



Summer Meeting Plan – Week 4

Note: If I have a copy of your roster you should be receiving shirts for the kids and staff. Please mark on the info sheet under the “shirt” spot is the person received a shirt. If other sizes or extra shirts are needed please let me know. If you did not receive shirts it is because I still need a copy of your roster with the sizes needed.

Opening - 3 minutes

Have the Scouts stand up around the tables.

- Instruct them to hold up the Cub Scout sign. Read out the Scout Oath one line at a time and have them repeat it.
- Read out the Scout Law one point at a time and have them repeat it.
- When you are done, say the word “Two” and instruct them to put their hands down.

Have them take a seat at the tables.

Talk Time - Explain Activity/Goal 2 mins

This week we will be discussing how we can do our duty to God and how we can show appreciation for other people’s beliefs. We will also be learning a little about physical fitness. Physical fitness is very important so we will also be talking about it for the next two weeks.

Activity 1- 30 mins - Duty to God – 20 mins

How do you do your Duty to God? Ask for examples. It can be obvious things like meditating or praying, or it can be simple things like helping a friend with their homework or doing a chore without being asked. Most people agree that the “Golden Rule” applies to everyone, regardless of religion. Basically, it says treat everyone the way you want to be treated. Do you agree? Wait for responses. Does anybody know a prayer? Let them offer responses. In Cub Scouts we use interfaith prayers because we are inclusive, and everyone does not believe in the same things. Here is an example of a simple, interfaith prayer. “For food, health, strength, and friendship, we give thanks.”

Does anybody have an example of a person or group of people that came to America seeking religious freedom? Allow them to answer. If nobody has an answer use this example. Example: The Pilgrims. The Pilgrims came to America seeking religious freedom during the reign of King James. In Europe it was believed that everyone should practice the same religion. If you had different beliefs the government had the right to take your land, money, and titles. A person could even be labeled a heretic and be executed for their beliefs. Compared to this, America’s freedom of religious beliefs was a great alternative, making many people flee Europe in the 1600’s.



Activity 2 – 15 mins – Paws of Skill – 30 mins

Now we are going to talk about the importance of being physically fit. Does anyone have an idea of something we can do to keep ourselves physically fit? Let them answer. Physically fit people have healthy organs, a healthy weight, eat right and exercise. Ideas for staying in shape include running, walking, swimming, team sports, and riding a bike. Anyone have any more ideas? Let them answer. Ideas for eating right include eating things that are low fat, low sugar, drink water, eat a balanced meal with fruits, veggies, grains, and protein. What is your favorite healthy thing to eat? Let them answer. Exercise is also an important part of staying healthy. We should always try to stretch before and after any physical activity. Does anybody know why? Let them respond. Stretching before you exercise, also called a warm up, helps get your heart ready for exercise. It will also loosen your muscles and helps to prevent injuries. Stretching after you exercise, also called a cool down, helps to slow your heart rate down to its normal rhythm. It also improves your flexibility and helps to keep your muscles from getting sore.

Have everybody stand up. Time to stretch. Does anybody know any good stretches? Let them respond. If they answer do 5-6 good stretches. If there is no response, choose a few stretches to do either from the list or that you know of personally. Ideas: calf raises, butterfly, knees to chest, arm twirls, etc.

Choose a game:

Whole Group Activity – Optional – Time Permitting

Cub Scout Red Light/Green Light

This is a basic game of Red Light/Green Light where the Scouts go if you hold up the Cub Scout Sign (2 fingers on the right hand) and stop if you hold up anything else. If they move when you have a different number of fingers up, they go back to the starting line. The winner of the round becomes the next person to be the traffic light.

Optional - Whole Group Activity – Cub Scout Says

Play Simon Says with the Cub Scout skills we just learned.

Optional - Whole Group Activity – Animal Races

Put out cones or mark a start and finish line. Ask the Scouts to pick an animal and show you how it walks. Then have the Scouts race between the two lines with the winner picking the next animal. Some examples are hopping like a bird, jumping like a frog or walking on hands and feet like a bear.

Whole Group Activity – Free time Outside

Announcements 2 mins

For the next 2 weeks we will be continuing to work on your fitness. We will be learning about balance, sportsmanship, and meal planning, so everybody start thinking about their favorite meal.



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Closing 2 mins

Get them to stand up.

Say: *Cub Scouts - Cub Scout Sign* (put up the Cub Scout Sign and wait for them to follow).

Let's do the Scout Oath. (Say each line and then have them repeat it)

Ready – Two (put their hands down)

(now in an energetic voice say the following)

What's the Cub Scout Motto? - **Do Your Best**

Did you do your best? – **Yes!**

Did you learn something new? – **Yes!**

Did you have fun? – **Yes!**

Dismissed!

*If help is needed contact Trisha Winscott at 813-460-3646