



Summer Meeting Plan – Week 5

Note: If you have extra shirts or need more please send me an email with the sizes at Trisha.winscott@scouting.org . If I have not brought shirts to your club yet it is because I still need your roster. If it is not possible to do any part of the first activity just skip it. Please just use your guidelines and judgement to keep the kids safe and following the rules.

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

Today we will be focusing on staying healthy and fit. We will be doing simple balancing and coordination games first, then we will be discussing the five food groups and making out own healthy meal plan.

Activity 1- 20 mins Balancing and Coordination

First, we will be playing catch. Everybody get a partner. Stand 6 feet apart, one partner should have a ball. Keep trying until both partners have caught the ball twice each. After they have completed the initial goal have them both take a step back and catch the ball. Continue this until they miss. Congratulate the team that has the furthest successful throw. Next we will move on to balancing. Find a line on the ground. Try walking on the line forwards. Give them time to try. Now try walking on the line backwards. Give them time to try. Now try sideways. Give them time to try. Last time try without looking at the line. Give them time to try. How did you do? Let them answer. Next we will see who has the best balance. Everybody stand on one foot. Now close your eyes. Let's see who can stand still the longest. If your other foot touches the ground, you may open your eyes and watch. Let's see who can stand here the longest without losing their balance. Ready? Go! Now for the fun part. Who thinks they can do a frog stand? Show them the picture of the woman doing the frog stand. Any body want to try? Let them try. Now lets all try a forward and backwards roll. Show them the pictures of how to do them if needed.

Activity 1- 20 mins Eating Healthy

Alright back into our seats. It's time to talk about the foods we eat. Does anyone know one of the five food groups? Allow them to answer and give examples. Great. Show them the food pyramid. Make sure they got them all. Now look at this. Show them the myplate.gov picture. This plate shows you how much of each type of food you should be eating at each meal. Try to use this method at home to eat as healthy a possible. Next, we are going to make our own meal plans. Break them into pairs or small groups. Hand out paper and a pencil to each person. They may make more than



one meal if time permits. *I want you to think about the food pyramid and plate while we do this. Make sure you include all the food groups, in healthy amounts in your meal. I want you to draw your plate and label your healthy meal. Some ideas to keep your meal healthy: 1. Eat more fruits and veggies, try and make your plate half fruits and veggies. 2. Try whole grains. Eat oatmeal, whole grain breads and pastas, or brown rice. They have more nutrients than regular pasta and white bread or rice. 3. Rethink your drink. Drink low fat or fat free milk or water with your meal. Try to stay away from the sugary drinks like juice, Kool-Aid, and sodas. 4. Focus on lean protein. Choose foods like beans, fish, and lean meats. Less red meat is better. 5. Slow down on sweets. Desserts are good, but only in moderation. Keep them small and only once in a while.* Let them discuss and make their meal plans. Help out if needed. *Alright guys make sure you take home your meal plans and talk to your parents about it. Maybe you can help make them for dinner one night.*

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

Next week we will be concentrating on good sportsmanship and we will be having a team relay. Everybody start practicing your jumping jacks and sit ups now.

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)



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(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