

Not only is it important to do your best when you try new sports, it's also important to understand the rules of being a "good sport" no matter how the game goes. Play ball, soccer, tennis, or any sport. Learn about a sport you've never played before. Have a sports competition with another Cub Scout pack in your area. Have athletes from a local high school or college speak at your den or pack meeting. Ask them to teach you about their sport. Learn a sport you can play with your family: golf, tennis, bowling, swimming, or skating. Have a pack sports day. Cub Scouts can create an obstacle course for the pack to enjoy while earning the belt loop and pin for Physical Fitness or any of the many Cub Scout Sports.

## PACK PLANNING

From start to finish this month, the pack meeting will be filled with action. Appoint the following committees to help with the pack meeting:

**Site Committee.** Arrange for a suitable location for playing the selected sport. A location with a covered pavilion may be desirable. Ensure that water and trash cans are available.

**Promotion Committee.** Provide information about the location, time, and equipment for families to bring, such as baseball gloves or other sports equipment. If the location is away from the usual meeting place, provide directions.

**Decorations Committee.** Prepare welcome and directional signs. Hang sports equipment around the meeting area.

**Program Committee.** Arrange for U.S. flag and stand. Acquire needed sports equipment. Coordinate den demonstrations and activities.

**Refreshments Committee.** Prepare refreshments.

**Welcoming Committee.** Welcome families as they arrive. Create name tags in the shape of sports equipment. Provide materials for the gathering activity.

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

- **Sportsmanship.** Boys learn the importance of being good sports. They also learn that being fit improves their ability to play any kind of sport.
- **Good citizenship.** Playing fairly, taking turns, and cheering others on are qualities of a good citizen.

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

- **Perseverance.** Learning a new sport and improving one's skills requires patience and determination.
- **Cooperation.** Many sports give boys practice in working together as a team.

## MEMBERSHIP MOMENT

Conduct a sports clinic or tournament at your neighborhood park for one of the Cub Scout Sports. Have Cub Scouts invite prospective members. Place posters or fliers in community locations. Work on requirements for the belt loop or pin. Don't forget to bring a supply of membership applications!

## Pack Meeting

### BEFORE THE MEETING

All committees arrive early to set up their part for the pack meeting. Because this month's pack meeting may be in a different location, the promotion committee will have distributed the needed information. The decorations committee will hang directional signs to guide pack members to the meeting location and welcoming signs to assure them they have found where the fun is.

### GATHERING

Greeters welcome families as they arrive and give everyone a name tag. Give instructions for Ball in the Bag and Tennis Ball Bounce (2 JUL).

Keep track of the members of the pack who attend tonight's meeting. Attendance is needed for the National Summertime Pack Award.

### MAIN PART OF THE MEETING

#### Opening

Preselected Cub Scouts give the America opening ceremony (2 JUL). Or choose an alternate ceremony from *Cub Scout Ceremonies for Dens and Packs*.

#### Prayer

A preselected Cub Scout gives the Play Fair prayer (2 JUL).

#### Icebreaker

The assistant Cubmaster asks the audience questions from the Sports Quiz (2 JUL).

#### Welcome and Introductions

The Cubmaster, dressed as an athlete or a referee, says: "Welcome to our summertime pack meeting. Welcome to all new Cub Scouts and parents and special guests. It's time now to have some fun, so let's play ball!"

### Song

The pack song leader leads "My Favorite Sport" (3 JUL). Other possibilities can be found in the *Cub Scout Songbook*. Consider a rousing version of "Head and Shoulders, Knees and Toes" to warm up everyone for the activities to follow.

### Den Demonstrations

Dens contribute songs, skits, or demonstrations of their activities this month.

### Games

Invite families to play baseball and other sports for which you have prepared.

### Recognition

The Cubmaster and assistant Cubmaster present awards using the Sportscaster advancement ceremony (3 JUL). Other recognition ceremonies are found in *Cub Scout Ceremonies for Dens and Packs*.

## Announcements

Give information about upcoming day camps and other camping opportunities. Be sure everyone knows what the boys should bring and what time to meet. Announce the pack's plans for any upcoming service projects.

## Cubmaster's Minute

The Cubmaster gives the "Play Fair" Cubmaster's Minute (3 JUL).

## Closing

The Cubmaster asks boys to repeat the Good Sport Code (3 JUL). Give boys Good Sport Award certificates.

## Refreshments

Invite families to the refreshments area. The refreshments committee serves Sporting Cupcakes (3 JUL). Remind everyone to put cupcake papers and napkins in the trash can.

## Cubmaster Corner

### YOUNG ATHLETES' BILL OF RIGHTS

Review and consider each point of the Young Athletes' Bill of Rights (found in the *Cub Scout Academics and Sports Program Guide*):

1. The right to participate in sports.
2. The right to participate at his own level of ability and maturity.
3. The right to have qualified adult leadership.
4. The right to a safe and healthy environment.
5. The right to share in leadership and decision making.
6. The right to play as a child, not as an adult.
7. The right to proper preparation.
8. The right to an equal opportunity to strive for success.
9. The right to be treated with dignity.
10. The right to have fun in sports.

How do you integrate Cub Scout Sports into your pack meeting? Take bits and pieces and add them to your program. For an opening game, have the Cub Scouts do stretching activities. For a fun middle activity, play a game of baseball, kickball, soccer, or whatever sport. For a closing, discuss sportsmanship and one or more points of the Young Athlete's Bill of Rights.

## Ceremonies, Games, Songs, Stunts

### GATHERING ACTIVITY: BALL IN THE BAG

*Materials:* Pillowcase, assorted sports balls (golf ball, tennis ball, baseball, etc.), timer, paper, pencils

Fill the pillowcase with assorted sports balls. Using the timer, allow each person 10 seconds to reach in and feel what is inside. Each person then writes down what he thinks is in the bag. Remind players to be specific—"golf ball" or "tennis ball." Do not share findings with other players. The person with the most correct items listed wins.

### GATHERING ACTIVITY: TENNIS BALL BOUNCE

*Equipment:* Buckets, tennis balls  
Players stand 6 to 8 feet from bucket. Boys try to bounce tennis balls into the bucket. Allow five tries for each player.

### OPENING CEREMONY: AMERICA

*Equipment:* Print the letters of the word *AMERICA* on poster board. Print the line to be said on the other side of the board.

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

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

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

**R** *R is for running—just look, then we're gone.*

**I** *I is for individuals who try to achieve.*

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

**A** *A is for active, and active we'll be.*

DEN CHIEF: We're proud to live in America, the home of the free. Please stand and repeat the Pledge of Allegiance.

### OPENING CEREMONY: ALL-STAR TEAM

*Equipment:* 10 stars with letters to spell *DO YOUR BEST*. Print the line to be said on the other side.

ASSISTANT CUBMASTER: Let me introduce you to some of the members of our all-star team! They are part of our all-star team because of their attitude and determination, and because they practice the Cub Scout motto. (*Each boy comes forward in turn, displaying his letter while saying his part.*)

**D** Doing things for others in need,

**O** One step to doing a good deed.

**Y** You bet! A response that we give,

**O** Our promise we want to live.

**U** Under one flag we proudly stand,

**R** Ready to learn about our great land.

**B** Beauty, we look for it each day.

**E** Eagerness, we all should display.

**S** Service and love toward others,

**T** Thankful for making us brothers.

### PRAYER: PLAY FAIR

Help us to play by the rules and to play fair. Help us to be good sports no matter who wins. Amen.

### ICEBREAKER: SPORTS QUIZ

1. What famous baseball player said: "Ninety percent of this game is half mental"? (Yogi Berra)
2. A "puck" is used in which of the following sports?
  - a. Rugby
  - b. Hockey
  - c. Lacrosse(b. Hockey)

3. True or False: There are no goal lines in tennis. (True)
4. True or False: There are six players on a basketball court at the same time. (False)
5. In what sport would you find a fairway? (Golf)
6. True or False: Bowling balls are made of wood. (False)
7. A foul shot is done in:
  - a. Rugby
  - b. Tennis
  - c. Basketball  
(c. Basketball)
8. When a football official raises his hands above his head, he is signaling:
  - a. Score
  - b. Time-out
  - c. Penalty  
(a. Score)

## SONG: MY FAVORITE SPORT

*Tune: "Row, Row, Row Your Boat"*

Swing, swing, swing the bat;

The ball flies out of the park.

Run the bases 'round the field:

Baseball isn't hard.

Bounce, bounce, bounce the ball,

Up and down the court.

Dribbling, dribbling, dribbling, dribbling;

Basketball's my sport.

Swim, swim, swim some laps,

In the swimming pool.

Breaststroke, backstroke, butterfly;

Swimming is so cool!

## ADVANCEMENT CEREMONY: ALL-STARS IN OUR PACK

*Personnel:* Cubmaster dressed as umpire

*Equipment:* Awards attached to sports equipment (pictures or small toys)

Tonight we are here to honor the All-Stars of Pack\_\_\_\_\_. These boys have practiced long and hard and deserve recognition for their excellence, their persistence, and their accomplishments.

We would like to call up All-Star (name) and his coaches, (his family). He hit a home run this month and is receiving his (award). (Present award attached to baseball bat. Continue with other awards attached to sports gear.)

- He was on the ball this month ... (baseball)
- He was a real slam dunk ... (basketball)
- He kicked into gear this month and scored a goal ... (soccer ball)

- His performance was up to par. He hit a hole in one! (golf ball)
- He made a big splash ... (swimming goggles)
- He sprinted to the finish line ... (track shoes)
- He rolled strikes and bowled a perfect game ... (bowling ball)
- He tackled a lot this month ... (football)

## ADVANCEMENT CEREMONY: SPORTSCASTER

*Personnel:* Assistant Cubmaster as sportscaster; Cubmaster as roving reporter (both wearing suits)

*Equipment:* Microphone; table; papers on table, as if for news copy or broadcast script

SPORTSCASTER (sits at table and handles papers): Welcome to our newscast. It's been a big month for sports. Our lead story tonight is the Rookie-of-the-Year Award. Joining the Bobcat team recently is (name). We now take you live to our roving reporter, who is on the scene.

ROVING REPORTER (holds microphone): How does it feel to join the Bobcat team during your first season with the Cub Scout pack? (Holds out microphone for response.) We're sure you'll be a valuable player in the years to come! (Presents award, then says, "Back to you.")

The ceremony continues with each advancing Cub Scout and the roving reporter conducting brief interviews before presenting awards.

**Awards:**

(Recipient's name) ...

- ... hit a grand slam at (rank) stadium.
- ... got a hole-in-one in the (rank) open.
- ... brought home the gold in the (rank) event.
- ... won the triple crown (three awards).
- ... sunk a 3-point basket on (rank) court.
- ... hit the bull's-eye in the Arrow of Light invitational.
- ... is going to the (rank) bowl.

**Interview Questions:**

- Will you be back here again with another award soon?

- What advice can you give to others wanting to achieve what you have accomplished?
- Will you be able to adjust to playing on a new team?
- What is the most important thing you have learned through all this?
- What will your next big challenge be?
- Who has been instrumental in helping you achieve this award?
- Did you ever feel like giving up?

## CUBMASTER'S MINUTE: PLAY FAIR

What is good sportsmanship? You might say it is being a good loser. That's part of it. Nobody likes to lose. But when you do lose, you should grin and bear it. Don't complain about bad luck or wrong decisions by the officials. Just make up your mind to do better next time.

But there's more to good sportsmanship than being a good loser. It also means playing fair. A good sport does not cheat. He plays by the rules, even if he knows he could cheat and get away with it. You will never know if you are good at something unless you follow the rules.

A good sport plays hard. He plays to win—but to win fairly. Remember, whether you win or lose at any event, you are all winners in life.

## CLOSING CEREMONY: GOOD SPORT CODE

Repeat each rule:

1. Obey the rules.
2. Never brag when you win.
3. Don't quit when you're losing.
4. Take turns.
5. Help others enjoy the game.

Ask boys if they can live by the Good Sport Code. Present boys with Good Sport Award certificates.

## CLOSING CEREMONY: SPIRIT OF SPORTSMANSHIP

Cub Scouts give the Cub Scout sign and repeat:

We promise that we will take part in the true spirit of sportsmanship. We will respect and abide by the rules that govern the sports we play, for the glory of the sport and the honor of our pack.

## REFRESHMENTS: SPORTING CUPCAKES

Bake cupcakes. Cool. Frost with appropriate color frosting. Using sports

balls as your guide, re-create details with red and black licorice, or pipe with red and black icing.

## APPLAUSES AND CHEERS

**Go-Team Cheer.** Stand and yell, “Go, team!”

**Golf Cheer.** Yell, “Fore!” and pretend to swing a golf club. Place hand above eyes to follow where the ball went.

**Home-Run Cheer.** Pretend to swing

a bat, and yell, “Run, run, run, slide!”

**The Ball Applause.** Hold any type of ball in your hands. When you are holding the ball, everyone is quiet. When the ball leaves your hands, everyone cheers. Try bouncing the ball, tossing it to another person, and faking a throw.

**SCORE! Cheer.** Audience repeats: S (S) ... C (C) ... O (O) ... R (R) ... E (E). What’s that spell? **SCORE!**

## RUN-ONS

**CUB SCOUT 1:** What do baseball players eat on?

**CUB SCOUT 2:** Home plates!

**CUB SCOUT 1:** What is the quietest sport in the world?

**CUB SCOUT 2:** Bowling. You can hear a pin drop.

# July Pack Program Page: Be a Sport

## ACADEMICS AND SPORTS PROGRAM

### Cub Scout Academics

**Collecting.** Many people collect baseball cards. Boys could start or add to their own baseball card collection and earn the Collecting belt loop and pin.

### Cub Scout Sports

**Physical Fitness.** Boys learn that they need to be physically fit if they are going to participate in sports and be the best athletes they can be. The strongest athletes eat properly, do not use drugs or alcohol, and exercise regularly. This is a good month for boys to earn the Physical Fitness belt loop and pin.

### FAMILY ACTIVITY

Families make lasting memories when they play together. *Cub Scouting’s BSA Family Activity Book* is full of suggested activities.

### DID YOU KNOW?

#### Guidelines for Changing Lyrics to Patriotic Songs

Putting new words to popular songs is part of the fun of Cub Scouting. However, Scouts should refrain from changing the lyrics to “America,” “America the Beautiful,” “God Bless America,” and “The Star-Spangled Banner.” Help the boys in your pack learn the correct lyrics to these patriotic songs.

### GOOD TURN FOR AMERICA

Make arrangements for your pack to perform a flag ceremony at a Fourth of July celebration being held this month.



## BSA RESOURCES HIGHLIGHT

“Adaptations for Individuals With Disabilities,” *Cub Scout Academics and Sports Program Guide* (No. 34299); “Cub Scouts With Disabilities,” *Cub Scout Leader Book* (No. 33221). Cub Scout leaders want the boys in their den and pack to have a positive experience in all aspects of Cub Scouting. Some Cub Scouts may have difficulties playing some sports, but with simple modifications they will be able to participate to the best of their ability. These resources will help you help them.

## PACK LEADERS’ PLANNING MEETING

The pack leaders meet one or two weeks before the July pack meeting.

Den leaders turn in advancement records of those boys who will be receiving awards.

Determine the team sport to be played during the pack meeting. Assign items of equipment to be brought by individuals. Ideally, this pack meeting will be held outdoors, but have a plan B in case of inclement weather.

Review any public event in which the pack will be involved either in participation or presenting a display.

**Begin preparing for next month’s Fun in the Sun theme.** Determine whether the pack will present a kite-flying contest, a Cubmobile derby, or an assortment of games. Secure the location and be prepared to share the details at this month’s pack meeting.

What is the pack doing for a service project? Finalize details and be prepared to invite all pack members to participate.

The pack trainer conducts the Unit Leadership Enhancement that best meets the pack’s needs. The *Cub Scout Leader Book*, chapter 28, has various topics to choose from. Choose a topic for next month if needed.

## LOOKING AHEAD

Plan to conduct the annual pack planning conference for the coming year. See the *Cub Scout Leader Book* for an outline and suggestions to make this a productive meeting. Provide paper copies of the calendar to be available at the fall recruiting events and for all new families.

## PACK TRAINER HIGHLIGHT

Evaluate the training needs of the pack’s leaders. Keep them informed of upcoming Cub Scout Leader Basic Training activities and events. Remind leaders to attend the Cub Scout leader roundtable. Leaders may be more inclined to attend when they can car-pool together and share the many ideas presented.

## OUTDOOR IDEAS FOR EVERYONE

**Tiger Cubs.** Tiger Cubs and adult partners can go fishing.

**Wolf Cub Scouts.** Compete in any of the many sports listed in Achievement 20.

**Bear Cub Scouts.** A game of ultimate gives Bear Cub Scouts the chance to work on their skills.

**Webelos Scouts.** Play a game of flag football in the park.

# Be a Sport: Tiger Cub Den Meetings

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

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
<p>The Tiger Cub den leader shares leadership with a Tiger Cub adult partner. This team should review plans before each meeting and check the equipment needed.</p>				
<b>BEFORE THE MEETING</b>	Collect supplies for the Sport Neckerchief Slides and Pop Bottle Poofball (6 JUL).	Have U.S. flag in place; collect supplies to make sun visors and ice cream (6 JUL).	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.
<p>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.</p>				
<b>GATHERING</b>	Design your own Sport Neckerchief Slide.	Make sun visors and decorate them (6 JUL).		
<b>OPENING</b>	Recite the Tiger Cub Sportsmanship Pledge (6 JUL) in a repeat-after-me fashion.	Say the Pledge of Allegiance and the Cub Scout motto.		
<b>SHARE</b>	Ask the Tiger Cubs who their sports heroes are and why, or ask what their favorite sport is and why.	Have boys share their collections ( <i>Elective 16</i> ).	Take a Go See It to a baseball game ( <i>Achievement 3G</i> )  OR	
<b>DISCOVER</b>	Do the Starter Cheer (say, "Ready, set, go!") and then go outside and play Pop Bottle Poofball (6 JUL).	Mix ice cream ingredients. Play Ice Cream Toss (6 JUL) and eat the ice cream at the end of the game.	Take a Go See It to a public swimming pool that has a lifeguard on duty and play safely in the pool with your adult partner ( <i>Elective 40</i> ).	<p>Participate in the monthly pack meeting by sharing the sun visors, neckerchief slides, and information about the den's Go See It.</p> <p>Tiger Cubs and adult partners sign the thank-you note.</p>
<b>SEARCH</b>	Serve a sports drink, or a slice of fruit and water. Plan this month's Go See It.	Finalize plans for next week's Go See It. If you are going swimming, discuss water safety. If you are going to a ball game, talk about the importance of staying with the group. Review the rules of the game ( <i>Achievement 3G</i> ). In either case, talk about the sun and the importance of using sunscreen ( <i>Elective 29</i> ).	At the end of the trip, lead a reflecting discussion with boys and adult partners about their outing.  A Tiger Cub immediate recognition bead may be presented for participation and completion of <i>Achievement 3G</i> .	
<b>CLOSING</b>	Ask the boys to bring a collection to share next week.  Say the Cub Scout Promise ( <i>Bobcat Requirement 1</i> ).	Form a Living Circle and recite the Tiger Cub Sportsmanship Pledge (6 JUL).		
<p>This week'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.</p>				
<b>AFTER THE MEETING</b>	Den leader files local tour permit with local council service center for Go See It outing.	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 thank-you note.
<p>ADULT PARTNER RECORDS ADVANCEMENT ACTIVITIES DONE DURING THE DEN MEETING IN THE TIGER CUB'S HANDBOOK.</p>				

# Tiger Cub Den Activities

**Advancement possibilities highlighted in this month's meeting plans: Achievement 3G; Electives 16, 35.**

Let the games begin! This month's theme, "Be a Sport," is a great opportunity to get the boys playing games and practicing how to be good losers and graceful winners. The Character Connection this month is Perseverance; while some things might be difficult at first for the Tiger Cubs, encourage them to keep trying and to do their best. The boys will take the Tiger Cub Sportsmanship Pledge, then play Pop Bottle Poofball (*Elective 35*). They'll make a neckerchief slide of their favorite sport and share their favorite collection (*Elective 16*). Whether they take a Go See It to a baseball game (*Achievement 3G*) or go swimming (*Elective 40*), don't forget the sunscreen, and remember to drink plenty of water or sports drinks.

## CHARACTER CONNECTION: PERSEVERANCE

*Perseverance* is sticking with something and not giving up, even if it is difficult. Sports can be difficult; it takes practice to be good at them. Help the Tiger Cubs realize that working hard at something and doing their best is all we ask of them. Encourage them not to give up when something seems hard but continue until they have done the best they can.



Discussion points can include:

- What things are hard for a Tiger Cub to do?
- How does it feel when you try and try to do something? That is perseverance.
- Do you think that sports stars ever found playing their sport difficult and wanted to quit?
- What will you persevere at this week?

## GAME: POP BOTTLE POOFBALL (*Elective 35*)

**Materials:** Empty 2-liter pop bottle with cap for each boy, a 6- to 8-inch-diameter foam ball, three pieces of cardboard for two bases and home plate

**Field setup:** Position two bases and home plate in a triangle, an equal distance from each other.

One boy bats at a time; the other boys have a position or play in the outfield. After the batter bats and his run is complete (i.e., he made a home run, is stopped on a base, or is out), the boys rotate. Suggested rotation: Left outfielder to center fielder, to right fielder, to first baseman, to second baseman, to catcher. When the runner gets an out or gets a home run, he then goes to the left outfield.

The batter throws the ball in the air and hits it with the pop bottle in the direction of the outfield. Once the ball

is hit, the batter runs to first base. The rest of the boys try to get the ball and hit it to the first baseman with their bottle-bats. The runner is out if he gets hit with the ball when he is not on a base or if someone catches the ball he hit before it hits the ground. Use a tee to hold the ball steady after a Tiger Cub has one or two strikes. The runner gets a point if he makes it all the way home without being put out.

## TIGER CUB SPORTSMANSHIP PLEDGE

As a Tiger Cub, I promise to be a good sport,

To play the games by the rules,

To include everyone in the games, and

To be a good loser and a graceful winner.

## SUN VISORS

**Materials:** Craft foam (heavier is better), hole punch, ½-inch elastic, scissors, ballpoint pens

Before the meeting, the den leader cuts out the visors, following the illustration. The boys draw pictures on the craft foam (using ballpoints, not felt pens). Or have foamy cutouts available for them to glue on. Reinforce the area to be punched with a small round of foam; it will reduce the tearing when boys pull on the elastic. Punch holes in both small ends of the visors about ½ inch in from the edges. Cut a piece of elastic about 8 inches long. Thread the elastic through the holes and tie a knot in each end. Adjust knots so the visor fits loosely but stays on the boy's head. Now go out and enjoy the sun!



## SPORT NECKERCHIEF SLIDE

**Materials:** Round, football-shaped, or mitt-shaped pieces of craft foam; polystyrene foam balls, wooden balls, plastic balls, golf tees, miniature helmets, or other sports equipment miniatures; leather,



paint, paintbrushes, markers, ½-inch-long pieces of PVC pipe, glue

Paint balls as necessary ahead of time so they will be dry. Cut out shapes ahead of time or have an adult help the boys, if they need it. The boys can use markers, ballpoint pens (for craft foam), or paints to decorate the balls and craft foam. Glue a piece of PVC pipe to the back.

**Hints:** Break off the pointed end of a golf tee and embed the broken end into a plastic foam ball to prevent injury to boys in case they fall on it. Inserting a toothpick into a foam ball before you paint it makes the ball easier to work with; the toothpick's other end can be stuck into a foam box (like an empty takeout food container) to keep the ball from touching anything as it dries.

## ICE CREAM TOSS

Use the recipe for "Ice Cream in a Bag" from the *Cub Scout Leader How-To Book* to make up the ice cream in recloseable plastic bags. Have one bag per boy (and one for any parent who wants one). Have the boys toss the bags of ice cream to each other as the leader calls out how to toss them: overhand; underhand; from behind your back; turn three times, then toss, etc. It will take about 10 minutes for the ice cream to freeze, and the more twisting and turning it gets, the better it will be.

**For flavored ice cream:** Add 1 tablespoon of instant pudding of your choice (we like chocolate!) with the milk and freeze as in the recipe.

**Alternative for milk-sensitive Tiger Cubs:** Use fruit juice in place of milk to make a nice cold sorbet.

## Be a Sport: Wolf Den Meetings

Dens may meet after school, in the evening, or on weekends.  
Review theme pages before planning den meetings.

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>	Have string, tape, and paper bags for kites ( <i>Elective 5b</i> ).	Have lengths of rope for each boy for the opening ceremony.	Call the destination of your outing to confirm arrangements, times, fees, etc.	Denner writes thank-you to last week's parent helpers.  Develop or print photos taken at last week's outing. Have poster board for mounting pictures; have soccer ball.
Den leader collects dues.				
<b>WHILE CUB SCOUTS GATHER</b>	Den chief leads a fitness game of his choosing ( <i>Elective 20o</i> ).	Collect permission slips.  Den chief reviews how to tie a square knot ( <i>Elective 17a</i> ).	Collect permission slips.  Review safe riding hints ( <i>Achievement 9e</i> ).	Boys sign thank-you note or card for parent helpers.  Boys review the photos taken and select some to place on a poster.
<b>OPENING</b>	Form a Living Circle. Cub Scouts join together and give the Cub Scout Promise.	Use the Square Knot opening ( <i>Cub Scout Ceremonies for Dens and Packs</i> ).		Sing "America the Beautiful" ( <i>Cub Scout Songbook</i> ).
Den leader checks boys' handbooks for completed achievements and electives and records them on Den Advancement Chart. Boys record own advancement on den doodle, if den has one.				
<b>BUSINESS ITEMS</b>	Review the "Be a Sport" theme. Share with Cub Scouts the location, date, and time of the pack meeting. Discuss the role the den will play in the pack meeting this month. Review the rules of kite flying ( <i>Elective 5a</i> ).	Review the outing for next week. Ask boys what items they would like to bring for the outing. Plan for simple meals such as hot dogs and fruit salad.		Assemble pictures onto poster board as Cub Scouts add captions to describe their adventure in the park.  Play another outdoor activity ( <i>Elective 20o</i> ).
<b>ACTIVITY</b>	Make a Paper Bag Kite ( <i>Elective 5b</i> ).  Den chief shows how to take a pulse and the ideal pulse for each boy.	Play a game of kickball or baseball ( <i>Elective 20l</i> ). Do a second outdoor fitness activity ( <i>Elective 20o</i> ).	Take a bike ride to a park. Cub Scouts can fly kites, have a picnic, play games, and take photographs. Bring the kites made two weeks ago to fly ( <i>Elective 5b</i> ).  Select a Cub Scout to share a prayer before beginning the meal part of the outing.	Start with stretching exercises. Play a game of soccer ( <i>Elective 20k</i> ). Stress sportsmanship.
<b>CLOSING</b>	Sing "Taps" ( <i>Cub Scout Songbook</i> ).  Send home permission slips for outing on <b>THIRD WEEK</b> .	Do the grand howl ( <i>Cub Scout Ceremonies for Dens and Packs</i> ) to honor the den chief for his help.  Remind parents of the bike ride to the local park and what items the boys should bring with them.	At the end of the trip, lead a reflecting discussion with boys about their outing.	Use the Den Leader's Closing Moment or the Closing Thought: Strong and Healthy (8 JUL).
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 outing planned for <b>THIRD WEEK</b> .	Confirm that each Cub Scout has a bike to use and a helmet for next week's bike ride.	Den leader fills out advancement report for the pack leaders' meeting.	
ENCOURAGE FAMILIES TO RECORD ADVANCEMENT ACTIVITIES DONE DURING THE DEN MEETINGS IN THE CUB SCOUT'S HANDBOOK.				

# Wolf Den Activities

**Advancement possibilities highlighted in this month's meeting plans: Achievement 9e; Electives 5, 17, 20.**

Let's go for a bike ride and have a picnic, complete with lots of fun! What better thing to do on a summer day? Plan easy-to-prepare meals such as hot dogs with side dishes of fruit and vegetables. Plan various sporting activities such as volleyball, badminton, tossing balls, horseshoes, and ultimate. Get outside and have abundant activities for active Cub Scouts. The *Cub Scout Academics and Sports Program Guide* can provide great ideas for preparing boys for different sporting activities. Don't forget the stretching exercises and the emphasis on sportsmanship and fitness.

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

- *Achievement 10c*, Family Fun: Go to a park with your family. In summertime, families can take advantage of the warmer weather and longer daylight hours.
- *Achievement 6*, Start a Collection: Practice showing a collection to the family before showing the collection to the den.
- *Elective 5*, Spare-Time Fun: Review kite-flying rules with the family. This is good information to share with siblings.

## PARK OUTING FOR THE DEN

Things to remember:

- Bring food. Select a park with grills to have a charcoal fire.
- Give all the adults the location.
- Ensure that each boy has a bike to ride. Borrow from other pack members if necessary.
- All boys need a helmet.
- The park selected needs an open space to fly kites with no overhead electrical wires. Check the *Cub Scout Leader How-To Book* for ideas and hints on kite flying.

## SNACK: WRAPPED WIENERS

Make the hot dogs a little different. Use wire skewer sticks or forks designed for using on the barbeque. Skewer hot dogs on the sticks. Wrap them with half of a biscuit (the canned kind). Cook over coals until the roll is browned and the hot dog is hot.

## OUTDOOR FITNESS

The den leader, assistant den leader, and den chief lead several fitness activities this month.

**Strengthening:** Lifting weight or water-filled 2-liter soda bottles

**Running:** Running for a designated amount of time

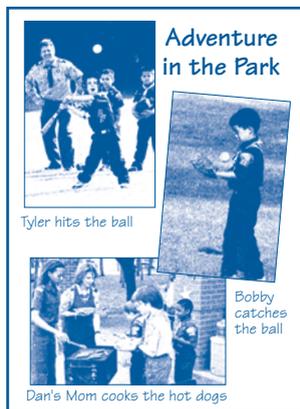
**Stretching:** Doing stretching activities to limber up before more strenuous activities

Practice events such as softball throw, curl-ups, or other activities. These can be activities referenced in parts of the President's Council on Physical Fitness and Sports.

## POSTER FOR PACK MEETING

(*Elective 12f*)

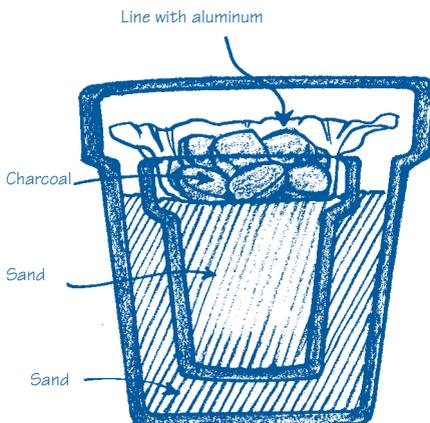
*Materials:* Blank poster board, pictures, glue



## CREATE A COOK "STOVE"

*Materials:* Clay flowerpots of two sizes that will set inside each other; aluminum foil, sand, charcoal

Place smaller flowerpot inside larger one. Put sand in the space between the two. Line the smaller flowerpot with aluminum foil. Fill three-fourths with



sand. Put charcoal on top of sand. This becomes a grill to make shish kebabs, bake foil dinners, or make s'mores.

## DEN MEETING PRAYER

Dear Lord, thank you for bringing us together to play together. Help us to play fair at all times and have fun. Amen.

## DEN LEADER'S CLOSING MOMENT

Cub Scouts, we've spent a lot of time enjoying sports and the outdoors this month. We can all feel fortunate for the health that we have and the support we have from our families and friends when we have health problems. We know that we should do our best to be healthy and fit as a thank-you to God for all these blessings. Good night Cub Scouts, stay healthy.

## CLOSING THOUGHT: STRONG AND HEALTHY

A Cub Scout keeps himself strong and healthy, not just for his own sake but so that he can be a more useful citizen. When you are physically fit, you can be more helpful to those around you. Keep up the good work, Cub Scouts.

## Be a Sport: Bear Den Meetings

Dens may meet after school, in the evening, or on weekends.  
Review theme pages before planning den meetings.

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>	Have copies of the Young Athletes' Bill of Rights (2 JUL), flying disks, music for "The Star-Spangled Banner," and stopwatch; set out the 50-yard-dash track.	Gather items to make an obstacle course (cones, rope, tires, etc.). Have a stopwatch to time the obstacle course.	Call the destination of your outing to confirm arrangements, times, fees, etc.	Denner writes thank-you to last week's destination.  Have net and game materials to play two games out of doors.
Den leader collects dues.				
<b>WHILE CUB SCOUTS GATHER</b>	Den chief supervises game of ultimate.	Collect permission slips.  Learn the rules of the sport the boys will be attending next week ( <i>Achievement 23</i> ).	Collect permission slips.  Review the rules of the game you will be seeing. Remind boys of the buddy system and how it works. Discuss where you will meet in case someone is lost.	Boys sign thank-you note or card.  Play a game of volleyball ( <i>Achievement 15a</i> ).
<b>OPENING</b>	Play "The Star-Spangled Banner." Explain that this is how most sporting events begin.	Sing the chorus of "Take Me Out to the Ball Game."		Lead an outdoor flag ceremony from <i>Cub Scout Ceremonies for Dens and Packs (Achievement 3)</i> .
Den leader checks boys' handbooks for completed achievements and electives and records them on Den Advancement Chart. Boys record own advancement on den doodle, if den has one.				
<b>BUSINESS ITEMS</b>	Review the Young Athletes' Bill of Rights with your den. Talk about sportsmanship. Have boys select two Sports belt loops to work on during the month—one individual and one team sport.	Set up a backyard gym ( <i>Elective 18</i> ). Enlist the help of den parents.  Check on the boys' progress on the Physical Fitness belt loop.  Tell boys to bring a game to explain and play in two weeks.	Attend a sporting event—high school, college, professional, or a local youth event ( <i>Achievement 23e</i> )  OR  Go bowling or roller-skating with the den and den families.	Introduce guest speaker. When the speaker is done, perform the Sports for Me skit (10 JUL), which will be used at the pack meeting this month.
<b>ACTIVITY</b>	Go through the requirements for the Physical Fitness belt loop. Time the 50-yard dash.  Practice the Sports for Me skit.	Have den go through the backyard gym ( <i>Elective 18</i> ). Repeat to see if boys can improve their times. Invite another den to participate.	At the end of the trip, lead a reflecting discussion with boys about their outing.	Boys who brought a game to play explain and lead the game ( <i>Achievement 15</i> ). Boys play a second game using a net ( <i>Achievement 15</i> ).
<b>CLOSING</b>	Lead the Cub Scout Promise. Send home permission slips for outing on THIRD WEEK.	Have each Cub Scout share the name of his favorite sports hero.		Conduct the Cub Scout Light closing ( <i>Cub Scout Ceremonies for Dens and Packs</i> ).
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 outing planned for THIRD WEEK. Check on any additional transportation needed for outing.	Remind the boys about the trip next week and check that transportation has been arranged.  Make contacts to arrange a visitor from a local sports team to come to the FOURTH WEEK den meeting.	Den leader fills out advancement report for the pack leaders' meeting.	Den leader mails thank-you note.
ENCOURAGE FAMILIES TO RECORD ADVANCEMENT ACTIVITIES DONE DURING THE DEN MEETINGS IN THE CUB SCOUT'S HANDBOOK.				

# Bear Den Activities

**Advancement possibilities highlighted in this month's meeting plans: Achievements 15, 23.**

This theme presents the opportunity for the boys to try new and different sports as well as continue ones they already know and love. It's also a chance for their families to get involved as they try new things and work together on new skills. With so much activity and fun in store, why not invite another den from your pack to join your den?

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

- *Achievement 3g*, What Makes America Special? Display the flag on July 4 as one of three times.
- *Achievement 23*, Sports, Sports, Sports! This achievement is all about sports, individual and team.
- *Elective 20d*, Track: Contact a local school or college for the use of their facility.
- *Elective 20e*, Roller Skating: Can be regular or in-line skating, and can be rented at a local rink.
- *Elective 20f*: Earn a new Cub Scout Sports pin.

## TIME TO REACH OUT

Invite local sports figures, coaches, or college or high school team members to come to the den meeting and share their sport. They can speak on the rules they follow, tell about the conditioning they do, and share the importance of sportsmanship. Hands-on demonstrations on how to handle the ball and any equipment used will benefit each of the Cub Scouts.

## SKIT: SPORTS FOR ME

Each boy holds an object related to the sport he will reference (e.g., ball, bat, racket). Each steps forward and says his lines, demonstrates the way to swing the racket/bat, etc. Add sports as needed so each boy has a part in the presentation.

**BASEBALL:** I like baseball. Listen: Whack. A home run! Yeah!

**SOCCER:** I like soccer—a good run down the field, a kick, and a goal!

**ROLLER SKATING:** Wheels on the skates go round and round, all through the town, with a helmet (*emphasize "helmet"*).

**BASKETBALL:** Dribble, dribble, dodge, and shoot—a 3-pointer for me!

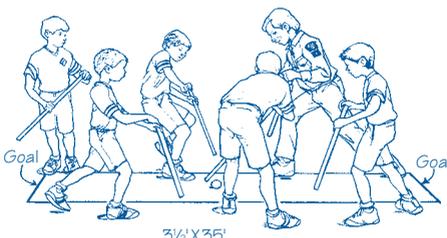
**FINAL BOY** (*carries a ball, an action figure, and a toy boat*): I have the best, most important sport of all. (*He holds up each object as he slowly speaks the word:*) Sports (*holds up ball*) ... man (*holds up action figure*) ... ship (*holds up toy boat*).

**ALL BOYS** (*repeat*): Sports-man-ship. (*Boys pat the final boy on the back for a job well done and cheer for him.*)

## GAMES

### Backyard Hockey

Lay out a rink as shown, using tape on grass or chalk on driveway. Sticks are 3-foot broomstick lengths. The puck may be a "dead" tennis ball or a dog-toy low-bounce rubber ball. Players stay outside the rink and defend the goal to their right. When the puck goes out of bounds, have a face-off between opposing players nearest the spot.

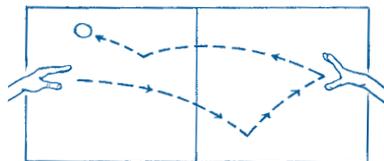


3-foot broomstick  
Tennis ball or rubber ball used as puck

### Sidewalk Tennis

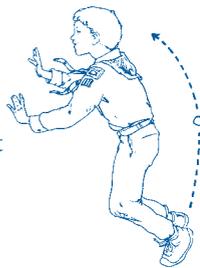
The court is two squares of sidewalk. The ball is a regular tennis ball or a rubber ball. The "rackets" are open hands. The net is the crack or line between the squares. Players try to hit the ball on one bounce into their opponents' square.

Score as in tennis or table tennis.



### ANKLE BALL Toss

Try this. The secret is in the kick.



## HOMEMADE EXERCISE EQUIPMENT

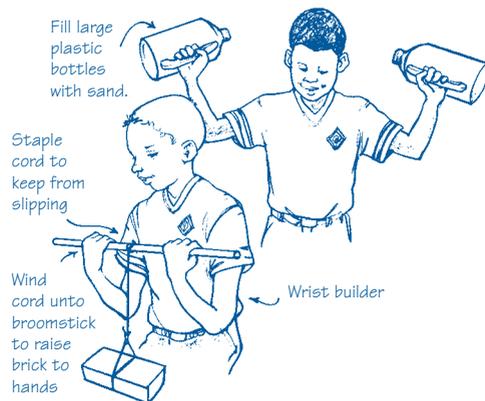
To be strong for playing sports, boys can make equipment from simple objects as shown.

### EXERCISE STUNTS

**Toe Touch.** Stand with your legs apart and your knees slightly bent. Bend and touch your left toes with your right hand, then your right toes with your left hand.

**Wrist Builder.** Staple cord to keep from slipping.

Wind cord onto broomstick to raise back to hands.



**Through the Hoop.** Clasp your hands in front of your body and step through the circle made by your arms. Then step backward through the ring to return to your original position.

**Towel Pickup.** In bare feet, pick up a towel with your toe and move it 4 feet away without dropping it.

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