



**Core Value:
Health and Fitness**

May

Health and Fitness

Destination Parks

Pack Committee

Why Destinations Parks for Health and Fitness. Destination Parks is a natural theme partner to health and fitness. May is a great time to get outdoors and explore nature while improving our health by walking, hiking, bicycling, and playing games and sports. Scouts keep fit by doing outdoor activities that keep them physically active as they earn Scouting awards. Local parks provide that opportunity close to home.

BEFORE THE MEETING

Prepare materials for the gathering game and ceremonies. If the meeting is held indoors, set up a den display area. If you are planning refreshments, consider having ingredients for trail mix that each Scout and family can put together in baggies as they enter.

Here are suggestions for your pack meeting, whether it is held outdoors (perhaps at a local park) or indoors. If the pack will be doing the Nature Ramble, prepare a list of nature objects that can be easily located. Make a copy of the list for each den. For Kim's game, gather the items for that activity.

GATHERING

Indoor Gathering Game: Kim's Game

This game uses items you should always take on a hike such as a whistle, flashlight, trail mix, candy, plastic water bottle, trash bag, pocket knife, adhesive bandage, moleskin, antibiotic ointment, safety pins, sunscreen, and matches. These are also the "outdoor essentials" for hiking. Have the items covered (a sheet or large towel should do) when Scouts arrive. For the game, have Scouts gather around the table. Lift the cover and give Scouts 30 seconds to study the items. Replace the cover over the objects and have the Scouts return to their seats. Then have them raise their hands and identify one object they saw until all of the items have been identified.

Outdoor Gathering Game: Nature Ramble

Send the dens on a treasure hunt with the list you prepared earlier. When they find an item, they are to check it off their list and note where they found it, leaving the item there for others to find.

OPENING

The preassigned den presents the flags.

Four Directions

CUBMASTER: Finding our way to our destination in the park is aided by the use of a compass, which show the four directions—north, south, east, and west.

(Each Cub Scout enters from his directional side of the room or outdoor area, holding one of four posters, with a large letter for his direction on it. On the back, the following is written for each boy to read.)

CUB SCOUT 1 ("E"): I represent the East. From me comes the sun each day, giving light to all living things to help them to be strong and healthy.

CUB SCOUT 2 ("S"): I represent the South. From me comes heat and rain, so all living things have warmth and water to drink.





CUB SCOUT 3 (“N”): I represent the North. From me comes cold and snow, so all living things can experience coolness and the beauty of winter.

CUB SCOUT 4 (“W”): I represent the West. To me, the sun comes at the end of each day, giving the world darkness, so all living things can rest.

CUBMASTER: We gather from all directions, joined together in the Law of the Pack. Will everyone please stand, give the Cub Scout sign and join me in reciting the Law of the Pack.

Prayer (Cub Scout or Leader)

“Thank you for the wonders of our world, its changing seasons, and daily joys. Help us to keep ourselves healthy and strong while we enjoy these wonders.”

Welcome and Introductions

The Cubmaster welcomes new families, introduces them and any guests to the pack, and thanks those who helped prepare for and plan the pack meeting.

PROGRAM

The Cubmaster leads the group with an audience participation activity.

Goin’ on a Scout Hike

(Have the audience repeat each line after the leader.)

We’re goin’ on a Scout hike. (Feet marching)

We’re getting to the tall grass. (Rub palms of hands back and forth)

Up ahead there’s a bridge. Here we go across the bridge. (Hit chest with alternating fists)

We’re across the bridge. (Resume marching)

We’re going up a big hill. (Slow march, heavy breathing)

We’re on the top now, here we go down the other side. (Speed up march)

Now we’re on level ground. (Regular marching)

More tall grass. (Rub palms together)

Shh! Looks like wolf country! (Stop)

I hear a howl. (Hand to ear)

Let’s go!

At a fast tempo, repeat all actions and gestures in reverse order (hand to ear, stop, rub palms together, regular marching, speed marching, slow marching and heavy breathing, resume marching, hit chest, rub palms back and forth, marching) until everyone is back home. It sure is a good thing we are all healthy and fit—sometimes a good walk can become a quick run!

RECOGNITION

On a large sheet of butcher paper, draw a hiking trail. Mark the trail with a sign for Bobcat, then move down the trail and make a sign for Tiger Cubs, then further on for Wolf, Bear, and Webelos Scouts. Decorate the trail with sketches of trees, bushes, and rocks. Add photos of the Cub Scouts doing activities in their den and pack. Attach awards to cutouts of boots or large paper footprints, and place the cutouts at appropriate places along the trail.



Lay out the prepared paper trail. When presenting awards, the Cubmaster can add statements such as:

“You put your best foot forward and showed your fitness to earn your _____ Award.”

“You’ve made great strides in Scouting! Congratulations on earning your _____ Award.”

“We’d walk a mile to shout out how proud we are that you earned your _____ Award.”

Advancement Tree Ceremony

Equipment: A 3-foot high tree limb with several branches placed upright in a flowerpot or plaster of Paris holder. Paper leaves with the name of each Scout earning an award along with his badge are attached to each leaf.

CUBMASTER: This little tree would be very comfortable in our local park, where it would receive the nutrients, water, and sun to thrive and grow healthy and strong. Tonight, it symbolizes those Scouts who have grown strong and healthy in Scouting. Just as it takes time and nurturing for this tree to grow, it takes time and nurturing for our Cub Scouts to earn their ranks by showing their fitness in Cub Scouting. (The Cubmaster calls up Cub Scouts and families for recognition.)

Song

The preassigned den leads the pack in singing “Our Park,” sung to the tune of “She’ll Be Comin’ Round the Mountain.”

Our Park

There are lots of places in our park for fun.

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There are bike paths, playgrounds, trail ways.

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CLOSING

Cubmaster’s Minute

As you walk through the park, have you thought about the information the trees have to tell us? Each ring in a tree trunk tells us about each year it has lived—how much water and food it received, what stressful situations it has survived, how much sunlight was available. Trees tell us how they managed through each stage in their life. People are a lot like trees. Each experience we have in our lives affects us in much the same way. We stay fit and healthy by making sure we take good care of ourselves to grow straight and tall like the trees we see in our parks, with all the food, water, and sunlight we require. Let’s take care to stay fit and healthy so we, like the trees, grow strong and tall!

CLOSING CEREMONY

CUB SCOUT 1: I go to the skateboard park a lot with my friends. It keeps me fit and healthy, with fun that never ends.

CUB SCOUT 2: I love the bike trail in my park; I exercise my muscles. As I get peddling stronger, my pace really hustles.

CUB SCOUT 3: My favorite thing is walking; I do it every day, to and from the park I go, with my best friend, Jay.



CUB SCOUT 4: A swimming pool is in my park, I love to take a swim. I often race my friends across, and very often win.

CUB SCOUT 5: We all enjoy our local parks and know for us it's good, to get outside and meet our friends, not just because we should.

The presassigned den retires the flags.

Stunts and Applause

Jump Higher

CUB SCOUT 1: I bet I can jump higher than a house!

CUB SCOUT 2: I bet you can't.

CUB SCOUT 1: Yes, I can. Did you ever see a house jump?

The Botanist

CUB SCOUT 1: What did the botanist get when he crossed poison ivy with a four-leaf clover?

CUB SCOUT 2: I don't know. What did the botanist get?

CUB SCOUT 1: A rash of good luck!

The Geologist

CUB SCOUT 1: What do you call a geologist?

CUB SCOUT 2: I don't know. What do you call a geologist?

CUB SCOUT 1: A fault finder.

Big Bear Hug

Put your arms around your shoulders and give yourself a Big Bear Hug.

Clap and Stamp Feet

Have the group stand and clap hands three times, then stamp feet three times, then repeat, faster and faster.

Jump for Nature

Perform a jumping jack, clapping hands three times and calling out, "It's naturally great!"

A Visit to the Camp Health Officer

CUB SCOUT 1: Hi, doctor. (Holding up a bandaged finger) Do you think I will be able to play the piano when my finger heals?

DOCTOR (looking at finger): Of course you will.

CUB SCOUT 2: Good! I've never been able to play before!