

# Cub Scout Den Meeting Outline

Month: **July**

Week: **4**

Point of the Scout Law: **Trustworthy**

	Tiger	Wolf	Bear	Webelos	Arrow of Light
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.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.
Gathering	Hidden Pictures: A Day at the Beach				
Opening	Water Opening				
Game	Crabwalk Relay, Fish & Net Tag, Exercise Relay				
Business items/Take home	None	None	None	None	None
Closing	All in the Net Closing				
After the meeting					

**Materials:**

Gathering: copies of Hidden Pictures, pencils

Opening: flag, opening cards

Games: Exercise Tag sheet, paper bags

Closing: None

Home assignments: None

Advancement:

Tiger - None

Wolf – None

Bear – None

Webelos – None

Arrow of Light – None

## A Day at the Beach

By Lyn Martin



05629

In the big picture, find these objects.



bowl



hockey stick



ring



teacup



button



comb



bell



snake



saw



scissors



needle



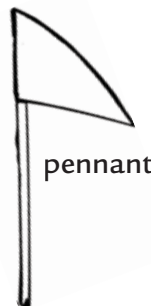
crown



kite



carrot



pennant



ice-cream cone



tack

# Water Opening



**Materials:**

Cards for each letter – W, A, T, E, R with the lines for each Scout on the back.

**Cub Scout #1 – W** -We love to get wet and play in water.

**Cub Scout #2 – A** - Animals, people, and plants all need water to survive.

**Cub Scout #3 – T** - Take time to use water wisely.

**Cub Scout #4 - E** - Everyone is responsible for keeping our water clean.

**Cub Scout #5 – R** - Rivers, streams, lakes and oceans are some of our national treasures.

**Cubmaster:** Please rise and join us in honoring our country by saluting the flag and saying the Pledge of Allegiance

**w**

## **Cub Scout #1**

**W -We love to get wet and play in water.**

**A**

## **Cub Scout #2**

**A - Animals, people, and plants all need water to survive.**

**T**



## **Cub Scout #3**

**T - Take time to use water wisely.**

**E**

## **Cub Scout #4**

**E - Everyone is responsible for keeping our water clean.**

**R**

## **Cub Scout #5**

**Rivers, streams, lakes and oceans are some of our national treasures.**

# Crab Relay

## Materials:

Masking tape for marking starting and finish lines

## Instructions:

1. Form equal teams of Cub Scouts.
2. Form equal teams. The first boy in each team sits on the floor with his back to the finish line.
3. On the “go” signal, he crab-walks backward on his hands and feet with his body parallel to the floor. When he reaches the finish line, he stands, runs back, and touches off the next player, who repeats the crab-walk action.
4. The team with all players to have done the crab-walk the fastest, win the relay.

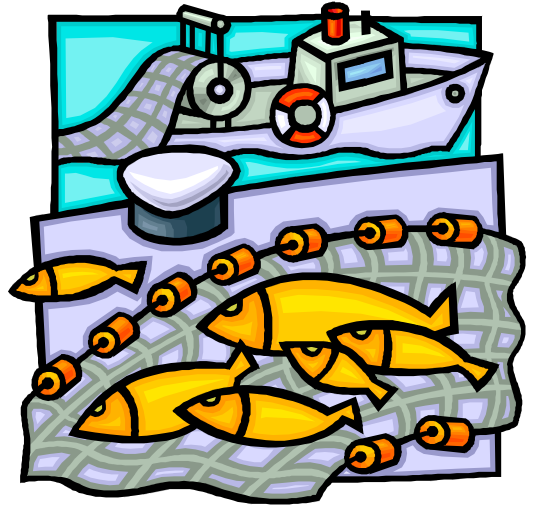


## Fish and Net Tag

**Materials:**

None

This game is played a bit like tag except “it” is actually a group of Scouts that become a net to catch the “fish” (the other players).



Have three to five players join hands to catch “fish” by surrounding individual players.

Those who are caught become a part of the “net.”

The last five fish caught make up the net for the next new game.

Play this game for a certain amount of time or until every “fish” is caught.

## Exercise Relay Game

### ***Materials for each team:***

Paper bag with slips of paper with exercises written on them (see exercise sheet that can be cut up and put into each bag)

Scissors

### **Directions**

Place the bag 30 feet from the teams.

The Cub Scouts will need to be divided into teams (preferably a mix of ages).

On 'Go', the first Cub Scout of each team runs to their bag, pulls out one slip of paper, and runs back to the team.

**Everyone** on the team does the exercise.

When they are finished, the next Cub Scout runs to the bag, brings back another paper and the teams does it.

Continue until one team has completed either all of the exercises or a set number of exercises (depending on time).



## **Exercise Relay Game Exercise Sheet**

**Slips of Paper Sheet (for two teams)**

(cut this sheet so that each team has a copy of each strip in their bag)

**Do 5 curl-ups.**

**Do 5 curl-ups.**

**Do 5 push-ups.**

**Do 5 push-ups.**

**Do 5 jumping jacks.**

**Do 5 jumping jacks.**

**Do 5 toe touches.**

**Do 5 toe touches.**

**Do 5 one-legged hops.**

**Do 5 one-legged hops.**

**Run in place for 10 seconds.**

**Run in place for 10 seconds.**

**Do 5 head-hip-ankle touches.**

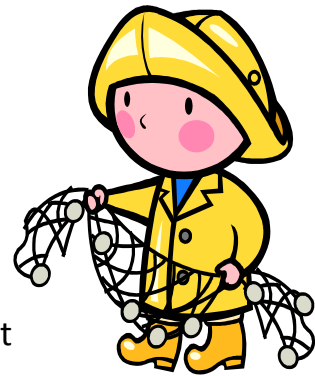
**Do 5 head-hip-ankle touches.**

## All in the Net Closing

**Materials:**

None

Have everyone make a “net” by clasping hands in any criss-cross design making sure everyone is caught in the net (part of the net).



**Cubmaster or Den Leader:**

We’ve had a great day together as Cub Scouts as we’ve started to learn about water and about perseverance.

Let’s now shake each other’s hands – and together say, “Do Your Best.”

Have a great week, Cub Scouts!