



**Core Value:
Health and Fitness**



May

Health and Fitness

Backyard Fun

Pack Committee

Why Backyard Fun for the Core Value Health and Fitness. Through Cub Scouting, we encourage families to be more physically fit and to enjoy the outdoors at the same time in their own backyards. By staging this month's pack meeting outside, we encourage our Scouts to turn off the television, computer, and video game and help keep the "Outing" in "Scouting."

BEFORE THE MEETING

An outdoor carnival atmosphere will require more setup than a regular pack meeting but will pay huge dividends in family fun and fellowship. You may need to change venues to a school yard, church grounds, or city park that has some room to spread out so dens may move between the events. Invite Boy Scouts from a local troop to staff the events and allow families to participate together. Before the meeting, have each den decorate hats, T-shirts, or neckerchiefs to wear as a group identifier.

GATHERING

As people arrive, give them a copy of the matching game (see the end of this meeting plan) and a pencil. Here is the key.

Draw a line from the statement in the left column to the best answer in the right column.

This keeps me healthy and fit	exercise
I go there to cool off	pool
I like to climb this	trees
I pick these to eat them	berries
I like the smell of these	flowers
I play ball here	lawn
I watch them crawl	bug
I jump over this	low fence
I like to dig in this	dirt



OPENING

Similar to sporting events where each country's team walks in an opening ceremony, have each den carry their den flag and march in like in a parade. The first den in the parade should carry the colors. Once every group has made it around the designated path, the den assigned with presentation of the flag should proceed.

CUBMASTER: Den ____, thank you for leading our athletes and presenting our flags.

Prayer (Cub Scout or Leader)

"Please help us to be personally committed to caring for our minds and bodies. Help us to remember that exercise and fitness can be fun as well as good for us."

Welcome and Introductions

The Cubmaster welcomes new families, introduces them to the pack, and thanks those who helped prepare for and plan the pack meeting.

PROGRAM

The Cubmaster explains the layout of the events and shares the signal for changing from one station to the next. This might be a cowbell, an air horn, a kudu horn, or prerecorded music. Lay out a simple rotation schedule, such as moving clockwise in a circle, to avoid confusion. Divide the number of events by the number of minutes to determine how long each session will last. Don't forget to allow for passing time. For example, if you have five events set up and 40 minutes, each event should run for about 6 minutes, which will allow for 2 minutes of passing time. Adjust the required passing time based on the size of the field.

Sample Events

Sock Softball: The rules of softball apply. Use only home plate and two bases set up in a triangular formation. The ball is a rolled-up sock, and the bat is the participant's arm. An out is made by tossing the ball at the runner or by a fielder tagging the runner. Because play will last just a few minutes, allow only two pitches per batter.

Obstacle Course: Lay out an obstacle course to include moving a lightweight plastic ball with holes from one point to another using a fly swatter; crawling through a big box (such as an appliance box); picking up a hula hoop and spinning it around a set number of times; jumping rope a set number of turns; or using a squirt gun to hit a target.

Cubanapolis Race: (Each den will need a decorated box, a pair of goggles, a spray bottle with water, and paper towels. Additionally, each racer will need a cup of water.) Each den decorates a cardboard box to look like a vehicle. The box should be large enough so that the Cub Scout can fit inside the box and carry it under his arms. Each racer should be wearing goggles, tennis shoes, and socks at the start of the race. As racers circle the track carrying the vehicle, they must make a pit stop after each lap of the track. At the first pit stop, the pit crew "rotates the tires." (Remove the racer's shoes and socks, switch the socks to the opposite foot, and replace the shoes.) At the second pit stop, the pit crew "washes the windshield." (Spray water with their spray bottle on the racer's goggles and dry them with a paper towel.) At the final pit stop, the pit crew "refuels the car." (They give the racer a small paper cup of water to drink.)

Bare Toes Marble Race: All participants take off their socks and shoes. Issue each runner two marbles. They must complete a designated course while keeping the marbles held between their toes. Be ready—this event will provide some great camera-worthy moments.

Vegetable Races: Set up raingutters for a raingutter regatta. Each participant makes a boat by hollowing out the center of a cucumber, a squash, or a small melon. (Be sure to select fruits or vegetables that will fit inside the raingutter.) Use a lettuce leaf or other green leaf for the sail. Race the boats in the raingutter.



Flying Disc Golf: Each participant is provided with a flying disc. Mark several targets around the playing area (e.g., the base of a tree, the slide or a swing on the playground, a designated picnic table). The score is determined by how many throws it takes the participant to hit the target with the disc.

Fishing Pond: Put several inches of water in a wading pool. With their shoes and socks off, the participants try to retrieve pennies off the bottom of the pool with their toes.

Blind Puzzles: Cut puzzle pieces out of thin wood and have blindfolded participants try to put the puzzles together.

Beach Ball Volley: Form teams of four. Each team member holds one corner of a beach towel. Two teams throw a beach ball back and forth from towel to towel.

Hoopla: Set up a ring toss game, using hula hoops as the rings and orange safety cones as the targets.

Human Tic-Tac-Toe: Set up three rows of three chairs each to form the tic-tac-toe grid. Each team decides on their team designation, e.g., hands on head for one team and hands across the chest for the other. The team captains then play tic-tac-toe the usual way, using humans as the X's and O's. If your group is too small to have five people per side, divide the team in half and use a specified marker for each team in place of the people markers.

Awards

At the end of the event, ribbons can be awarded for the team decorating contest, fastest to finish the obstacle course, best vegetable boat design, etc.

RECOGNITION

Attach ribbons to the rank card to hang around the neck like athletic gold, silver, and bronze medals. The rank patches can be attached to the rank cards with a staple.

CUBMASTER: Some of our Scouts have shown their Cub Scout health and fitness by earning their rank advancements. *(The Cubmaster calls up those who have advanced, along with their families.)*

Our Bobcat advancement signifies that (Scout's name) has shown his enthusiasm to experience the outdoors, has learned about Cub Scouting, and is ready for the next adventure. *(The Cubmaster awards the Bobcat badge to Scouts and their family.)*

The Tiger Cub badge is awarded to Scouts who have learned more about their family, their world, and their fellow Scouts, and how to stay safe indoors and outdoors. *(The Cubmaster awards the Tiger Cub badge to Scouts and their family.)*

Our Wolf badge is awarded to Scouts who have explored the outdoors and have shown they can take care of themselves and keep safe while exploring the world in their own backyard and beyond. *(The Cubmaster awards the Wolf badge to Scouts and their family.)*

The Bear badge is awarded to those Scouts who have ventured beyond their own backyard and shown themselves fit to explore the world around them, understanding their responsibility to keep themselves and others safe and healthy. *(The Cubmaster awards the Bear badge to Scouts and their family.)*

The Webelos badge is awarded to Scouts who are fit and healthy and able to take care of themselves in most circumstances. They have also demonstrated their ability to take care of others. *(The Cubmaster awards the Webelos badge to Scouts and their family.)*

Cheer

The Cubmaster leads a cheer for all the participants. When he or she calls, "Win, lose, or draw," the audience answers, "Do your best." When the Cubmaster calls, "We all win when we," the audience answers, "Do our best!"



CLOSING

Cubmaster's Minute

Being healthy and fit is part of the Cub Scout core values. We do our best to make sure we stay as strong and healthy as we can. We do our best every day in every way to realize the beauty of the outdoors and enjoy it, knowing that we are a part of our world and are important to the future of the world. You are our future, Scouts—we trust in you!

CLOSING CEREMONY

A preassigned den performs the following skit.

CUB SCOUT 1: I like playing tag. It is fun to run and play. Tag is a great way to exercise, and have fun along the way.

CUB SCOUT 2: I like playing ball. It is fun to run and throw. Playing ball is a great way to get fit; it really is, don't you know.

CUB SCOUT 3: I like playing flying disc golf. It is fun to play with my dog or with a friend. This is a type of exercise that I never want to end.

CUB SCOUT 4: I like swinging on a swing. I feel like I can touch a cloud. I love this type of exercise, but my mom loves it because I am not loud.

CUB SCOUT 5: I like relay races. I play them with my den. I get to get fit at Cub Scouts from now until I am 10.

CUB SCOUT 6: Playing in the backyard by myself or with a friend is a great way to enjoy myself and get healthier and make it easier for me to bend.

CUB SCOUT 7: Being fit and healthy is an important thing to me. If it helps to play outside, then I say—so let it be.

CUB SCOUT 8: The end.

The preassigned den retires the colors.



RESOURCE SHEET

All About My Backyard Matching Game

Draw a line from the statement in the left column to the best answer in the right column.

This keeps me healthy and fit	dirt
I go there to cool off	low fence
I like to climb this	flowers
I pick these to eat them	bugs
I like the smell of these	trees
I play ball here	pool
I watch them crawl	lawn
I jump over this	berries
I like to dig in this	exercise