

# Cub Scout Den Meeting Outline

Month: **May**

Week: **3**

Core Value: **Health & Fitness**

	Tiger	Wolf	Bear	Webelos
Before the Meeting	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.
Gathering	Soccer Rules Scramble			
Opening	America Opening			
Activities/Project	Guess the Games – Rules Review			
Game/Song	Tennis Ball Soccer			
Business items/Take home	Tiger 3G	None	Bear 23d, 23e	Arrow of Light 4, 5, 6
Closing	Good Sport Closing			
After the meeting				

**Materials:**

Gathering: copies of Soccer Rules Scramble, pencils

Opening: instructions, flag, cards

Project/Activity: instructions, Guess the Game cards, rubber bands, scissors

Game: tennis balls, cones

Closing: instructions

Home assignments: Home assignments for each rank (see home assignment sheets)

## Soccer Rules Scramble

Unscramble the capitalized letters to find the word that matches the soccer rule.

**ELAGOI** \_\_\_\_\_ The one player on a soccer team that can use his or her hands.

**ALLB** \_\_\_\_\_ Keep this completely inside the lines for play to continue.

**VNEELE** \_\_\_\_\_ The maximum number of players usually on a soccer team.

**CIKK-FOF** \_\_\_\_\_ The play that is used to start a soccer game.

**WORTH-NI** \_\_\_\_\_ The play that is used to start up a soccer game after the ball goes out of bounds.

**NHIS GDSUAR** \_\_\_\_\_ What we should wear while playing soccer to help protect us and keep us safe.

**ON SNHAD** \_\_\_\_\_ What we should remember about playing soccer. We use our feet and head instead.

**LUOF** \_\_\_\_\_ What it's called when we kick another player, trip another player, push a player, touch the ball with our hands, etc.

**SSPA** \_\_\_\_\_ A way to move the soccer ball between two players.

**OTOSH** \_\_\_\_\_ What we do as we kick the ball directly towards the goal.

**BLERDIB** \_\_\_\_\_ Moving the ball carefully and slowly down the field. It has the same name in basketball.



## Soccer Rules Scramble

Unscramble the capitalized letters to find the word that matches the soccer rule.

**ELAGOI** GOALIE The one player on a soccer team that can use his or her hands.

**ALLB** BALL Keep this completely inside the lines for play to continue.

**VNEELE** ELEVEN The maximum number of players usually on a soccer team.

**CIKK-FOF** KICK-OFF The play that is used to start a soccer game.

**WORTH-NI** THROW-IN The play that is used to start up a soccer game after the ball goes out of bounds.

**NHIS GDSUAR** SHIN GUARDS What we should wear while playing soccer to help protect us and keep us safe.

**ON SNHAD** NO HANDS What we should remember about playing soccer. We use our feet and head instead.

**LUOF** FOUL What it's called when we kick another player, trip another player, push a player, touch the ball with our hands, etc.

**SSPA** PASS A way to move the soccer ball between two players.

**OTOSH** SHOOT What we do as we kick the ball directly towards the goal.

**BLERDIB** DRIBBLE Moving the ball carefully and slowly down the field. It has the same name in basketball.



# America Opening

## Materials:

Cards with large letters A, M, E, R, I, C, and A on the fronts and with corresponding lines to be read on the backs

Flag



Cub Scout #1: A is for athletes who do their best.

Cub Scout #2: M is for muscle building, putting us to the test.

Cub Scout #3: E is for exercise, building strength and brawn.

Cub Scout #4: R is for running. Just look, then we're gone!

Cub Scout #5: I is for individuals who try always to achieve.

Cub Scout #6: C is for courage to do and believe.

Cub Scout #7: A is for active, and active we'll be!

**Cubmaster:** We're proud to live in America, the home of the free. Let's stand and say together the Pledge of Allegiance.

**A**

**Cub Scout #1:**

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

**M**

**Cub Scout #2:**

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

**E**

**Cub Scout #3:**

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

**R**

**Cub Scout #4: R is for running. Just look, then we're gone!**



**Cub Scout #5:**

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

**C**

**Cub Scout #6:**

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

**A**

**Cub Scout #7:**

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

## Guess the Games - Rules Review

### Materials:

Copies of review game cards (each team of 5-6 Cub Scouts will need a set of cards – 20 cards total)

Scissors

Rubber bands (to hold cards together)



### Instructions:

1. Each team needs to cut out the cards and mix up the cards as best as they can.
2. Explain to them that the cards they have are 10 cards describing one game and 10 cards describing another game.
3. Each team will need to separate the cards as a team and then determine which two games these cards are talking about.
4. Once each team has completed sorting the cards, go over the following rules (these are on the cards). You may have to ask them which “pile” each of the cards goes in... Then when you’re done reviewing these, see if they have figured out which two sports games they are talking about. The answers are in the last row on this page.

Sort Pile 1	Sort Pile 2
5 players on a team	Usually 1 player on a team; sometimes 2 players on a team
Equipment: Ball, court with hoops at each end	Equipment: table with 6 inch net, paddles, small ball
Score 2 points for every time that the ball goes through the hoop.	Game goes to 21 points.
If you shoot the ball from outside the 3 point line, then you get 3 points if you make the ball into the hoop.	Have to win the game by 2 points.
Game starts with a tip-off or jump ball.	The ball has to be served to start the game.
Ball can be moved down the court by dribbling or passing.	Ball is moved across the table using paddles.
You have to make sure that you don’t double dribble or travel.	You have to let the ball bounce on your side of the table before you can hit it.
There can be no pushing, hitting, holding or	A point is made for you if your opponent

slapping – or you will get a foul.	doesn't hit the ball.
Free throws are worth one point each and usually happen because the player was fouled.	A point is made for you if your opponent hits the ball into the net or lets the ball bounce twice before hitting it.
You can play "man on man" defense or "zone" defense.	A point is made for you if your opponent hits the ball off the table.
<b>Basketball</b>	<b>Table Tennis</b>

**5 players on a team**

**Usually 1 player on a team; sometimes 2 players on a team**

**Equipment: Ball, court with hoops at each end**

**Equipment: table with 6 inch net, paddles, small ball**

**Score 2 points for every time that the ball goes through the hoop.**

**Game goes to 21 points.**

**If you shoot the ball from outside the 3 point line, then you get 3 points if you make the ball into the hoop.**

**Have to win the game by 2 points.**

**Game starts with a tip-off or jump ball.**

**The ball has to be served to start the game.**

**Ball can be moved down the court by dribbling or passing.**

**Ball is moved across the table using paddles.**

**You have to make sure that you don't double dribble or travel.**

**You have to let the ball bounce on your side of the table before you can hit it.**

**There can be no pushing, hitting, holding or slapping – or you will get a foul.**

**A point is made for you if your opponent doesn't hit the ball.**

**Free throws are worth one point each and usually happen because the player was fouled.**

**A point is made for you if your opponent hits the ball into the net or lets the ball bounce twice before hitting it.**

**You can play "man on man" defense or "zone" defense.**

**A point is made for you if your opponent hits the ball off the table.**

# Tennis Ball Soccer



## Materials:

Cones (4 for two teams)  
Tennis ball (1 for two teams)  
Masking tape (for lines)

## Setup:

A rectangular “field” that can be indoors or outdoors. Mark the boundary lines and use cones to mark the sides of the goal.

## Instructions:

1. Divide Cub Scouts into an even number of teams – preferably with fewer than 11 members on a team.
2. Have the team choose who will be their goalie and determine which side of the field each goalie will be on – that will also decide which direction each team will be trying to kick the tennis ball.
3. Tennis ball soccer is played much like regular soccer with the same objective of kicking the ball into the goal, with the opposing team trying to keep the team from scoring.
4. Start the game with a kick-off and watch for fouls (players getting kicked, tripped, hit, pushed, etc and touching the ball).
5. The only thing we do not do in Tennis Ball Soccer is use our head to move the ball.
6. The game can last as long as there is time available.

## Variation:

Using 3 or 4 more cones set up a line of cones in the middle of the field and have the Cub Scouts have to kick the ball around the cones before they can make a goal. This makes the game a little more challenging.

## Good Sport Closing

**Materials:**

None

**Cubmaster:** You hear a lot of talk about being a good sport, but what does it mean to be a good sport?

A good sport learns the rules so he won't break them. He competes with all his heart, striving to win over his competitors. If he does win, he doesn't act smug, but instead compliments the losers for the good job they did. If he loses, he accepts the fact and tries to figure out why. Maybe he can win the next time.

A good sport accepts defeat, congratulates the winners, learns how he can improve, and determines to do better the next time.



Name \_\_\_\_\_

### May Week 3

Home Assignments

**Tiger Cubs:**

\_\_\_\_\_ **Tiger Requirement 3G**

See pages 60-61 of the Tiger Handbook.

**Bear Cub Scouts:**

\_\_\_\_\_ Bear Requirements 23d and 23e.

See pages 172-173 of the Bear Handbook.

**Webelos Scouts:**

\_\_\_\_\_ **Arrow of Light 4-6**

See page 64 of the Webelos Handbook .

\_\_\_\_\_  
Akela's OK

\_\_\_\_\_  
Date

**Return this paper to the next Cub Scout meeting.**

Name \_\_\_\_\_

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Home Assignments

**Tiger Cubs:**

\_\_\_\_\_ **Tiger Requirement 3G**

See pages 60-61 of the Tiger Handbook.

**Bear Cub Scouts:**

\_\_\_\_\_ Bear Requirements 23d and 23e.

See pages 172-173 of the Bear Handbook.

**Webelos Scouts:**

\_\_\_\_\_ **Arrow of Light 4-6**

See page 64 of the Webelos Handbook .

\_\_\_\_\_  
Akela's OK

\_\_\_\_\_  
Date

**Return this paper to the next Cub Scout meeting.**

Name \_\_\_\_\_

### May Week 3

Home Assignments

**Tiger Cubs:**

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See pages 60-61 of the Tiger Handbook.

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See pages 172-173 of the Bear Handbook.

**Webelos Scouts:**

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See page 64 of the Webelos Handbook .

\_\_\_\_\_  
Akela's OK

\_\_\_\_\_  
Date

**Return this paper to the next Cub Scout meeting.**

Name \_\_\_\_\_

### May Week 3

Home Assignments

**Tiger Cubs:**

\_\_\_\_\_ **Tiger Requirement 3G**

See pages 60-61 of the Tiger Handbook.

**Bear Cub Scouts:**

\_\_\_\_\_ Bear Requirements 23d and 23e.

See pages 172-173 of the Bear Handbook.

**Webelos Scouts:**

\_\_\_\_\_ **Arrow of Light 4-6**

See page 64 of the Webelos Handbook .

\_\_\_\_\_  
Akela's OK

\_\_\_\_\_  
Date

**Return this paper to the next Cub Scout meeting.**

# TIGER DEN MEETING PROGRAM



DEN NO. \_\_\_\_\_ PACK NO. \_\_\_\_\_

MEETING PLACE \_\_\_\_\_

MONTH May WEEK 3 TIME \_\_\_\_\_

THIS MONTH'S TOPIC Health & Fitness/Sports/Nutrition

Use this form at a den leader meeting or at your monthly pack leader's meeting. Include ways for the den chief and denner to help you in the den meeting.

## BEFORE THE MEETING

Gather materials for gathering and other activities, games and have home assignments ready.

## GATHERING

With the help of their Tiger Adult Partners, Tiger Cubs will figure out the answers to the Soccer Rules Scramble.  
Materials: Copies of Soccer Rules Scramble, pencils

## OPENING

Tiger Cubs and their adult partners will participate in the America Opening.  
Materials: flag, America Opening cards

## ACTIVITIES / PROJECTS

Tiger Cubs, with help from their adult partners, will learn about the rules to two games while they play another game.  
Materials: Guess the Game cards, scissors, rubber bands

## GAME / SONG

Tiger Cubs and their adult partners will play a game called Tennis Ball Soccer.  
Materials: tennis balls, cones

## BUSINESS ITEMS / TAKEHOME

Tiger Requirement 3G

## CLOSING

Good Sport Closing  
Materials: None

## AFTER THE MEETING

Evaluate the meeting and review next week's plans.

# WOLF DEN MEETING PROGRAM



DEN NO. \_\_\_\_\_ PACK NO. \_\_\_\_\_

MEETING PLACE \_\_\_\_\_

MONTH May WEEK 3 TIME \_\_\_\_\_

THIS MONTH'S TOPIC Health & Fitness/Sports/Nutrition

Use this form at a den leader meeting or at your monthly pack leader's meeting. Include ways for the den chief and denner to help you in the den meeting.

## BEFORE THE MEETING

Gather materials for gathering and other activities, games and have home assignments ready.

## GATHERING

Soccer Rules Scramble

Materials: Copies of Soccer Rules Scramble, pencils

## OPENING

America Opening

Materials: flag, America Opening cards

## ACTIVITIES / PROJECTS

Guess the Game – Rules Review

Materials: copies of Guess the Game cards, rubber bands, scissors

## GAME / SONG

Tennis Ball Soccer

Materials: tennis balls, cones

## BUSINESS ITEMS / TAKEHOME

None

## CLOSING

Good Sport Closing

Materials: None

## AFTER THE MEETING

Evaluate the meeting and review next week's plans.

# BEAR DEN MEETING PROGRAM



DEN NO. \_\_\_\_\_ PACK NO. \_\_\_\_\_

MEETING PLACE \_\_\_\_\_

MONTH May WEEK 3 TIME \_\_\_\_\_

THIS MONTH'S TOPIC Health & Fitness/Sports/Nutrition

Use this form at a den leader meeting or at your monthly pack leader's meeting. Include ways for the den chief and denner to help you in the den meeting.

## BEFORE THE MEETING

Gather materials for gathering and other activities, games and have home assignments ready.

## GATHERING

Soccer Rules Scramble

Materials: Copies of Soccer Rules Scramble, pencils

## OPENING

America Opening

Materials: flag, America Opening cards

## ACTIVITIES / PROJECTS

Guess the Game – Rules Review

Materials: copies of Guess the Game cards, rubber bands, scissors

## GAME / SONG

Tennis Ball Soccer

Materials: tennis balls, cones

## BUSINESS ITEMS / TAKEHOME

Bear 23d, 23e

## CLOSING

Good Sport Closing

Materials: None

## AFTER THE MEETING

Evaluate the meeting and review next week's plans.

# WEBELOS DEN MEETING PROGRAM



DEN NO. \_\_\_\_\_ PACK NO. \_\_\_\_\_

MEETING PLACE \_\_\_\_\_

MONTH May WEEK 3 TIME \_\_\_\_\_

THIS MONTH'S TOPIC Health & Fitness/Sports/Nutrition

Use this form at a den leader meeting or at your monthly pack leader's meeting. Include ways for the den chief and denner to help you in the den meeting.

## BEFORE THE MEETING

Gather materials for gathering and other activities, games and have home assignments ready.

## GATHERING

Soccer Rules Scramble

Materials: Copies of Soccer Rules Scramble, pencils

## OPENING

America Opening

Materials: flag, America Opening cards

## ACTIVITIES / PROJECTS

Guess the Game – Rules Review

Materials: copies of Guess the Game cards, rubber bands, scissors

## GAME / SONG

Tennis Ball Soccer

Materials: tennis balls, cones

## BUSINESS ITEMS / TAKEHOME

Arrow of Light 4, 5, 6

## CLOSING

Good Sport Closing

Materials: None

## AFTER THE MEETING

Evaluate the meeting and review next week's plans.