



MAY ROUNDTABLE

PACK RESOURCE SHEET

JUNE 2015—CORE VALUE: PERSEVERANCE /

THEME: GO FOR THE GOLD



CORE VALUE HIGHLIGHTED THIS MONTH:

PERSEVERANCE

To show perseverance means to stick with something and not give up, even if it is difficult.

WHY “GO FOR THE GOLD” FOR PERSEVERANCE?

“Go for the Gold” will help Cub Scouts learn and experience the perseverance that gold miners had long ago, as they try to obtain treasures on their pack “Go for the Gold” day!

SCOUT LAW EQUIVALENT TO PERSEVERANCE IS “THRIFTY.”

A Scout works to pay his own way and to help others. He saves for the future. He protects and conserves natural resources. He carefully uses time and property.

Pre-opening Activity: Athletic Warm-Up

Materials: Stations are arranged and supervised to encourage the Cub Scouts to do various stretching and warm-up activities.

Write a set of warm-up activities on pieces of card stock and put them in a pile. A den chief can lead by asking a denner to select a card and announce the next stretch or exercise. The activities may include:

Kneeling Stretch: Kneel with both feet pressed together and knees apart. Arms should be along each side of the body with both palms up. Bend over slowly as if trying to touch the floor with your forehead. Hold for 10 seconds, breathing throughout. Release and repeat.

Shoulder Blades Stretch: Stretch the shoulder blades by standing with arms stretched out, parallel to the ground. Keep the palms facing backward with thumbs toward the ground. Move your arms back as if squeezing a ball behind your back. Continue to breathe normally, hold for 10 seconds, and then release and repeat.

Side Stretch: Cub Scouts stand with legs shoulder-width apart, right hand on the right hip and left hand overhead. Lean toward the right as if trying to touch your right shoulder with the left hand. Exhale while leaning over, hold the stretch for 10 seconds, and return to starting position. Then repeat the exercise, switching sides.

Straddler Stretch: Sit with both legs apart and extended at both sides. Both arms should be extended in front with palms on the floor. Keeping your back straight, lean forward at the hips and bring your hands forward until your chest is as close to the floor as possible without pain. Exhale and hold the position for 10 seconds. Then return to the starting position and inhale.

Waist Bend: Bend at the waist, touch the floor, and hold this position to stretch out your leg muscles. Be sure the knees are bent a little—no straight-locked knees.

Trunk Bend: Bend from the waist to the left. Then stand upright. Repeat to the right, and then upright again.

Lunge: Step forward with your right foot. Holding your back straight, slowly bend your right knee. Then repeat with the left foot.

For more ideas, visit <http://www.livestrong.com/article/336098-good-stretches-for-children/>.

Opening Ceremony: Go for the Gold

Personnel: 3 Cub Scouts. A straight line, about a yard in length, is drawn in chalk on the stage.

Cub #1 (dragging himself on stage): Boy, am I ever tired! I wish I could get in shape. I'm so weak, I don't know what to do.

Cub #2: I have something that will get you into shape physically and mentally. Take the first step in my program and get into shape by stepping over the line.

(Cub #1 steps over the line and straightens up, flexing his arm muscles dramatically.)

Cub #1: Now I feel strong!

Cub #3 (walks in dragging his feet): I'm so bored. I've done everything I can think of and I can't find any more challenges.

Cub #2: I have something that will challenge you and develop you both physically and mentally. Just step over the line!

(Cub #3 steps over the line and then seems bright, alert, and full of energy.)

Cub #1: Just what is this program we stepped into that gives us energy and strength, and really challenges us?

Cub #3: It seems like we've found a golden answer.

Cub #2: It's uh ... it's uh ... It's us! (Holds up a sign that reads “Cub Scouting.”) Cub Scouting! This is where we all find the Gold in our program and our activities.

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 the Scout Law by which we live and which always guides us to do our best as we “Go for the Gold” in all we do. **Amen.**

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.

Action Song: “WHEW”

Tune: “Jingle Bells”

Clap your hands. Stamp your feet.

Let’s all stand up, please.

Face to the left, face to the right.

Now hands upon your knees.

Sit down now. Stand back up.

Clap your hands, two beats.

Now we’ll all wipe our brows

And collapse into our seats.

Cheer or Applause: Pole Vault Applause

Stand the pointing and middle fingers of one hand, like legs, on the opposite arm. Then “run” them down your arm toward your wrist and let them soar into the air, landing as a single clap with both hands.

Advancement Ceremony: Going for the Gold

Materials: Prepare a large board from plywood or cardboard and place a “barbell” below it, constructed from foam balls on a dowel rod. Write the names of Cub Scout ranks on the board, going from Bobcat at the bottom to Arrow of Light at the top. Then place pins on the sides of the board so the barbell can be lifted and set at each rank as advancements are presented. After the barbell is lifted by each group, badges are handed to parents to present to their Cub Scouts for rank advancement.

Cubmaster: This month’s theme is “Go for the Gold.” In all the activities they have been involved in this month, in the physical games they are playing tonight, we know our Cub Scouts have worked hard to “Go for the Gold.” They have learned many things, and we are pleased to recognize those accomplishments. Tonight we have some Cub Scouts who have achieved the Bobcat rank. We ask them to come forward with their parents and lift the weight up to the Bobcat level. (Boys lift the weight together.) Cub Scouts work with their adult partners to achieve the Tiger rank and move ahead even more as they “Go for the Gold.” We have new Tigers with us here tonight! Will these boys come forward with their parents and lift the weight to the Tiger level? (Boys lift the weight together.) For a boy to earn the Wolf rank, he must increase in ability by practicing and working with his muscles, just like a weight lifter must train and get into condition. Tonight we have some Cub Scouts who have trained and gotten into shape for the Wolf badge. Would these boys please come forward with their parents and together lift the weight to the next level? (Boys lift the weight together.) Training must continue for all athletes. Tonight we have some Cub Scouts who have spent many hours in practice and have earned the Bear rank. Would these muscle men and their parents please come forward and together move the weight to the Bear level? (Boys lift the weight together.) The medals that Olympic champions receive are proof of their strength and abilities. Tonight, we ask Webelos Scouts who have earned activity badges to come forward and demonstrate their Olympic skill by lifting the weight to the Webelos level. (Boys lift the weight together.) The Olympic gold medal of Cub Scouting is the Arrow of Light Award. Will boys who have earned this highest honor now come forward with their parents and lift the weight all the way to the top?

Cubmaster Minute: Perseverance Pays Off

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.” Cub Scouts, doesn’t that sound a great deal like Perseverance to you? Let us all continue our dedication to persevere through whatever is in front of us and find success at home, at school, at play, and as Cub Scouts.

Closing Ceremony: Sportsmanship

Cub #1: I will be a good sport in all I do.

Cub #2: I will follow the rules.

Cub #3: I will trust my teammates.

Cub #4: I will keep my temper.

Cub #5: I will keep myself physically fit.

Cub #6: I will keep my head up in defeat.

Cub #7: I will keep my pride under control in victory.

Cub #8: I will play hard and have fun.

Cub #9: I will always do my best.

All: We will be good sports in all that we do as we “Go for the Gold.”

Games

TISSUE SPRINT

Materials: sheets of facial tissue.

On a signal, each racer throws an unfolded tissue out ahead of him, walks to it, picks it up, and repeats until he has reached the finish line. After a tissue has been thrown, it may not be caught or touched before it hits the ground. If this happens, the player must take two giant steps backward. No one can move forward while holding the tissue or let it blow against his body or clothing.

BOUNCE, TOSS AND JUMP

Materials: Provide 1 ball, 1 beanbag, and 1 jump rope for each team.

Divide the group into 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

Materials: a ruler for each team.

Divide the group into teams. The first member of each team jumps as far as he can from a starting line. Then 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 the teams and try again.

Activity: “Go for the Gold” Fitness Tournament

The tournament is set up as a series of five physical fitness events that test the strength, agility, and speed of the boys as they are encouraged to “Go for the Gold.” Alternative events may be

chosen for any boys who might have challenges that limit them physically. Be sure that all boys are able to participate. In the interest of fairness, be sure all boys compete against others of their approximate age. The judges must be adults, and they should insist on strict performance.

The 50-yard dash should be run in four or five heats divided by program level. For other events, Cub Scouts will compete individually. All events are run simultaneously so that no one boy's performance is singled out. When boys have completed all five tests, have them add their scores on scorecards. Announce the first, second, and third places in each age group, but make sure everybody gets recognized for participating.

STANDING LONG JUMP

Materials: marked-off area for jumping; measuring tape.

Measure the jump from the take-off line to the part of the body that touches the ground nearest the take-off line. Give each Cub Scout two tries, and record the most successful one. Score 1 point for each inch he jumps.

OVERHAND SOFTBALL THROW

Materials: marked-off area for throwing; marked-off start line; regulation 12-inch softball, either leather or rubber-covered.

Each Cub Scout may run up to the throwing line, but his throw is disqualified if he steps over the line. Give each boy two throws and record the best one. Measure from the throwing line to where the ball lands on the fly; don't count bounces or rolls. Score 1 point for each foot of distance.

PUSH-UPS

Boys must keep their bodies perfectly straight, making sure they don't raise their buttocks or sag in the abdomen. A judge should hold his or her hand under each Cub Scout's chest and count one push-up each time his chest touches the hand. Score 2 points for each push-up he does in 60 seconds.

CURL-UPS

The boy lies on his back, with arms crossed over his chest and grasping his shoulders. Knees should be bent and feet flat on the ground, about 1 foot apart. Another Cub Scout holds his feet. The boy curls up, touching his elbows to his thighs. The judge holds his or her hand on the ground beneath the boy's back and counts one curl-up each time the back touches the hand. Score 2 points for each curl-up done in 60 seconds.

50-YARD DASH

The starter calls, "On your mark! Get set! Go!" and then brings his or her arm down quickly, hitting the thigh. As Cub Scouts cross the finish line, record and note their times. For each age level, score as follows: first place, 10 points; second place, 9 points; third place, 8 points; fourth place, 7 points; and fifth place, 6 points. All other runners receive 5 points for participating.

Project: Obstacle Course

Materials: whatever you choose—be creative!

In addition to the tournament of activities, have some fun activities available at the pack meeting, too. An obstacle course made up of various objects and then used in the activities will be great fun for families. Some possibilities:

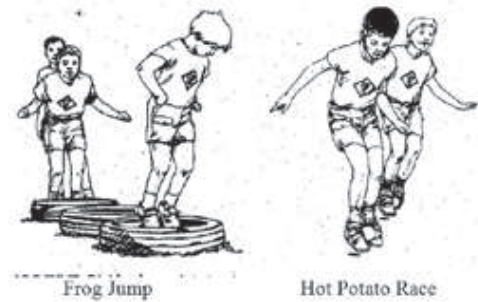
- Cardboard-box tunnel to crawl through
- 2-foot hurdle to vault over
- 2x4 balance beam, placed on the ground
- Car tires on the ground to hop through

Challenge Activities

FROG JUMP:

Materials: tires and a playing area.

Divide players into two teams. For each team, have a row of three or more tires laid flat and touching each other. On signal, the first player on each team "frog jumps" (a two-footed takeoff and landing) into the first tire, then the second, third, and so on. The "frog" behind him starts as soon as the first player has cleared the first tire, and so on, until all have raced. The first team to finish their course wins.



HOT POTATO RACE

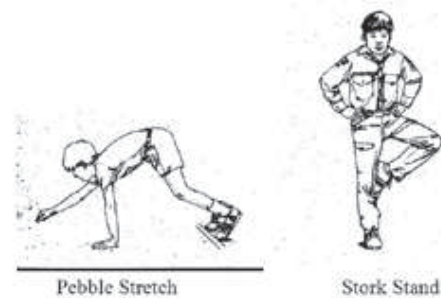
Materials: a raw potato for each team.

Divide the boys into two teams and line them up relay fashion. The first player on each team is given a potato. On signal, while holding the potato between his feet, he hops to a turning line and back. Each player repeats the action until everyone has run.

PEBBLE STRETCH

Materials: 1 pebble or bead for each player.

A player sets his toes at a starting line, stoops forward and, with one hand on the ground, places a pebble as far out as possible. He then springs back to a standing position without shifting the hand on the ground or moving his feet across the line. Also, his knees must not touch the ground. The Cub Scout who places his pebble the farthest wins.



STORK STAND CONTEST

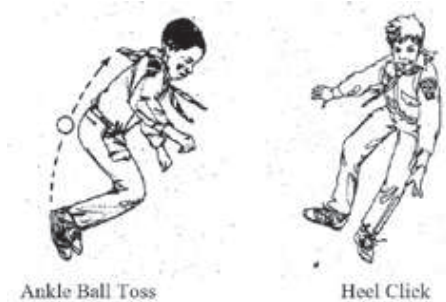
No materials needed.

Each boy stands with his hands on his hips, raises one knee, and then places the foot of that leg on the knee of the other leg. Hold for as long as possible.

ANKLE BALL TOSS

Materials: 2-inch diameter ball.

The Cub Scout places the ball between his ankles and then jumps up. While jumping, he kicks his legs back and lets go of the ball. The idea is to flip the ball as high in the air as possible.



HEEL CLICK

No materials needed.

As Cub Scouts jump into the air, they click their heels together while they are off the ground. Once they can click their heels together one time, have them try to do it two times.

Audience Participation: Go for the Gold

Divide the audience into four groups and explain that they will do the actions below when their word is spoken in the story. Practice as you assign the parts. The reader should pause slightly after those words, to give the audience time to participate.

DANIEL: Shout, “Do your best!”

RUNNING: Run in place.

JUMPING: Jump up and down.

CHEERING: Cheer loudly and clap.

DANIEL, the Cub Scout, was excited in the days before the monthly pack meeting. He was going to be a part of the Tournament of Games and could hardly wait. His friends in the den talked about it all week at school and they practiced RUNNING, JUMPING, and CHEERING for each other.

The day of the pack meeting finally arrived and DANIEL could hardly contain his enthusiasm. He looked at himself in the mirror and saw the latest badge on his uniform and started CHEERING. He jumped up for joy and was RUNNING out to get in the car with his mom and dad. He looked up and saw that his little brother, Bobby, was RUNNING for the car, too. It was going to be a great pack meeting.

When they got to the meeting, Dad kept the car RUNNING so that everyone could go ahead to the play field while he parked the car. When Dad came back he saw DANIEL in his first race. He was RUNNING from one end of the field to the other. Everyone was CHEERING and JUMPING up and down for all the boys. It was a great time. The next activity was JUMPING from one point to another through some tires. JUMPING high over the rim of the first tire, DANIEL landed right in the middle of the next one. That was exciting.

The end of the event came way too fast. DANIEL was excited when he heard his name called. He went RUNNING to the Cubmaster because he was getting his Bear badge that night. Everyone CHEERED. When the pack meeting was done, the Cubmaster shared some thoughts about the theme: Go for the Gold. DANIEL listened carefully and understood. Not only had DANIEL had a great time at Go for the Gold, but he now realized the gold he

would always have would be spending golden times with his family. This is something we know and something really worth CHEERING about!

Creating Recognition Awards for Cub Scouts

PARTICIPATION PINS

Get some safety pins or ready-to-purchase pins at craft stores. For the pin backs, you can rinse off the caps from bottles of frozen juice or cut circles from cardboard or foam sheets. On the circles, write the award names to be given, the den number, and 1st, 2nd, or 3rd place—if those categories are being used.

HOMEMADE PLAQUES

Materials: small scraps of wood; small pieces of ceramic tile or laminate countertop; items to secure to the front of the plaque.

When presenting the plaque, call attention to the items on the front and tell how they describe a Cub Scouts’ efforts to “do his best.” Items might include a ruler (for “measuring up”), a toy bear (for “doing a bear-y good job”), a plastic egg (for being “egg-ceptional” or “egg-stra special”), a toy compass (for being a good leader), or a shiny object—such as a new dime or a piece of candy wrapped in silver—for his “shining example of good sportsmanship.”

NECK “ROUNDER” AWARD

Version 1—Materials: pre-printed card stock with the pack event description and title; 18-inch length of ribbon.



Secure the ribbon to the back of the award, and place it over the head of the Cub Scout being honored.

Version 2—Materials: cardboard; glue; pipe cleaner; ribbon.



Cut a circle from card stock or cardboard and insert a hole for the ribbon to go through. Glue pieces of pipe cleaner in place to form a word, a number, or a particular design. Then wrap aluminum foil around the front and back of the award, smoothing the foil down around the glued-in pipe cleaner. The parts of the pipe cleaner that are raised can be highlighted with a marker for extra “pop.”

Game: Scooper Ball

Materials: empty 1-gallon plastic milk cartons (one for each Cub Scout); scissors; ball.

Rinse out a milk carton and cut away half of it to make a scoop. The carton can be decorated with stickers or motivational sayings. Have two players stand four feet apart from each other. One of them uses his scoop to toss the ball to the other player, who then catches it with his scoop, takes a small step backward, and returns the toss.

Paper Torch

Materials: paper towel rolls; red/orange/yellow tissue paper; brown construction paper; glue stick.

Create this mock torch to use in an opening parade at the “Go for the Gold” games.



Cover the paper towel roll with brown construction paper (use the glue stick to secure). Wad the tissue paper into an oblong shape with yellow on the outside, orange in the middle, and red on the inside. Twist one end of the wad so it can be pushed slightly into the opening of the paper towel roll.

Water Bottle Hand Weights

Materials: empty water bottles; stones/rocks to add weight.

Fill the bottles with colored beads, dried beans, or even water to add weight. Vary the levels and contents for desired heaviness, and then work your arm muscles!