools, the lava builds up slowly. On a sunny day, make a small hole in the ground to form a crater. Show how a shield volcano grows by pouring thick mud into the center of the crater, and as mud flows out, it simulates lava flows out of a shield volcano like Hawaii's Kilauea. Watch the mud dry in the sun, and this is much like lava cooling.

MAKE A GEYSER



Geysers, real and model, can be very dangerous, since they involve boiling hot water and steam. Steam can be invisible, and can cause serious burns. One of the safest ways to demonstrate a geyser is when you are putting out a campfire. Find a hole in a hot log and pour water into it. The resulting steam plume shooting out of the hole is very much like the steam expelled by a real geyser after water comes into contact with superheated rocks below the surface of the earth.

FOSSIL SNACK

Before your meeting, unscrew a stack of Oreo cookies, and make imprints with an assortment of (very clean) small plastic bugs or shells. Put them back together so that they look normal. During snack-time, have the boys twist off the Oreos carefully to discover and compare their “fossils”.

POW WOW EXTRAVAGANZAS

Let me know as soon as your date is set. I will post whatever I receive! CD

Southern NJ Council

Back to the Future

Where Tradition Meets Tomorrow

January 23, 2010

Lakeview School, Millville, NJ 08332

Call Southern NJ Council, 856-327-1700, extension 32, or visit the website, www.snjscouting.org for more information

WEB SITES

Probably the best thing to do is to Google (or other search engine) sporting terms and items, and other related phrases. **Or just get out and have fun, forget the computer for a while!! CD**

Wendell Brown's excellent site on Cub Scouting

<http://www.arkie.net/scouting/Training/Roundtable/Handouts/>

Timeline of Art History

<http://www.metmuseum.org/toah/splash.htm>

The Presidents Council on Physical Fitness and Sports

<http://www.fitness.gov/>

An excellent website for outdoor ideas -

<http://gorp.away.com/index.html>

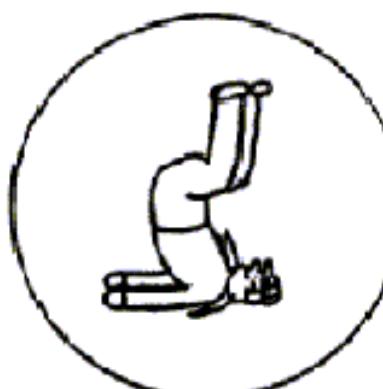
ONE LAST THING

To Build A Campfire

Alice, Golden Empire Council

After many years of study and research, the following is a definitive step-by-step method of building a campfire

1. Split dead limbs into fragments and shave one fragment into slivers
2. Bandage left thumb.
3. Chop other fragments into smaller fragments
4. Bandage left foot
5. Make a structure of the slivers (including those imbedded in your hand)
6. Light the match
7. Light the match
8. Repeat “A Scout is Cheerful” and light a match
9. Apply match to slivers, add wood fragments and blow gently to base of flames
10. Apply burn ointment to nose
11. When wood is burning, collect more wood
12. When fire is burning well, add remaining firewood
13. After thunderstorm has passed, repeat the above steps – in particular, continue to repeat “A Scout is Cheerful”



Back Roll



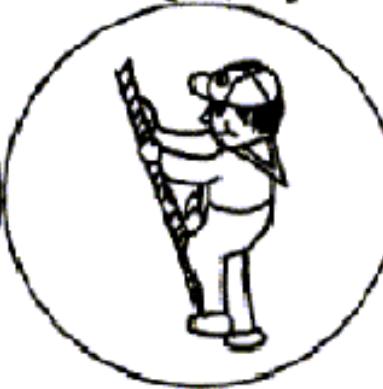
Dodge Spring



Fence Vault



Play Catch



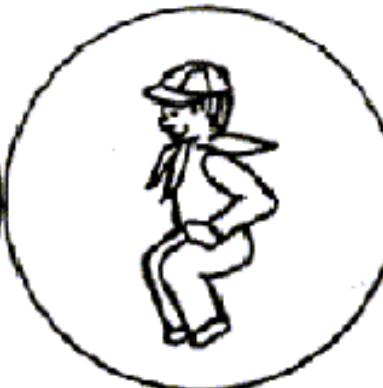
Climb Rope



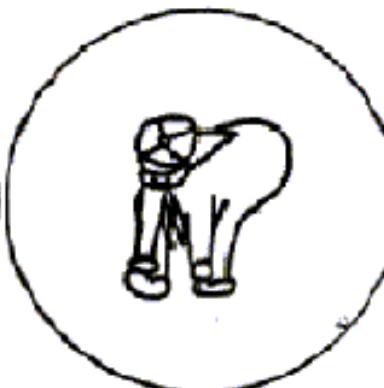
Dual Contests (Any of them)



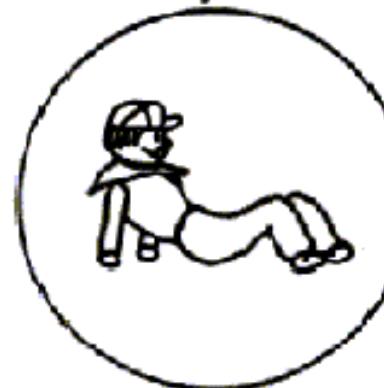
Walking Board



Kangaroo Hop



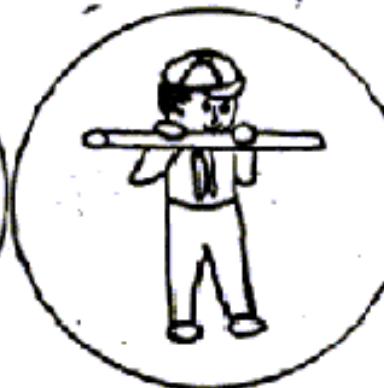
Gorilla Relay



Crab Relay



40 yd. Dash



Swing From Bar