



Summer Meeting Plan – Week 6

Note: If you have space you might want to set up the relay race in advance.

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 are going to talk about what you can be a good sport. We are also going to have a relay race. It should be fun.

Activity 1- Sportsmanship - 15 mins

Does anybody have an idea that demonstrates good sportsmanship? Ask for ideas and examples. Ideas: I stayed calm, I treated others kindly, I listened to the adult leaders and coaches, I followed the rules, I stayed positive, I encouraged my teammates, I was friendly after the game – win or lose. Does anyone have a short story about a time they used good sportsmanship? Let them answer. Now let's make a list of team sports. Who knows one? Let them answer. Most teams are successful because they work together. Everyone is good at something and the best teams use their players in the position where they play best. Some people are better at catching than others, some at throwing. Some players have a great shot while others are better at playing defense. Who is your favorite team? Let them answer. Why do you like them? Let them answer.

Activity 2 – Relay Races – 30 mins

Next up, relay races. Split them into small groups. Directions are on a separate page. Make sure you are all using good sportsmanship after each race.

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 learning about the Buddy system and why we use it. We will also be talking about the Cub Scout “6 essentials”.

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