



Active Games

Use these fun, non-competitive games to get Scouts moving at meetings.



Aerobic Tic-Tac-Toe

What you need: Pen or pencil, and 1 tic-tac-toe board per team (see examples on the following pages)

1. Have Scouts form pairs and give each pair a tic-tac-toe board.
2. Partners determine who will go first. They can play Aerobic Rock Paper Scissors to do this.
3. Players take turns choosing which square they want to cross out and perform the activity listed in the square.
4. Play continues until one player gets 3 in a row, or no more moves can be made.

Aerobic Rock Paper Scissors

1. Start by showing Scouts how to move their bodies for “rock,” “paper” and “scissors”

- Rock: crouch down into a ball.
- Paper: arms and legs out wide.
- Scissors: one arm forward, other back, one leg forward, other back – as if you’re running, but with straight arms and legs.

2. Scouts should pair off and with their partner, jump up and down four times while saying “Rock, Paper, Scissors, Shoot!”
3. On “Shoot,” players pick their movement.

*Rock beats Scissors, Scissors beats Paper, and Paper beats Rock. Best two out of three wins!

Quiz Calisthenics

What you need: Pen/pencil and paper

1. Create a list of true/false quiz questions relevant to your current meeting topic.
2. Instruct Scouts to answer “true” by doing jumping jacks and to answer “false” by doing sit-ups.
3. Vary the types of exercises to do for “true” and “false.”

Zero In

What you need: Sheets of paper, pen/pencil

1. One person is selected to be the Number Guesser.
2. A different person writes a number between 0 -1,000 (or 0-100 for younger Scouts) on a piece of paper and shows it to everyone except the Guesser. The goal is for the group to help the Guesser “zero in” on the number that was chosen.
3. The Guesser will start by calling out a number. If the correct number is higher than the number they guessed, the group will jump up and down. If the correct number is lower, the group will do squats.
4. Jumping and squats continue until the Guesser guesses the correct number. Then, another person becomes the Guesser, and another round begins.

Do 10 jumping jacks

**Jump up and down
and pretend to
shoot 10 baskets**

**Crab walk for
10 seconds**

**Choose your own
movement!**

**Balance on 1 foot
with your eyes
closed for
10 seconds**

**Walk 20 steps in a line
heel to toe**

**Walk on your
tip-toes around the
tic-tac-toe board
3 times**

**Jump as high as you can
5 times**

Do 5 frog leaps

Sprint for 15 seconds

**Complete 10
wall push-ups**

Do 10 squats

**Pretend to jump rope
for 30 seconds**

**Jump as
high as you can
10 times
to practice
your vertical jump**

**Choose your own
movement!**

Do 15 jumping jacks

**Complete a
standing long jump**

**Do 10 curl-ups (have
your partner help by
holding your feet)**