



MAY ROUND TABLE



Core Value for **May Health and Fitness**

The core value highlighted this month is:

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

Vegetable Letter Square

Find the following vegetables below by reading forward, up, down, and diagonally. Then read the leftover letters to discover what a vegetable truck would get if it went over a big bump!!!

Asparagus Avacado Beans Beet Brussels Sprouts Carrot Cauliflower Celery Corn Cucumber
Eggplant Lettuce Mushroom Okra Onion Peas Pepper Potato Spinach Squash Tomato Turnip Yam Zucchini

A E G G P L A N T S P I N A C H A B
 S M U S H R O O M L E T T U C E C E
 P E A S P O T A T O P H U T G E U E
 A B R U S S E L S S P R O U T S C T
 R C E L E R Y A M T E O B R O Q U O
 A S O N I O N S E D R S E N R U M M
 G A K R Z U C C H I N I A I R A B A
 U L R A N A V O C A D O N P A S E T
 S C A U L I F L O W E R S D C H R O

Opening Ceremony: The Fitness Pledge

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

_____ CUB SCOUT 1 (small weight)

I promise to do my best to keep myself physically strong.

_____ CUB SCOUT 2 (book):

I promise to do my best to keep myself mentally fit.

_____ CUB SCOUT 3 (bed pillow):

I promise to do my best to get enough rest.

_____ CUB SCOUT 4 (Fruit and vegetable):

I promise to do my best to eat a healthy diet.

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

JOKES

_____ Q: What vegetable should you NOT take on a boat?

_____ A: Leeks!

_____ Q: What's vegetable gets the most exercise?

_____ A: A runner bean!

Songs: Cub Scout Sports

Tune: "Take Me Out to the Ball Game"

Let's play sports with the Cub Scouts.

Let's all learn some new games

We'll try some skating and volleyball,

Hiking, tennis, and even softball.

Then we'll jump for joy with gymnastics

And bowl with our friends at the lanes,

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

Doing Cub Scout Sports.

On Top Of Spaghetti

(Tune: On Top of Old Smokey)

On top of Spaghetti,

All covered with cheese

I lost my poor meatball

When somebody sneezed

It rolled off the table

And on to the floor

And then my poor meatball

It rolled out the door.

It rolled in the garden

And under a bush

And now my poor meatball

Is nothing but mush.

So if you have spaghetti

All covered with cheese

Protect your poor meatballs

Should somebody sneeze.

TRAINING TOPICS:

Looking for Chenango District trainers!

Help us get 100% Trained for our District!

Start with your UNIT! As easy as 1,2,3!

- 1. Inventory your Leaders, who's 100% trained for their position, Who needs training?**
- 2. Volunteer to host a training at your unit**
- 3. Volunteer to be a Trainer**

CAMPING:

- **Cub Adventure Weekend this weekend at Tuscarora**
- **Cub Resident Camping**
- **Cub Day Camp**
- * **Chenango District STEM/Nova Camps**
- *

EVENTS- Service

- **Make a Difference Day**
- **Clean your Town**
- **March in a Memorial Day Parade**
- **Flag Ceremonies**

JOKES & RIDDLES

_____ **Q:** Why don't eggs tell jokes?

_____ **A:** They'd CRACK each other up!

_____ **Q:** How do you make a banana shake?

_____ **A:** Jump out and yell BOO!

_____ **Q:** How do you fix a broken tomato?

_____ **A:** Tomato paste!

Closing Ceremony: Health and Cub Scouting

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

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

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

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

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

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

JOKES & RIDDLES

CUBMASTER'S MINUTE

Baden-Powell on Health & Fitness

Baden-Powell thought it important to help boys become strong and fit young men of good character. He once said, "A boy is not a sitting-down animal." And he also felt that games should be "Fun with a Purpose." Many of the games he introduced were physically very active, but he also felt "It is important to arrange games and competition so that all Scouts of the troop take part." So as we include fitness activities in our program, let's remember to help every boy "Do His Best" and give everyone a chance to shine!

Small Space/Indoor Physical Fitness Activities for Dens

Links:

Journey to Excellence 2013: <http://www.scouting.org/scoutsource/Awards/JourneyToExcellence.aspx>

SCOUTStong: <http://www.scouting.org/SCOUTStrongPALA.aspx>

Small Space Physical Fitness Games: http://www.bced.gov.bc.ca/dpa/pdfs/k-9_physical_activities.pdf

Introduction

Physical fitness activities are easy to do when it's warm(ish) and dry(ish) -- take a hike, go swimming, etc. But what do you do when it's raining hard, snowing, or blistering hot, and you're stuck inside? In a small room?

Spread out sports & games achievements/electives. Don't do all of them in one meeting.

Do physical fitness activities as game, for a gathering game/activity, closing game/activity.

Small Space Activities

Limbo:

leaders hold a stick, and boys walk under the stick. Each round the leaders lower the stick. When the boys can't walk under the stick without a body part touching the ground other than their feet, they're out. The winner is the boy that can walk under the lowest stick.

Under the Broom:

How to Book p. 3-32. Boys crawl or wriggle under broomstick. Height of broomstick is gradually lowered.

Back to Back Get-up:

How to Book p. 3-30. Try it with 2, then 3, then 4 boys. Keep adding boys, and find out what the maximum number of boys that can do it together is.

Mission Possible:

Prepare a list of several different activities (10 jumping jacks, 15 sit ups, etc.) Divide the students into pairs. On a signal, one boy reads the first task for the pair. After completing the first task, one of the boys reads the second task, and the pair does that. Boys complete as many of the tasks as possible within a set amount of time or until a song (Mission Impossible music) has finished playing. Boys could also draw papers listing a task one at a time out of a bag, and do the task that is written on it. (from http://www.bced.gov.bc.ca/dpa/pdfs/k-9_physical_activities.pdf) Some of the physical fitness activities from the How To Book, section 3 pp. 29-32, might make good challenges.

Standing Long Jump

(Bear E20d): Mark the starting jump line. Boys stand at the line, and jump as far as they can. Write boys' initials on bits of masking tape and use them to mark the jumping distances. (The spot on the floor closest to the starting jump line that a body part touches after the jump.) Boys try to beat their distance on later jumps.

High Jump

(Wolf Ach.#1f): Boys stand sideways against a wall and raise their hand. They jump as high as they can and touch the wall. Write boys' initials on bits of masking tape and use them to mark the jumping heights on the wall. Boys try to beat their height on later jumps.

Low Jump:

Den Leaders hold a stick on their palms. Boys try to jump under the stick without knocking it off the leader's hands. Boys get 3 errors before they're out. Keep track of errors on a strip of masking tape stuck to players. Lower the stick each round, and see who can jump the lowest. (from '09 Baloo's Bugle, "Be a Sport")

Fitness Breaks

(good for getting wiggles out during den meeting)

Interesting fitness activities in the How to Book, section 3, 29-32.

1 Minute Exercise Break: Hide clocks. Time keeper says "start." Boys do jumping jacks, jog in place, etc. They sit down when they think 1 minute has passed. Boy that is closest to 1 minute wins. Try different times -- 30, 45 seconds, etc.

Sing and Exercise: Boys take a breath. They exercise while they sing a note for as long as they can. Boys sit down when they run out of breath. Last boy exercising wins. Try sit-ups, standing toe touches, arm circles, etc.

Indoor Activities

(require a little more space)

Balloon Volleyball:

leaders stand about 10 feet apart, and make a net by holding a string a little above the boys' heads. Boys bat one or more balloons back and forth across the net, trying to keep the balloon(s) from touching the ground. When the balloon touches the ground, the team that hit the balloon across the string gets a point. First team to reach the designated score wins. Or play a certain amount of time, and the team with the most points at the end of that time wins.

Seated Balloon Volleyball:

Set chairs around the playing area on both sides of the net. Play balloon volleyball like above, but have the boys sit in the chairs. Or set chairs in lines 4-6 feet apart. Have each team sit in one of the rows. Teams try to hit the balloons behind the other team.

Seated Soccer:

Scatter chairs around the playing field. Teams sit in chairs. Players kick the ball to each other, and try to score points as in soccer. Players must keep contact with their chair (hand is fine). If the playing field is small, require players to remain seated. Note: use a small, soft ball to avoid damaging walls and furniture. Balls must stay on the floor – no kicking them above the floor. Boys should change seats from time to time, so everyone gets to play in all the chairs.

Helicopter Rope Jump:

spin jump rope (or rope with small weight tied to end) in a circle. Boys jump over the rope. Gradually raise the rope, and see how high they can jump.

Snake Rope Jump:

wriggle rope back and forth like a snake. Boys jump across wiggling snake, trying not to land on it.

2 Person Games (Bear Ach. #16b):

From Bear Book: Elbow Wrestle.

From How To Book: Arm Lock Wrestle, p. 3-29. Broomstick Twist & Broomstick Wrestle, p.

3-29. Hand Push & Hand Wrestle, p. 3-30. Leg Wrestle, p. 3-31. Stork Wrestle, p. 3-32.

Stick Dodge:

Have boys walk around inside a designated play area. Leader stands in the middle, and slowly jabs and swings a broomstick or pool noodle in different directions. The boys try to avoid being hit by the noodle. They can move to the side, step backwards, or go down to the ground. No running. Challenge the boys to move at a normal pace, rather than suddenly moving quickly to avoid the stick. Boys also need to stay within the designated play area – no dodging out of bounds.

Follow the Leader:

Divide boys into partners and have them determine who will lead first.

Review various movements (skip, leap, hop), changes of direction (forward, backward, sideways), shapes & levels (travel upright, bend down low), pathways (straight ahead, zigzag, curved, diagonal) and speeds (fast, slow). Have the leader perform various movements as the follower mimics the leader's actions. Have boys switch roles. (http://www.bced.gov.bc.ca/dpa/pdfs/k-9_physical_activities.pdf)