

PACK RESOURCE SHEET

MAY 2012

Core Value For May

Health and Fitness: Being personally committed to keeping our minds and bodies clean and fit. Health and fitness is not just about keeping our body healthy and fit; it is also about our mental health and fitness and how to avoid the negative influences that surround us every day. We all must learn to make the right choices in everything we do.

Preopening Activity: Healthy Habits

Materials: Large sheets of paper or poster board, markers. Prepare one poster for every six to 10 people, depending on the size of the poster. Place posters on a surface where people can write on them with ease.

As people arrive, direct them to the posters. Ask them to write as many different and unique health and fitness habits as possible. They may choose to draw pictures as well. Duplications are allowed. Afterward, post the posters on the wall and admire the healthy habits of the pack families.



Character Connection: Health and Fitness

What does it mean to be healthy and fit? How do you feel when you do good things for your body like eating good food or exercising? What are two specific things you learned from the posters that you can do to help yourself stay healthy or get healthier?

See *Fun for the Family*, No. 33012, for family activities related to this month's Core Value, health and fitness.

Opening Ceremony: Live Healthy

Materials: Card with pictures of protein (steak, etc.), dairy (milk, cheese), and vitamin C (oranges, etc.); card with a picture of a plateful of healthy food; small inflated balloon and a small pin; card with a picture of the sun

Arrangement: Each Cub Scout says one line as he comes on stage. Only Cub Scouts 1, 3, 5, and 7 have the props.

CUB SCOUT 1: Protein, dairy, and vitamin C,

CUB SCOUT 2: All these things are good for me.

CUB SCOUT 3: The healthier I eat, the better I feel,

CUB SCOUT 4: So make good choices at every meal.

CUB SCOUT 5: Building muscle and fighting fat (Flex muscle and pop balloon at "fat."),

CUB SCOUT 6: A healthy diet is where it's at.

CUB SCOUT 7: Vitamin D comes from the sun,

CUB SCOUT 8: So get outdoors and have some fun!

CUB SCOUT 9: Please stand and join us in the Pledge of Allegiance.

Cheer: Health and Fitness

Divide the audience into two groups. First group shouts "Health!" while pretending to jog. Second group shouts "Fitness!" while flexing both biceps. Repeat three times, each time shouting louder.

Recognition Ceremony: Athlete Advancement

CUBMASTER: To be healthy and fit and enjoy life to its fullest, you have to eat right, exercise regularly, get enough rest, and make good choices in life. In this Cub Scout pack we are all committed to acquiring healthy habits and staying fit.

Some of us work even harder toward being great athletes.

Tonight we have boys who have achieved the rank of Bobcat. As athletes must begin by learning the rules of the game, these boys have begun by learning the Cub Scout Promise, the Law of the Pack, and the Cub Scout motto. (*Call Bobcat candidates and their parents forward. Ask parents to present the badges to their sons.*)

To be great athletes, boys must be trained to keep themselves not only healthy but safe. These Tiger Cubs learned to do just that with their den and families and have earned the Tiger Cub badge. (*Call Tiger Cubs and their parents forward. Parents present the badges.*)

For a boy to earn a Wolf badge, he must continue to practice skills just as an athlete must continue to train to stay in condition. The following boys have stayed in training and are prepared to receive their Wolf badges. (*Call Wolf Cub Scouts and their parents forward. Parents present the badges.*)

Training must continue for athletes to improve their condition and strengthen their bodies. The following boys have concentrated on improving their strength and pulled themselves up to complete the requirements for the Bear badge. (*Call Bear Cub Scouts and their parents forward. Parents present the badges.*)

Once the rules have been learned and the skills mastered, athletes are ready to use their mental skills to improve their performance. Both physical and mental skills were part of the learning experience for these boys who have earned the Webelos badge. (*Call Webelos Scouts and their parents forward. Parents present the badges.*)

All these boys have improved their abilities and skills as they completed requirements to advance in rank. It will be exciting to see them continue to progress in the year ahead!

Recognition Ceremony: Compass Cubmaster Recognition

Materials: Compass, hiking staff embellished by Cub Scouts and leaders of the pack

Arrangement: Cub Scout 1 holds a compass as other boys read their lines.

CUB SCOUT 1: Tonight we are recognizing our Cubmaster. [Cubmaster's name] is kind of like a compass. (Show a compass.) Here's how we see it.

CUB SCOUT 2: Our Cubmaster is always pointing us in the right direction, like a compass on a hike.

CUB SCOUT 3: As we rotate the housing of a compass so the needle points north, our Cubmaster adjusts the program as needed to keep us on track.

CUB SCOUT 4: Our Cubmaster is a magnetic person! He (or she) has the dynamic ability to get involved in everything. Just like the magnet works in a compass.

CUB SCOUT 5: Since we've decided that our Cubmaster points us all in the right direction so the program is fun for all and is a magnetic person, we would like to present [name] with this hiking staff embellished by the boys and adult leaders of our pack. Thanks for all your hard work and being there for us!

Cubmaster's Minute: You Are What You Eat

"Remember the old saying, 'You are what you eat'? Eating healthy meals and snacks not only helps build strong bodies, but also helps develop sharp minds. This helps make you the best person you can be and a productive member of society. Cub Scouts should keep themselves strong and healthy and fit by eating well, exercising regularly, and getting lots of rest."

Closing Ceremony: Keep Healthy and Fit

CUB SCOUT 1: Cub Scouts, let's keep ourselves healthy and fit.

CUB SCOUT 2: Not just for our own sakes but so we can be more useful citizens of our great country.

CUB SCOUT 3: Keeping fit allows us to help the people around us.

CUB SCOUT 4: If our country is to remain strong, its citizens must also be strong in mind, body, and spirit.

CUB SCOUT 5: Please join us in singing "God Bless America."

Outdoor Closing Ceremony: Golden Sunshine

CUB SCOUT 1: We sure had a great time outdoors today.

CUB SCOUT 2: The golden sunshine is now setting.

CUB SCOUT 3: It's time to put away the sunblock and sunglasses.

CUB SCOUT 4: But not the golden sunshine Cub Scouts bring to us!

CUB SCOUT 5: May that golden sunshine stay in your heart till we meet again!

Game: Fitness Circle Game

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

1. Start walking in a circle, and keep walking between these activities.
2. Start hopping.
3. Make yourself as small as possible and continue walking.
4. Make yourself as tall as possible and continue walking; remember to reach your hands high over your head.
5. Bend your knees slightly, grasp your ankles, and continue walking.
6. Walk on the heel of one foot and toes on the other foot.
7. Walk stiff-legged.
8. Squat down and jump forward from that position.
9. Walk on your hands and feet.
10. Walk forward at a rapid pace (don't run) while swinging arms vigorously.
11. Take giant steps.
12. Walk forward, raising your knees as high as possible with each step.
13. Run in place, lifting your knees high.
14. Now stop and clap your hands for a job well done!

Audience Participation Story: Happy Hikers

(This is a do-as-I-do audience participation stunt. The leader and the audience remain in place and the audience copies the leader's action.)

Would you like to go on a hike with me? First let's check to make sure we have everything we need. Do we have the map? (*Look around.*) Check. Water? (*Look around.*) Check. What else? (*Have the audience name a few: first aid kits, snack, lunch, sunblock, etc.*) Ready? (*Stand.*) Let's start. (*Begin hiking in place.*) It's a beautiful day!

We're coming to a steep hill. (*Bend over as if climbing, hike slowly.*) (*Stop walking.*) Phew (*wipe brow*). Now we're on the hilltop. What a lovely view! (*Look around.*)

Now we'll have to go down. It's slippery! Be careful! (*Lean backward, carefully walking.*)

Now we're passing through a meadow. (*Hike in place.*) Oops, there's a puddle. Let's jump. (*Jump.*) (*Resume walking.*) What's that I see (*point*)? It's a rabbit! And look (*point*)—a ladybug! Oh, no, mosquitoes. Let's get away. (*Swat at arms and run.*) That wasn't too bad.

(*Keep walking.*) We are happy hikers. We're happy because of the beautiful mountains we see (*see and grin*) and because of all this clean fresh air (*breathe*). Ahhhhh.

Look what's up ahead (*point*). A fork in the road. Which way to take? No problem. We've got a map! (*Take out the map, open it and look.*) We go right. (*Point to right.*) Cub Scouting is the right way! (*Keep walking.*)

Getting tired? (*Walk slowly.*) It's all this exercise and fresh air, you know. Now let's sit down, rest, and have some water! (*Sit down and drink water.*)

Snack: Quick Energy Log

Ingredients:

- ½ cup peanut butter (chunky type will add crunch)
- ¼ cup honey
- ¾ cup powdered milk
- Chocolate chips, raisins, coconut, chopped nuts as desired

Mix well into a paste consistency. Roll in waxed paper and twist or fold ends in. Take on a hike or campout. Cub Scouts can open one end and pinch off a small amount to snack on as they want to.

Note: Be aware of food allergies and diet restrictions.

Did You Know?

BSA Physical Fitness Award. 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. The program is open to all Scouts and Scouters, including Tiger Cubs, Cub Scouts, and Webelos Scouts. Those completing the requirements can receive a patch, worn as a temporary patch on the right pocket. For requirements and application for the award, go to www.scouting.org.

