

PACK RESOURCE SHEET

May 2011

CORE VALUE FOR MAY

Health and Fitness: Being personally committed to keeping our minds and bodies clean and fit. By participating in the Cub Scout Academics and Sports program, Cub Scouts and their families develop an understanding of the benefits of being fit and healthy.

Preopening Activity: Healthy Habit Trading Cards

Preparation: Make "trading cards" of healthy habits. Each card has one healthy habit printed on it.

Examples of healthy habits:

- Eat balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Wash hands frequently.
- Balance school (or work) and play.
- Take care of your teeth.

As families arrive, give each person six of the same cards. Instruct people to trade their cards with others to collect six different cards.

Opening Ceremony: The Fitness Pledge

Materials: Small weight, book, bed pillow, a fruit and vegetable. Boys hold appropriate items.

CUB SCOUT 1 (small weight): I promise to do my best to keep myself physically strong.

CUB SCOUT 2 (book): I promise to do my best to keep myself mentally fit.

CUB SCOUT 3 (bed pillow): I promise to do my best to get enough rest.

CUB SCOUT 4 (fruit and vegetable): I promise to do my best to eat a healthy diet.

CUB SCOUT 5: Above all, we promise to do our best to do our duty to God and our country. Please rise and join us in the Pledge of Allegiance.

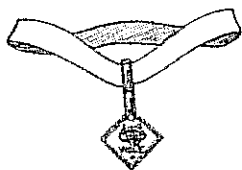
Character Connection: Health and Fitness

Why does personal fitness include mental fitness and physical fitness? Why is keeping fit important? How will your health and fitness affect your activities at school and home?

See *Fun for the Family*, No. 33012, for family activities related to this month's Core Value, health and fitness.



Recognition Ceremony: Winners



Materials: Platforms equal in height, Olympic-style music (optional). Attach rank badge or award with thread to a loop of ribbon long enough to go over a boy's head. If the award is made of metal, attach it first to a piece of felt or cardboard.

CUBMASTER: Now it's time to recognize those Cub Scouts who did their best in achieving gold medal status. These Cub Scouts have practiced and sweated, and deserve recognition for their excellence, their diligence, and their accomplishments. We would like to call up our first medalists and their coaches—his parents. (*Call boys up by rank or den and present awards.*)

Cubmaster's Minute: Keeping Fit

"Cub Scouts, this is an ordinary pocketknife. Maybe you own one. If you don't, you probably will when you become a Boy Scout. This is a very useful tool because it can be used for many different things. It is a dependable tool as long as the blade is kept sharp and free from rust, and the working parts are in good condition. But, if you neglect it and let it get dull and rusty, it can be dangerous because it won't be able to do what you want it to do. It's very easy to cut yourself when you try to force a dull knife to do something it can't do. The same idea can be applied to our bodies. We don't want to become dull and rusty like a knife that has not been given good care. We want our bodies clean and sharp and really fit. That's why we must get plenty of exercise, eat the proper foods, and have good healthy habits. You want to keep your body fit now and in the years to come. You want to be able to enjoy to the fullest the things you do. Do your best to keep fit!"

Closing Ceremony: Health and Cub Scouting

CUB SCOUT 1: To keep your body strong and healthy is more valuable than being wealthy.

CUB SCOUT 2: When you're fit, you feel good. Please try to do the things you should.

CUB SCOUT 3: Eating the right foods is always wise, and everyone needs exercise.

CUB SCOUT 4: Stand on tiptoes, one, two, three; touch your toes, don't bend your knee.

CUB SCOUT 5: Run a while, then slow your pace. Practice will help you complete the race.

CUB SCOUT 6: Scouting helps build boys into men, and this is where it all begins.

Song: Cub Scout Sports

Tune: "Take Me Out to the Ball Game"

Let's play sports with the Cub Scouts.

Let's all learn some new games.

We'll try some skating and volleyball,

Hiking, tennis, and even softball.

Then we'll jump for joy with gymnastics

And bowl with our friends at the lanes,

We'll try marbles, golf, we'll fish and we'll swim

Doing Cub Scout Sports.

Project: Edible Gold Medals

Materials: Large, hard round cookie, plastic wrap, 8-inch gold doily (or sheet of gold wrapping paper), scissors, clear tape, large paper clip (1¾ inches long), 1 yard of red, white, and blue ribbon.

Seal the cookie in plastic wrap. To make the gold casing, use a doily or cut a circle from wrapping paper; the diameter should be about four inches wider than the cookie's (so there is a two-inch border all the way around the cookie). Lay the doily or gold circle face down, and center the cookie on top of it, flat side down. Fold the paper tightly over the edges of the cookie and tape it down. Lay the paper clip atop the wrapped cookie, leaving a quarter-inch of the clip peeking over the edge; tape in place. Thread the ribbon through the loop in the paper clip and knot the ends together.

Project: The Role of Parents in Sports Cards

Print the following, four per page. Cut, and hand them out to parents before the event.

THE ROLE OF PARENTS IN SPORTS

The role of parents can be described in one word: "support." Support of the program, the leaders, and the coaches—but most of all, support of the boys and especially one's own son. Here are some dos and don'ts for parents:

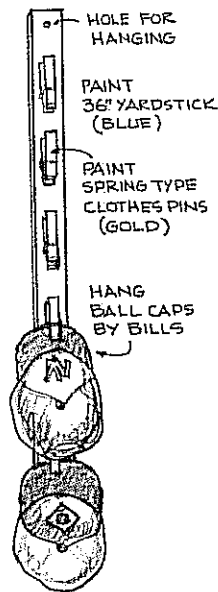
Do

- Be a voice of encouragement and moderation.
- Show boys you approve of them, no matter how they play.
- Go to the games and watch the boys play.
- Help the boys have fun.

Don't

- Shout advice or criticism to boys or anyone else during the game.
- Interfere with the coach or other officials.
- Criticize players, coaches, or officials.
- Enter the playing area.
- Prevent anyone from having fun.
- Push your son into a sport he is not qualified to play or does not like.

Parents can have an especially positive effect on a boy's sports outlook if they emphasize keeping in shape through a physical fitness program and set the example themselves



Project: Ball Cap Rack

Materials: Wooden yardstick (or any flat stick a yard in length), wooden spring-type clothespins (five per yardstick), acrylic or spray paint, low-temp glue gun, hand drill.

Paint yardsticks and clothespins, and let them dry completely. Beginning at the 1-inch mark, glue clothespins to the painted yardstick at evenly spaced intervals, approximately every 7½ inches. The bottom of the last clothespin should be at the 35-inch mark.

Hang your ball caps by the cap brims from each clothespin. Many yardsticks already have a pre-drilled hole. If not, drill a small hole a half-inch down from the top edge in the center of the yardstick. Hang the rack on a wall.

This rack makes a great gift for a parent who is a sports fan or a volunteer at the pack's sports event.

Snack: Sunshine Lemonade

Ingredients:

- 5 large lemons
- 4 cups of water
- ¾ cup sugar
- Ice

Cut the lemons in half and squeeze the juice from them. Remove the pulp and seeds that gather in the juicer. You should have about one cup of juice. Pour the juice into a large pitcher, add water and sugar, and stir until the sugar dissolves. Serve over ice.

Set up a simple summertime lemonade stand with a table and sign for your summertime events.

Did You Know?

Cub Scout Academics and Sports Program. The Cub Scout Sports Program was introduced in 1985. In 1991, the Cub Scout Academics was introduced with Art, Communications, Music, and Science. The Cub Scout Academics and Sports Program was opened to Tiger Cubs in 1997. Then in 2009, 13 new academics and sports were added. There are now 25 Academics and 26 Sports.

Archery and BB guns are not permitted at den or pack activities. Cub Scout Sports recognition items for BB guns and archery may only be earned at day camp, resident camp, or a council-managed family camping program, or at council activities where there are properly trained supervisors and all standards for BSA shooting sports are enforced.