PAWS OF SKILL

RATIONALE FOR ADVENTURE

In this adventure, Wolf Scouts will learn the importance of teamwork and good sportsmanship, as well as keeping themselves healthy and fit.

TAKEAWAYS FOR CUB SCOUTS

- Observation and listening skills
- Learning to follow instructions
- Helping each other as a team
- Being fair and respectful in competition
- Living the Scout Oath and Scout Law
- A Scout is helpful.

Wolf Handbook, page 274

ADVENTURE REQUIREMENTS

Complete at least requirements 1-4. Requirements 5-7 are optional.

1. Talk with your family or den about what it means to be physically fit. Share ideas of what you can do to stay in shape.
2. With your family or den, talk about why it is important to stretch before and after exercising. Demonstrate proper warm-up movements and stretches before and after each activity you do that involves action.
3. Select at least two physical fitness skills and practice them daily for two weeks. See if you can improve during that time.
4. With your family or your den, talk about what it means to be a member of a team. Working together, make a list of team sports, and talk about how the team works together to be successful. Choose one and play for 30 minutes.
5. With your den, develop an obstacle course that involves five different movements. Run the course two times and see if your time improves.
6. With your den, talk about sportsmanship and what it means to be a good sport while playing a game or sport. Share with your den how you were a good sport or demonstrated good sportsmanship in requirement 4.
7. Visit a sporting event with your family or your den. Look for ways the team works together. Share your visit with your den.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. These den meeting plans, when followed as written, meet the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

Meeting 2 will include a game of kickball or a similar team sport to be selected by the den and den leader. If your regular meeting location does not have access to an appropriate and safe space for the selected sport, you will need to make arrangements in advance for an alternative meeting location.

Meeting 3 will be an outing to a sporting event. You will need to identify a sports event in your community and contact the team at least a month in advance to arrange a visit with one of the team's players or an expert on the sport before the event starts. In advance of the outing, confirm the outing plan with families, including transportation and any additional items they need to bring. Make sure activity consent forms are distributed and signed.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Poster board or whiteboard and marker (Talk Time)
- Jump ropes—one to three, depending on the size of the den (Activity 2)
- A copy of the *Wolf Handbook* for each Scout. Provide extra printed copies of the fitness log in the *Wolf Handbook* for requirement 3 in case some Scouts do not have their handbooks.
- Obstacle Course materials for Activity 2, such as: a table or bench; 6-foot-long 2x4 board for a balance beam; small balls or beanbags and a bucket; 1 pool noodle and 2 cinderblocks; a tunnel made from a long, wide box; several hula hoops; a sprinkler; plastic cones; playground balls or balloons (Check for latex allergies.)

GATHERING: STRETCHES

Have the Wolf Scouts do some stretching exercises until everyone has arrived for the meeting. (See suggestions in Meeting 1 Resources.)

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Optional opening: Stand in a circle, allowing a small circle of space around each Scout. Recite the Scout Oath, and tell Wolf Scouts that when they say the phrase "To keep myself physically strong," they should each silently take a still pose (like a statue) that shows an activity that could keep them physically strong. For example, Scouts who like baseball could show a pose depicting a batter swinging or a pitcher throwing. Have Scouts pause for a moment in their poses before continuing with the Scout Oath.

TALK TIME (Requirement 1)

- Introduce the Paws of Skill adventure to the den. Lead a conversation about ways to maintain physical fitness. Emphasize the importance of regular exercise and a nutritious diet, and give each Cub Scout an opportunity to name some healthy foods and activities.
- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.
- As a lead-in to Activity 1, talk about the importance of warm-up stretches before an exercise workout, sports game, or other physical activity.

ACTIVITIES

◇ Activity 1: Warm-Up and Exercise Stations (Requirement 2)

- Have the Scouts perform warm-up stretches for several minutes before starting this workout to get their hearts ready for activity and to loosen their muscles so they can avoid injury. (See the *Wolf Handbook* for examples of these exercises.)
- Set up exercise stations so the Scouts can practice the following with the den chief's assistance and supervision: jumping jacks, sit-ups, push-ups, and jumping rope.
- To finish, the Scouts should spend a few minutes cooling down with the same slow stretches they practiced before the workout.
- Have Scouts look at the requirement 3 exercise log in the *Wolf Handbook.* Each Scout should decide on two exercises to do daily at home during the next two weeks. They will keep their logs updated and bring them to share at Meeting 3 (the den outing).

◇ Activity 2: Obstacle Course (Requirement 5)

- Have the den develop and run an obstacle course that involves five challenging movements. Use the suggestions in the *Wolf Handbook,* or try a few of these:
  - Forward rolls or long jumps
  - Crawling through a box tunnel
  - Walking along a balance beam
  - Jumping like kangaroos with a ball or balloon between their knees
  - Tie five hula hoops together and lay them on the ground. Have everyone run through, putting one foot in each hoop.
  - Hurdle jump: Loop a pool noodle over the ground by sticking the two ends in cinderblocks.
  - Crab walk: Have Scouts sit on the ground and then rise with their backs parallel to the surface, moving backward on their hands and feet.

CLOSING

- Have the Wolves form a friendship circle: All arms are crossed with each person extending their right arm over their left and grasping the left hand of the person beside them.
- Starting with the denner and moving right, have Wolf Scouts say which exercises they plan to do at home.



Do-at-Home Project Reminder:

Scouts will need to practice the two selected fitness skills every day for two weeks. Remind Scouts that they should always start and finish their home workout sessions with the warm-up/ cool-down exercises.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1, 2, and 5.
- Work together to clean up the meeting place.
- Prepare thank-you notes for the Wolves to sign at the next meeting for anyone who will be helping with the den outing.

MEETING 1 RESOURCES

GATHERING: STRETCHES

Feel free to substitute with other stretching exercises if you wish, but here are a few suggestions.

Reach for the Sky

1. Stand straight and tall.
2. Stretch your right hand with your fingers spread open toward the sky.
3. Bend to your left side and let your right hand stretch over your head, reaching and stretching to your left side.
4. Count to 10 while slowly breathing in and out.
5. Repeat with your left hand while leaning to the right.

Picking Cherries

1. Stand with your feet spread apart.
2. Bend over and touch the floor in front of you.
3. Touch the floor immediately between your legs.
4. Touch the floor behind your legs.
5. Stand up and clap your hands.
6. Repeat.

Reach Out

1. Sit on the floor with your legs spread apart.
2. Reach with both hands and try to touch your right foot.
3. Stretch as far as you can, straight between your legs. (Can you touch your chest to the floor?)
4. Reach with both hands and try to touch your left foot.
5. Repeat.

The Lean Back

1. Get on your knees, keeping your thighs in a vertical position.
2. Put your arms out straight in front of you.
3. Lean back as far as you can and hold the position for 5 seconds.
4. Relax for 5 seconds.
5. Repeat.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- 1 kickball and 4 bases or other equipment needed for other sport options to be selected by the den (Activity 1)
- Thank-you cards for the den outing
- Confirm that the meeting location has an appropriate space for the selected sport and that the den has permission to use that space.

GATHERING

- As Scouts arrive, have them do the stretching exercises they learned at the last meeting as preparation for their game of kickball.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME (REQUIREMENT 6)

- Carry out business items for the den.
- Allow time for sharing among Cub Scouts. Focus part of the time on how each Cub Scout's daily exercise routine is going.
- Have the den work together to make a list of team sports and talk about specific ways that various sports teams work. Discuss good sportsmanship, doing your best, and how it feels to be part of a successful team. Have the team select a sport to play, such as kickball, for which the leader has appropriate space and equipment.

ACTIVITIES

◇ Activity 1: Kickball (Requirement 4)

- Divide the den into two teams and have them play a game of kickball for half an hour (see Meeting 2 Resources for directions). This will complete requirement 4.
- Make sure the Scouts follow these tips to ensure good sportsmanship:
  - Play by the rules.
  - Be courteous to everyone.
  - Cheer for good plays.
  - Try your best.
  - Play to have fun.
  - Shake hands in midair after the game or give high-fives or fist bumps.

CLOSING

- Have the Wolves form a friendship circle. Remind them of how they practiced good sportsmanship during their game of kickball.
- Starting with the denner and moving right, have Wolves each mention one way they and the others played like good sports.
- Confirm plans for the following meeting's den outing to a sporting event. Make sure all transportation needs are covered and that all Scouts and parents know the plans.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 4 and 6.
- Work together to clean up the meeting place.
- Have Scouts sign thank-you notes for anyone who helps with the outing.

MEETING 2 RESOURCES

ACTIVITIES

◇ Activity 1: Kickball

- Similar to baseball, the object is to kick the ball and run around the bases without being tagged out.
- Arrange the four bases like a baseball diamond. Divide the Scouts into two teams, and toss a coin to decide which team kicks first. The other team (the fielding team) selects a pitcher, and the pitcher's teammates go to the field and stand ready to play.
- The pitcher rolls the ball to a kicker on the offensive team, who kicks it into the outfield and tries to run the bases. If the ball is caught before the kicker reaches first base, they are out. If the ball is caught and thrown to a field player near first base who catches it while touching the base, the kicker is forced out.
- A kicker can also be tagged out if a field player holding the ball tags them or if a player throws the ball and hits them while they aren't touching a base. If a thrown ball misses them, they may only run to the next base.
- After three outs, the teams switch places. A team gets one point for having a runner make it all the way around the bases and back to home base.

MEETING 3 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- Confirm that all have the date and time, meeting place, and directions for the outing. Make sure you carry a list of contact numbers for the Scouts and all adults going to the facility. Make sure everyone has their tickets, if required, and collect their signed activity consent forms.
- The unit den leader should bring a copy of the *Guide to Safe Scouting*.
- Bring the thank-you notes the Scouts signed.

GATHERING

While waiting for everyone to arrive for the sporting event, have the Scouts sit in a circle and play "My Cubmaster Cooks."

- One Scout starts the game by saying, "My Cubmaster cooks apples (or some other food that starts with an A) on the campfire."
- The Scout to the right repeats this and adds something that starts with B, such as "beets" or any other silly thing like "bats" or "bears."
- As the game goes around the circle, each Cub Scout in turn must repeat everything that has been named before and add a word that starts with the next letter of the alphabet.
- Continue passing the sentence around the circle until the game has gone through the entire alphabet. Eventually it will sound like: "My Cubmaster cooks apples, bugs, crickets, donkeys, elephants, . . . and zebras on the campfire."

OPENING

- Assemble the group, and review any conduct rules and the buddy system.
- Say the Pledge of Allegiance.
- Ask the Cub Scouts in your den to name points of the Scout Law they will demonstrate during the outing (friendly, courteous, etc.).

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.
- If one or more of the team players or another expert on the sport will be speaking to the den, review the Scouts' questions to make sure all are appropriate.
- Collect the activity logs Scouts recorded at home and give them time to share about exercises they did.

ACTIVITIES

◇ Activity 1: Visit to a Sporting Event (Requirement 7)

- Invite the speaker(s) to introduce the Wolf Scouts to the facility, the team, or anything else they want to share (e.g., interesting facts or a demonstration by the team).
- When all questions have been answered or after the outing, make sure the Wolves give their thank-you cards to the speakers and anyone else who helped out.
- During the event, tell the Scouts to observe how the athletes warm up and how they cool down after their activities. If the Cub Scouts are watching a game, make sure they observe how the players work together on both teams.

CLOSING

Have the Wolves form a friendship circle. Starting with the denner and moving right, Scouts will each share one way they saw teamwork in action during the event.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 3 and 7.

Upon completion of the Paws of Skill adventure, your Wolves will have earned the adventure loop shown here. Make sure they are recognized for their completion by presenting the adventure loops, to be worn on their belts, as soon as possible according to your pack's tradition.

