

As the athletes of the world strive to do their best in local, national, or international competition, Cub Scouts have the opportunity to Go for the Gold by doing their best in feats of skill and prowess. This month Cub Scouts learn about exercise and sports and put that knowledge to use playing Ultimate or another sport they haven't played before. Remember that not only is it important to do your best when you play a sport, but it is important to understand the rules of being a good sport no matter the outcome of the game. This month would be a great time to work on one of the Cub Scout Sports belt loops and pins—try Baseball, Golf, or Flag Football.

### PACK PLANNING

It's a great time to go out and play! This month's pack meeting can be a time for boys to learn new games or enjoy old favorites. Invite a coach or players from a local high school or college team to teach the basics of their sport and talk about the importance of sportsmanship. Appoint the following committees:

**Site Committee.** Find a place outdoors that has plenty of room for the games planned. Make sure that the area is safe. Make reservations if needed. Distribute maps to Cub Scout families so they can find this location easily.

**Welcome Committee.** Prepare supplies for the gathering activity and make a list of stretches (including illustrations if possible). Make name tags in the shape of sporting equipment.

**Games Committee.** Gather equipment needed for the games to be played. This group is responsible for teaching and supervising games.

**Refreshment Committee.** Have plenty of water available to keep everyone hydrated. Prepare a variety of fruits and vegetables for a healthy snack.

**Some of the purposes of Cub Scouting developed through this month's theme include:**

- **Sportsmanship.** Cub Scouts learn the importance of playing by the rules and doing their best.
- **Spiritual Growth.** Cub Scouts can learn to keep their bodies and spirits strong and healthy, which will help them serve others.

**This theme is designed to promote character development by emphasizing these core values:**

- **Honesty.** It's important to be honest when playing a game. Practicing honesty now helps a boy learn to be honest in all aspects of his life.
- **Health and Fitness.** Being ready to learn and practice any sport begins with knowing about health and fitness. These two interests will serve our Cub Scouts well their entire lives.

## Pack Meeting

### BEFORE THE MEETING

The various committees arrive ahead of the designated starting time to prepare the area for the games and activities. The welcome committee sets up the name tags that have been prepared (possibly in the shape of different balls and sports equipment). Set up illustrations of stretches so that all pack members can see them and follow. Set out the spinners for Spin into Shape (2 JUN). Assign someone to lead the activity. Prepare an area for any projects from den meetings that will be displayed. Greet Cub Scouts and families.

The games committee sets out games and equipment and ropes off areas as needed. Set refreshments in a place that is highly visible and near water, if possible.

### GATHERING

Gather everyone together in the "stadium" area. Play Spin into Shape (2 JUN). Have the stretching exercises as an ongoing activity.

### MAIN PART OF THE MEETING

#### Opening

Invite the den assigned to present the opening ceremony to begin. Conduct

the America opening ceremony (2 JUN) or select a different ceremony from *Cub Scout Ceremonies for Dens and Packs*.

#### Prayer

A preselected Cub Scout shares the Thank You prayer (2 JUN). Invite all pack members to join in prayer, meditation, or silence as is their custom.

#### Icebreaker

Play the Rhythmic Exercise (2 JUN) to get everyone ready for the festivities.

#### Welcome and Introductions

Welcome Cub Scouts, families, and special guests to your "stadium" of fun.

#### Song

The song leader leads "Go for Gold" (2 JUN) or another song from the *Cub Scout Songbook*.

#### Den Demonstrations

Dens show off their crafts from den meeting or demonstrate games played. Webelos Scouts share their activity badge of the month.

#### Game

This can be the main part of your meeting. The games committee chair

will direct everyone to the playing field, where the games await. If the group is large, divide into teams and do a round robin. Try a new sport from the Cub Scout Academics and Sports program, such as Ultimate or Flag Football.

#### Recognition

Use the Scoreboard advancement ceremony (3 JUN). As an alternate, the Fitness advancement ceremony (*Cub Scout Ceremonies for Dens and Packs*) is a great way to honor the boys who have completed advancements. Conduct the Den Advancement Ceremony (3 JUN) to progress boys from one den program level to the next.

#### Announcements

##### Cubmaster's Minute

Cool down and rest as the Cubmaster shares The Price of Success (3 JUN).

#### Closing

Conduct the Sportsmanship closing ceremony (3 JUN) or choose a different outdoor closing ceremony from *Cub Scout Ceremonies for Dens and Packs*.

## Cubmaster Corner

### ACADEMICS AND SPORTS BELONG IN YOUR PACK!

How? Here are a few ways to implement this exciting program in your pack.

**The Expert.** Designate a committee member or parent to be the program “expert.” This person promotes the Cub Scout Academics and Sports Program Guide and answers questions for parents and leaders. Each monthly pack program page of *Cub Scout Program Helps* suggests activities and topics.

**Plan B.** Things aren’t going exactly as planned in den meetings? Cub Scout Academics and Sports activities make great “plan B” options. Familiarize yourself with the requirements for Ultimate, Marbles, Music, or Art. Have the necessary equipment on hand so your boys can earn a belt loop and have fun!

**Take it home.** Reproduce belt loop and pin requirement pages from the program guide. Encourage boys and parents to take the pages home and work on earning a belt loop or pin. As Cubmaster you can have a large effect on the excitement that is generated for this.

**Reward.** Have an impressive ceremony for those boys who have earned the belt loop or pin. They’ll want to earn more!

#### Ideas for Stretching Exercises

Bend at the waist and touch the floor. (Hold to stretch out leg muscles.) Be sure the knees are bent a little—no straight, locked knees!

Raise arms overhead and then slowly bring down to the thighs.

Bend from the waist to the left, then upright. Repeat to the right and upright.

Step forward with right foot (back held straight), slowly bend right knee. Repeat with the left foot.

Sit on the floor with legs apart and stretch forward, to the left knee, and to the right knee.

You can find many other exercises for stretching resource books on various sports and online (for instance, at The President’s Council for Physical Fitness and Sports, <http://www.fitness.gov/pepup.htm>).

## Ceremonies, Games, Songs, Stunts

### GATHERING ACTIVITY: SPIN INTO SHAPE

*Materials:* Cardboard wheel with spinner

Make a large cardboard wheel (like what’s under a pizza). Divide the wheel into eight sections and write an exercise on each section; add some silly pictures or words just for fun. Make a cardboard arrow and attach it to the center of the circle with a brad. It should spin freely. Each boy spins and then, for 30 seconds to a minute, everyone does the activity indicated by the arrow.

If you have a large group, make several spinners and divide the group into smaller teams.

### STRETCH ‘EM OUT

It’s very important to warm up and stretch before exercising. Let the den chiefs lead the boys and families in a game of Simon Says using stretching exercises. Provide the den chiefs with a list of stretching exercises as a guide.

### OPENING CEREMONY: AMERICA

*Equipment:* Letters spelling AMERICA printed on poster board, flag, and flag stand

(Each boy displays his letter as he recites his line.)

**A** is for ATHLETES who do their best.

**M** is for MUSCLE building, putting us to the test.

**E** is for EXERCISE, building strength and brawn.

**R** is for RUNNING, just look, then we’re gone.

**I** is for INDIVIDUALS who always try to achieve.

**C** is for COURAGE to do and believe.

**A** is for ACTIVE and active we’ll be.

Proud to live in America, the home of the free. (*Flag bearer and color guard enter, post flag.*)

### PRAYER: THANK YOU

Thank you for our bodies. Thank you for our muscles, which we build through exercise. Thank you for good food, which helps us grow strong. Thank you for Cub Scout Promise, by which we live and which helps us always do our best at work and play.

### RHYTHMIC EXERCISE

This and many other fun activities are found in *Group Meeting Sparklers*. Ask the group to follow your instructions. Once they’ve practiced, try it again faster and faster.

Everybody stand. Now, hands on your hips, hands on your knees.

Put them behind you, if you please.

Touch your shoulders, touch your nose,

Touch your ears, touch your toes.

Raise your hands, high in the air,

Then at your sides, on your hair.

Above your head, as before,

While you clap, 1, 2, 3, 4.

Now hands upon the smarty space (head),

On your shoulders, on your face.  
Then raise them up so high, high, high,  
And make your fingers quickly fly.  
Then stretch them out right toward me,  
And briskly clap them: 1, 2, 3.

### SONG: GO FOR GOLD

*Tune:* Hail, Hail, the Gang’s All Here  
Gold! Gold! Let’s go for gold!

We will do our best,

We will never rest.

Gold! Gold! Let’s go for gold!

Watch us as we pass the test.

Go! Go! Just watch us go!

Tennis, soccer, baseball

Basketball and football.

Go! Go! Just watch us go!

Go for gold that is our call.

### ADVANCEMENT CEREMONY: SCOREBOARD

*Materials:* Scoreboard and cutouts of running figures, invisible tape, straight pins, badges

Make the scoreboard out of poster board or shelf paper and write in the names of advancing boys. Use the grid method to draw a running figure to the size you want; then cut out as many figures as you need.

**CUBMASTER:** You know that Cub Scouting is a lot like sports. It’s fun, it’s full of physical activities, and you can win. In Cub Scouting, you win by growing stronger in mind and body, and by

advancing in rank. You boys have all been winners this month. You have advanced in rank or earned Arrow Points, or both. Your coaches have been your parents. In Cub Scouting we couldn't get along without coaches. So I want to congratulate all of you—both Cub Scouts and parents.

Now I'll ask each boy to show his progress by putting on the scoreboard a marker for each rank he has earned. His parents will pin on his new badge. *(In turn, advancing boys tape on a runner for each rank they have earned and take their new badges from the board. Parents pin the new badges on their son's shirt. Webelos den leaders do the same for boys who have earned activity badges and the Webelos badge.)*

We also have a Cub Scout who has earned the Arrow of Light, Cub Scouting's highest award. *(Calls him forward with his parents).* [Boy's name] has shown that he is ready for Boy Scouting. He is in the ninth inning of his time in our pack, and I'm very proud of him and the way he has progressed in the sport of Cub Scouting. Now, [boy's name], please fill in your ranks on our scoreboard and have your parents pin the Arrow of Light on your uniform. *(They do.)*

I hope every member of the pack gets on the scoreboard in the coming year. It's a great way to be a winner in Cub Scouting!

## DEN ADVANCEMENT CEREMONY

Many packs will advance boys as dens. The Tiger Cub den progresses to Wolf, the Wolf den becomes a Bear den, etc.

Line the Cub Scouts up and present the neckerchief of their new rank. They could be plucked from a tree branch and tossed to the Cubmaster or attached to a piece of sporting equipment. Any special guest you have at this meeting can be involved. Other suggestions to make this a meaningful step for Cub Scouts can be found in *Cub Scout Ceremonies for Dens and Packs*.

## GAMES

### Tissue Sprint

*Equipment:* Tissues

On a signal, racers each throw an unfolded tissue out ahead of them, go to it, pick it up, and repeat until they have reached the finish line. A tissue may not be caught or touched after it is thrown before it hits the ground. If it is, the player must take two giant steps backwards. No one can move forward while holding the tissue or by letting it blow up against their body or clothing.

## Bounce, Toss, and Jump

*Equipment:* Ball, beanbag, jump rope for each team

Divide the group into two teams. For each team, lay a ball, a beanbag, and a jump rope behind a turning line. The first player on the team runs to the turning line, bounces the ball 10 times, tosses the beanbag in the air 10 times, and jumps rope 10 times. He returns and tags the next player. Play continues until all members of the team have had a turn.

## Broad Jump

*Equipment:* A ruler for each team

Divide the group into teams. The first member of the team jumps as far as he can from a starting line. Place a ruler in front of his toes. The next player on the team stands behind the ruler and jumps as far as he can. The jump continues until each team member has had a turn. Which team goes the farthest? Scramble teams up and try again.

## CUBMASTER'S MINUTE: THE PRICE OF SUCCESS

Vince Lombardi was a very successful football coach—especially known for coaching the Green Bay Packers during the 1960s. He said, "The price of success is hard work, dedication to the job at hand, and the determination that, whether we win or lose, we have applied the best of ourselves to the task at hand." Let us all strive to be a success at home, at school, at play, and as Cub Scouts.

## CLOSING CEREMONY: SPORTSMANSHIP

CUB SCOUT 1: I will be a good sport in all I do.

CUB SCOUT 2: I will follow the rules.

CUB SCOUT 3: I will trust my teammates.

CUB SCOUT 4: I will keep my temper.

CUB SCOUT 5: I will keep myself physically fit.

CUB SCOUT 6: I will keep my head up in defeat.

CUB SCOUT 7: I will keep my pride under control in victory.

CUB SCOUT 8: I will play hard and have fun.

CUB SCOUT 9: I will always do my best.

ALL: We will be good sports in all that we do.

## SKIT: ONE STEP AT A TIME

*Note:* Add additional scenarios as needed to involve all Cub Scouts in your den. Try speed skating, skiing, snowboarding, tennis, golf, football, etc.

CUB SCOUT 1: When I grow up, I'm going to be the world's greatest broad jumper and jump like this... *(jumps about 1 foot and falls down).*

DEN CHIEF *(helping him up)*: Well, you have to remember to take it one step at a time, one step at a time.

CUB SCOUT 2: When I grow up, I'm going to be a high jumper and win a gold medal like this... *(jumps and falls flat).*

DEN CHIEF *(helping him up)*: But you have to remember to take it one step at a time, one step at a time.

CUB SCOUT 3: When I grow up, I'm going to be a world famous baseball player and hit home runs like this... *(swings and falls).*

DEN CHIEF *(helping him up)*: Fine, fine. But remember to take it one step at a time, one step at a time.

CUB SCOUT 4: When I grow up, I'm going to be the world's greatest slam dunker... *(dribbles imaginary basketball and slam dunks it, falling).*

DEN CHIEF *(helping him up)*: Sure, sure. But remember to take it one step at a time, one step at a time.

CUB SCOUT 1: Say, what are you going to be when you grow up?

DEN CHIEF: Why, I'm going to be the greatest marathon runner that ever lived! *(Turns and starts to jog away but trips over his shoelaces.)*

CUB SCOUTS: One step at a time, one step at a time! *(Boys help den chief up; all exit.)*

## PHYSICAL FITNESS MEDALS

As boys complete activities during the pack meeting, a fun way to add recognition is to award medals. Cut round disks from cardboard; write the pack number and the year, or wrap in gold paper. Add a string or ribbon to hang from the boy's neck, and you have a medal.

## APPLAUSE

**Pole Vault Applause.** Stand your pointing and middle finger of one hand on the opposite arm (like legs). Have them "run" down your arm toward your wrist, soar into the air, and land as a single clap with both hands.

## June Pack Program Page: Go for the Gold

### ACADEMICS AND SPORTS PROGRAM

#### Academics

**Chess.** Your boys will enhance their higher-order thinking skills, self-confidence, and academic achievement by earning the Chess belt loop and pin.

#### Sports

**Baseball or Softball.** The smell of leather gloves and the crack of the bat as it meets the ball means there's fun on the diamond for your Cub Scouts in both of these team sports.

### FAMILY ACTIVITY

Honesty is a foundation for everything we do. And honesty leads to trust. As you work with your boys on the requirements for the Character Connection for Honesty this month, this would also be a good time for parents to work with their sons on the "Trusting" section of *Cub Scouting's BSA Family Activity Book*. Suggested activities include discussing different situations that children might find themselves in when they have to decide between doing what they said they would do or doing something else.

### DID YOU KNOW?

#### Scouting Safety Begins with Leadership

This health and safety course syllabus and video should be available to all unit leaders. Experience has shown that most serious injuries and fatalities during Scouting activities occur in unit-related activities conducted off council properties. As Cub Scout leaders, you are entrusted with the well-being and safety of the boys participating in your den and pack activities. This training course will help you identify areas of risk in those activities, understand key safety procedures, and acquaint you with BSA resources available to help you in planning safe Scouting activities. Call your council service center to find out when this course is being delivered in your district.

### GOOD TURN FOR AMERICA

Consider conducting a bicycle rodeo in your area. Help youth learn safe bicycling skills by putting on a rodeo; youth and their parents bring bicycles. Set up a series of stations that focus on specific bicycle safety skills by doing fun activities. Bicycle clubs and/or bike shops can be useful resources. And many hospitals have outreach departments that emphasize bicycle safety and helmet use.



### BSA RESOURCES HIGHLIGHT



**Pack Leader Appreciation Certificate (No. 33755A).** Recognize all your leaders with impressive certificates that say "Thank you!" to all the den leaders, committee members, and parents for their support of the pack. And don't forget your den chiefs!

### PACK LEADERS' PLANNING MEETING

Pack leaders meet one or two weeks before the pack meeting to review the final details for this month's meeting and to review plans for the June meeting. Also evaluate last month's pack meeting.

Make sure appropriate materials will be available for the Spin into Shape gathering activity, opening and closing ceremonies, advancement ceremony, and games. Additional game ideas may be found in the *Cub Scout Leader How-To Book*. One way to divide the responsibilities is to have each den be responsible for organizing and leading a game. Then they can rotate the responsibility within the den so that everyone is involved.

Prepare neckerchiefs for an impressive progress toward ranks ceremony as boys move from one program level to the next this month.

Plan July's pack meeting and make assignments. The theme is H<sub>2</sub>Ohhh! If the pack chooses to do a raingutter regatta, review the *Cub Scout Leader How-To Book* for directions on planning the event and building a regatta track.

Conduct Unit Leadership Enhancement No. 8, National Awards. Focus on the awards for dens that provide a year-round program for boys. Choose a topic from the *Cub Scout Leader Book* for next month and assign someone to lead the discussion.

### LOOKING AHEAD

If your pack and dens will be participating in water activities such as swimming or boating next month, be sure that you have adequate adult leadership trained in Safe Swim Defense, Safety Afloat, Youth Protection, and Scouting Safety Begins with Leadership.

### PACK TRAINER HIGHLIGHT

Evaluate the current training needs of the pack. Encourage all new pack leaders to attend New Leader Essentials and Cub Scout Leader Specifics courses as soon as possible. Invite parents to participate, too, so they can have a more thorough understanding of the Cub Scout program.

### OUTDOOR IDEAS FOR EVERYONE

**Tiger Cubs.** Take a hike in a park where you can identify different plants. Check out a library book to help with plant identification and learn about how plants are named.

**Wolf Cub Scouts.** Play a game of soccer.

**Bear Cub Scouts.** Take part in one team and one individual sport (*Achievement 23*).

**Webelos Scouts.** Earn belt loops for two team sports and two individual sports (*Sportsman activity badge*).

# Go for the Gold: Tiger Cub Den Meetings

Each Tiger Cub and his adult partner should attend all meetings as a team.  
Dens may meet in the evenings or on weekends.

Full or partial credit may be received for the following advancement possibilities highlighted in this month's meeting plans.

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
The Tiger Cub den leader shares leadership with a Tiger Cub adult partner. This team should review plans before each meeting and check equipment needed.				
<b>BEFORE THE MEETING STARTS</b>	Have two potatoes for Hot Potato Race and a baseball for Hot Potato Baseball (both 6 JUN).	Have supplies for Go for the Gold Visors (6 JUN).	Call the Go See It destination to confirm arrangements, times, fees, etc.	Host team writes a thank-you note to the destination of last week's Go See It.
Den leader may collect dues. Den leader checks boys' books for completed advancement requirements and records them on Den Advancement Chart. Boys record own advancement on den doodle, if den has one.				
<b>GATHERING</b>	Play Hot Potato Race.	Start Go for the Gold Visors		
<b>OPENING</b>	Form a circle around the flag and say the Pledge of Allegiance. Ask boys to respond to roll call by saying their name and "I like the sport of [name sport]."	Sing "If You're a Tiger and You Know It" ( <i>Elective 6</i> ).		
<b>SHARE</b>	Ask boys to again share the name of the sport that they like and say why they like it.	Share names of sports teams boys have watched play. Share the rules of the sport that the den will watch next week for their Go See It.	GO SEE IT: Attend a sporting event such as a baseball game ( <i>Achievement 3G</i> ).	Participate in the monthly pack meeting by sharing information about the den's Go See It.  Tiger Cubs and adult partners sign the thank-you note.
<b>DISCOVER</b>	Go outside to do the Pebble Stretch. Let adult partners try the activity first, then the Tiger Cubs. Ask the boys if it was easy or hard. Talk about the types of muscles that need to be strong to do such an activity.	Finish Go for the Gold Visors.	At the end of the trip, lead a reflecting discussion with boys and adult partners about their outing.  A totem bead may be presented for completion of <i>Achievement 3G</i> .	
<b>SEARCH</b>	Talk about different sports. Play Hot Potato Baseball.	Play the game for the Go See It or another outdoor game (soccer, badminton, volleyball) ( <i>Elective 35</i> ).		
<b>CLOSING</b>	Retire the U.S. flag with all Tiger Cubs saluting.	Host family leads a moment of silence for the safety of all players during sporting events.		
This month's shared leadership team reviews the meeting. The den leader should meet briefly with the Tiger Cub and adult partner who will share leadership at the next den meeting.				
<b>AFTER THE MEETING</b>	Den leader files tour permit with local council service center for Go See It.	Talk to Tiger Cub team in charge of the next month. Offer resources or ideas as needed.	Den leader fills out den advancement report for the pack leaders' meeting.	Den leader mails the thank-you note.
CHECK WITH YOUR PACK TRAINER OR CUBMASTER FOR ROUNDTABLE DATES AND OTHER TRAINING OPPORTUNITIES.				

# Tiger Cub Den Activities

**Advancement possibilities highlighted in this month's meeting plans: Achievement 3G; Electives 6, 35**

"Go for the Gold" implies a positive way to approach sports in general. A sport to a Cub Scout is all about running, shouting, and challenges. For adults, besides the running, shouting, and challenges, we look at sports as opportunities for boys of this age to learn about rules, taking turns, and sportsmanship. Whatever sport boys choose to watch and participate in, the role of the leader is to ensure it is done with good sportsmanship and safety as priorities.

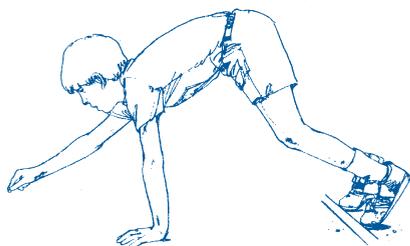
It's June, and the beginning of summertime is a time for more family interaction. Encourage dens to work on achievements with family involvement in mind and electives such as Elective 24, Help in the Kitchen.

## HOT POTATO RACE



Divide the den into two teams and line them up relay fashion. First player on each team is given a raw potato. On signal, while holding the potato between his feet, he hops to a turning line and back. Each player repeats the action until all have run.

## PEBBLE STRETCH

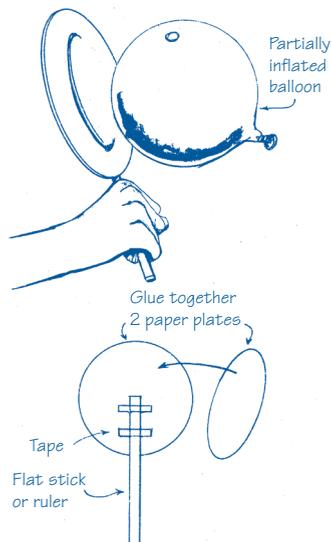


**Materials:** One pebble or small object per player. A line placed on the ground (use a stick, or place string from left to right.)

Player puts toes to line, stoops forward with one hand on the ground, and places a pebble as far out as possible. He then springs back to a standing position without shifting the hand on the ground, moving feet across the line, or touching the ground with his knees. The furthest placed pebble is the winner.

## GAMES

### Balloon Badminton



**Materials:** Paper plates, paint stir sticks, stapler, balloons.

Staple the plates together and insert the paint stick between them. Staple the paint stick securely in place.

**Suggestions for play:**

- Blow up a balloon and use the "hitting pads" to keep the balloon afloat.
- Use a net and play like a badminton game.
- Pass a balloon between two Tiger Cubs and see which pair can keep it going the longest by using only the hitting pads, no hands.
- Use the hitting pads to aim the balloon toward a target and see who gets closest.

**Safety Alert:** Cub Scouts should never blow up balloons. Adults blow them up before the den meeting. Boys pop them and then are careful to pick up the pieces when the game is over.

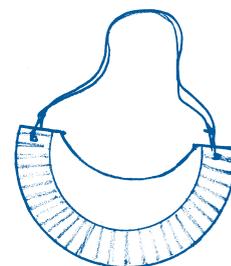
### Ultimate Horseshoes

**Materials:** Two large plastic hoops; three Ultimate fliers

Divide Tiger Cubs and adult partners into two teams. Players take turns trying to toss Ultimates into the hoop from a designated starting point; each player gets three turns. Score as follows:

- 2 points—Ultimate lands inside the hoop
- 1 point—Ultimate is touching the hoop

## PROJECT: GO FOR THE GOLD VISORS



**Materials:** Paper plate; elastic; clear packing tape; markers or other craft material; hole punch.

Cut a smile-shaped section from each paper plate to create a visor. Decorate as desired with markers or other craft materials. At the back of each side of the visor near the point, place a piece of clear packing tape to secure the visor band. Punch a hole through the plastic-covered area. Cut a piece of elastic an appropriate size to fit each Tiger Cub's head. Tie it through the holes to create the visor band.

## HOT POTATO BASEBALL

Tiger Cubs and adult partners sit in a circle. Den leader starts and stops music, such as the tune of "Take Me Out to the Ballgame." Everyone passes a baseball around the circle. When the music stops, whoever holds the ball is "out." Continue until one Tiger Cub or adult partner remains. He can then start the ball for the next round.

## Go for the Gold: Wolf Den Meetings

Dens may meet after school, in the evenings, or on weekends.

Review the theme pages before planning den meetings.

Full or partial credit may be received for the following advancement possibilities highlighted in this month's meeting plans.

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
Den leader, den chief, and denner review plans before each meeting and check equipment needed.				
<b>BEFORE THE MEETING STARTS</b>	Prepare paper for the Paper Burst Banner (8 JUN).	Create starting lines and game setup outside. Have a stopwatch, measuring tape, paper and pen for keeping score; paper for making charts.	Call the destination of your field trip to confirm arrangements, times, fees, etc.	Denner writes thank-you note to last week's destination. Gather materials for Silly Board Sports Relay, Skateboard Sandwich Treats, and Athlete Training Course (all 8 JUN).
Den leader collects dues.				
<b>WHILE CUB SCOUTS GATHER</b>	Boys make a Paper Burst Banner.	Collect permission slips. Play Long Jump (8 JUN) outside.	Collect permission slips. Remind Cub Scouts of safety rules to be followed, particularly when using and watching at batting cages.	Boys sign thank-you note. Cub Scouts run through Athlete Training Course that the den chief sets up ahead of time.
<b>OPENING</b>	Boys run through Paper Burst Banner like a team running onto a field of play as everyone cheers.	Form a circle around the flag and sing "The Star-Spangled Banner" ( <i>Elective 11b</i> ).		Boys form a line and face the den leader, raise the right hand in the Cub Scout sign, and recite the Cub Scout Promise.
Den leader checks boys' books for completed achievements and electives and records them on Den Advancement Charts. Boys record own advancement on den doodle, if den has one.				
<b>BUSINESS ITEMS</b>	Discuss the Go for the Gold theme. Explain what <i>sportsmanship</i> means and den plans for the fun outdoor activities this month.	Discuss the trip next week and review the rules of the game that the den will be seeing, or the safety rules of the facility.		Review the pack meeting plans and practice a song or skit for the den to present. (See the <i>Cub Scout Songbook</i> or <i>Cub Scout Leader How-To Book</i> for suggestions.)
<b>ACTIVITY</b>	Play volleyball with a balloon instead of a ball and follow the rules of volleyball.	Being fit for sports means keeping your body healthy. Boys make a chart to keep track of health habits ( <i>Achievement 3a</i> ). Boys practice sprints ( <i>Elective 20h</i> ) and Long Jumps (8 JUN).	Take a trip to a facility with batting cages or to a high school, college, or pro game if a baseball field isn't available.  At the end of the trip, lead a reflecting discussion with boys about their outing.	Play Silly Board Sports Relay. Make Skateboard Sandwich Treats.
<b>CLOSING</b>	Boys gather in a circle and give their den yell. Send home permission slips for field trip during the third week.	Cub Scouts salute the den leader, assistant den leader, and den chief.		Boys give the Cub Scout handshake to each other, the den chief, the assistant den leader, and the den leader before they leave.
Denner supervises putting away equipment. Den leader, den chief, and denner review the meeting and check details for the next meeting.				
<b>AFTER THE MEETING</b>	Den leader files local tour permit with council service center for field trip planned for third week.		Den leader fills out den advancement report for the pack leaders' meeting.	Den leader mails thank-you note.

CHECK WITH YOUR PACK TRAINER OR CUBMASTER  
FOR ROUNDTABLE DATES AND OTHER TRAINING OPPORTUNITIES.

# Wolf Den Activities

## Advancement possibilities highlighted in this month's meeting plans: Achievement 3a; Electives 11b, 20h, 20i

"Hey batter, batter!"...and the crowd goes wild! Fun-filled, action-packed den meetings introduce boys to the concepts of good sportsmanship and fun outdoor physical activity. Cub Scouts burst through the entry point and keep on running. The third week will have boys on a field trip where they can root, root, root for whatever home team is playing. Or they may have a den team practice session at the batting cages. Finish the month with some unique den treats and a chance to learn some new games. One option would be to invite another den for a game of baseball or softball, and accomplish Elective 20i, as both dens have fun.

Encourage Cub Scout families to work on additional achievements and electives that support this theme such as:

- *Achievement 3b, Keep Your Body Healthy:* Boys can continue working on this achievement by learning how to stop the spread of colds.
- *Achievement 10c, Family Fun:* Cub Scout families who take walks together are encouraging a healthy lifestyle.
- *Elective 20, Sports:* Many Cub Scout summer camps will provide opportunities for boys to work on many of the Cub Scout Academics and Sports belt loops.

## PAPER BURST BANNER

*Materials:* Long roll of flat paper, poster paint

Just like at the beginning of a memorable sporting event, Cub Scouts will have the chance to burst through a banner as they are introduced.

Cut the paper into 6-ft. sections. Using poster paint, each boy writes his name, a "nickname," and his team "number" on his personal banner. The den chief and assistant den leader hold the ends of the paper and call out each boy individually. The Cub Scout comes running and bursts through his personal banner.

## SKATEBOARD SANDWICH TREATS

*Materials:* Prepared sandwiches, prepared water paint, olives, carrot sticks



Start with an ordinary sandwich such as peanut butter and jelly, cheese, ham, turkey, or tuna. Cut the sandwich in half and remove the crust. Then trim the ends so they are rounded like a skateboard.

Using separate containers for each color, mix 3 T. water with red, blue, green, and yellow food coloring. Each boy gets a clean paintbrush and a cup of water for rinsing. Cub Scouts can decorate their sandwiches by painting them. To add wheels and axles, use cut carrot sticks as axles (cut the ends to a point) and whole black olives as wheels. Place olives on the ends of two carrot sticks and lay the sandwich on top of both carrots.

*Remember:* Before any den treats, check for food allergies among den members.

## GAMES

### Catch 10

*Materials:* A basketball, football, or softball  
The object of the game is for a team to

complete 10 passes in a row without dropping the ball or having it intercepted by the other team.

Establish boundaries. An area about 50 by 50 feet is about right for teams with four players each. The game begins with a center jump as in basketball. The team that gets the ball begins passing it back and forth. Players may "hot run" with the ball.

As passes are completed, the first player who catches the ball calls out "One!" the next, "Two!" etc. When the ball is dropped or intercepted, the other team gets it and starts its count.

When a team has completed 10 consecutive passes, it scores one point. The game may be played to a certain number of points or have a time limit.

### Silly Board Sports Relay

*Materials:* Two skateboards plus pairs of items representing different "extreme" sports (surfer shorts, ski goggles, knee pads, bike gloves etc.)

Divide Cub Scouts into two teams. Give each team the same set of props so the level of difficulty will be equal. Mark a starting line. Place a chair for each team a short distance away from the starting line.

*To play:* The first Cub Scout on each team must put on whatever items you chose and travel to the chair, keeping at least one foot on the skateboard. After reaching the chair, the player runs back to the team (carrying the board) and passes the props to the next player. The game continues until everyone has had a turn.

### Scooter Relay Race

*Materials:* Traffic cones or tires for obstacles, skateboards

Cub Scouts sit on the skateboard and scoot to the finish line, racing around obstacles.

### Athlete Training Course

Every athlete needs to be in top physi-

cal shape, and this course will give Cub Scouts a workout. Set up an obstacle course using items you already have around the house: chairs, tires, jump ropes. The teams will race the clock to go through the course. (Elective 18d has some suggestions for activities.)

### Baseball Toss

Boys throw a ball (soft foam ball, real baseball, tennis ball, or football) at a target or through a hula hoop.

### Modified Basketball

Shoot hoops using a clean garbage can or laundry basket—one for each team. Mark an X on the ground or floor where the players will stand. Each team will have its own hoop and X.

Boys form a line. The first player shoots and then goes to the back of the line. The next player shoots, and so on. Cub Scouts try to get as many baskets as they can within a designated period of time.



### Soccer Skills Relay

Set up cones for an obstacle course that teams will race around while kicking a soccer ball.

### Long Jump (Elective 20i)

This game is a standing long jump, so running starts are not allowed. Mark a starting line with masking tape on the floor. The Cub Scout stands at the beginning line with his feet slightly apart. He will swing his arms and bend his knees to help with a forward drive. The measurement is taken at the spot where his heel closest to the starting line lands. Mark each jump with a piece of tape and write the Cub Scout's name on it. Record each boy's longest jump.

# Go for the Gold: Bear Den Meetings

Dens may meet after school, in the evenings, or on weekends.

Review the theme pages before planning den meetings.

Full or partial credit may be received for the following advancement possibilities highlighted in this month's meeting plans.

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
Den leader, den chief, and denner review plans before each meeting and check equipment needed.				
<b>BEFORE THE MEETING STARTS</b>	Gather equipment to play a variety of outdoor games; choose a game from <i>Achievement 15a</i> to play.	Gather materials for Building Muscles ( <i>Achievement 16</i> ) and Sports Aid Kits (both 10 JUN).	Call the destination of your field trip to confirm arrangements, times, fees, etc.	Denner writes thank-you note to last week's destination. Have supplies for games boys are going to play.
Den leader collects dues.				
<b>WHILE CUB SCOUTS GATHER</b>	Review the rules of kickball ( <i>Achievement 15a</i> ).	Collect permission slips. Make Sports Aid Kits.		Boys sign thank-you note. Play the A-B-C Sports game (10 JUN).
<b>OPENING</b>	Gather in a Living Circle and repeat the Cub Scout motto, "Do Your Best."	Gather around the flag and say the Pledge of Allegiance.	Collect permission slips.	Form a semicircle around the den flag and say the Law of the Pack.
Den leader checks boys' books for completed achievements and electives and records them on Den Advancement Charts. Boys record own advancement on den doodle, if den has one.				
<b>BUSINESS ITEMS</b>	Explain the Go for the Gold theme. Talk to boys about inviting a friend to join Cub Scouting ( <i>Achievement 24a</i> ). This month's den contribution for the pack meeting will be a song.	Review the rules of the game that the boys will be seeing next week on the field trip. Explain the pack meeting plans for this month.		Review what Cub Scouts learned and enjoyed on their field trip. Review the pack meeting plans for the month. Practice "Heads and Shoulders, Knees and Toes" ( <i>Cub Scout Songbook</i> ) to perform.
<b>ACTIVITY</b>	Play kickball or another game from <i>Achievement 15a</i> that you have chosen. Explain that boys will need to choose their own game to present to the rest of the den in three weeks ( <i>Achievement 15c</i> ).	Provide stations for boys to participate in Building Muscles activities.	Attend a ball game, swim meet, or other sporting event in your community.  Review sportsmanship again and stress that Cub Scouts do their best. Have a moment of silence and ask boys to think about their good health and continued growth.	Boys play an organized game ( <i>Achievement 15b</i> ). Den chief presents a game the boys have not played before. Boys share a game for <i>Achievement 15c</i> .
<b>CLOSING</b>	Gather and talk about sportsmanship. Highlight how everyone showed it and did his best during the game today. Send home permission slips for field trip during the third week.	Review sportsmanship again and stress that Cub Scouts do their best. Have a moment of silence and ask boys to think about their good health and continued growth.		Boys give a Physical Fitness Yell: "Bears go for the gold! Bears go for the gold!"
Denner supervises putting away equipment. Den leader, den chief, and denner review the meeting and check details for the next meeting.				
<b>AFTER THE MEETING</b>	Den leader files local tour permit with council service center for field trip planned for third week.	Help prepare den chief to present a new game in two weeks ( <i>Cub Scout Leader How-To Book</i> has suggestions).	Den leader fills out den advancement report for the pack leaders' meeting.	Den leader mails thank-you note.
CHECK WITH YOUR PACK TRAINER OR CUBMASTER FOR ROUNDTABLE DATES AND OTHER TRAINING OPPORTUNITIES.				

# Bear Den Activities

## Advancement possibilities highlighted in this month's meeting plans: Achievements 15b, 16

Summertime is fun time. June starts boys on the path of sportsmanship and good physical health and activity as Cub Scouts explore many sports. The concept of sportsmanship is reinforced. What a good opportunity for boys to cheer for teammates and to congratulate winners while feeling good about doing their best as they Go for the Gold this month. Each boy will be given the chance to present a game for everyone to enjoy, and earn advancement in the process. This is a good introduction to leadership of the den and other boys.

Encourage Cub Scout families to work on additional achievements and electives that support this theme such as:

- *Achievement 23, Sports, Sports, Sports:* Sports make for great times. They help us stay healthy and in good shape. They are fun to watch and fun to play.
- *Elective 18, Backyard Gym:* You can build your own gym in your backyard or build one as a den to use in a pack outdoor fun day.
- *Elective 19, Swimming:* When you learn to swim, you have a skill you can enjoy all your life.

## BUILDING MUSCLES

(Achievement 16)



Have stations ready for the boys to complete Achievement 16, Building Muscles. The first station (16a) could be physical fitness stretching exercises. They move on to the second station (16b), which includes at least six two-person contests. The third station (16c) will involve all of the boys and will be competitions for the crab relay, gorilla relay, 30-yard dash, and kangaroo relay.

### Sports Aid Kit

Prepare a kit for boys to carry in their sports bags.

*Materials:* Tennis ball can, emergency supplies (e.g., ace bandage, Band-Aids, gauze, packaged alcohol swab pads, aspirin or acetaminophen, instant ice packs, tweezers, tape, rubber gloves)

Boys can decorate the outside of the can to reflect whatever sport they like the best. The can is durable enough not to be squished in their sports bags

You can find plenty of free empty tennis ball cans at a local tennis club or high school.

## GAMES

### Stunt Catch Elimination

The leader designates a stunt. Each player in turn throws a softball into the air, performs that stunt, and catches the ball before it touches the ground.

*Stunt ideas:* Clap hands one or more times, turn around halfway, kneel and rise, roll forward, etc. Go from easy stunts to more difficult stunts as the game continues.

### A-B-C Sports

Each boy names something that has to do with sports or sporting events (A is for archery, B is for bobsled, C is for competition, etc.).

### Tug-of-War

Have an old-fashioned game of tug-of-war. Divide the den into two groups. Each group takes one side of the rope and holds tight. On a signal, each side tries to pull the other boys over a designated line between the two groups.

### Twig Horseshoes

*Materials:* Twigs and branches that are in a V shape; two 12-in. stakes placed in the ground 6 ft. apart

Place the stakes in the ground 6 ft. from the starting point. Each boy gets three twigs that are approximately 6 in. long on each side from the center point. Boys toss them toward the stake in the ground. Score points as follows:

- Twig lands around the stake: 3 points
- Twig touches the stake: 2 points
- Twig lands within 6 in. of the stake: 1 point

### Go for the Gold

*Materials:* Sock (gold colored if possible) filled with sand and tied off at the top

Boys form a circle with a selected boy in the center. The boys toss the "gold" back and forth among them, trying to keep the boy in the center from intercepting it. If he does, the one who threw it last takes his place.

## Easy Strengthening Exercises



**Neck builder exercise.** Boys put a towel behind their necks and pull it with their hands while pushing against it with the neck. Hold for five seconds, then release for five seconds. Repeat six times.

**Wrist builder exercise.** Squeeze a soft rubber ball five or six times with one hand, then with the other. Rest and repeat.

## HOT/COLD PACK

Lots of good exercise sometimes leads to sore muscles. Boys can make a home-made hot pack to keep handy.

*Materials:* Cotton tube sock, rice

Fill a cotton tube sock with rice and sew the end shut. *To use:* Microwave in 30-second increments until it reaches the desired temperature. Place on the sore muscles. For a cold pack, place your pack in the freezer to have it ready when a cold compress is needed.

*Note:* Use cold for bruises (stops bleeding from spreading); use hot for sore muscles.