



# January 2016





# Trustworthy

# January 2016 Den Meetings Advancement

# Trustworthy/Being Active/Healthy Food Choices page 1

#### **Tiger Rank Advancement**

#### **Tiger Adventures:**

#### **Games Tigers Play**

4. - Find out how being active is part of being healthy. While at a sporting event, ask a player or coach why he or she thinks it is important to be active. (*partial Home assignment*).

#### **Tiger Bites**

- 1. Identify three good food choices and three foods that would not be good choices.
- 2. Show that you know the difference between a fruit and a vegetable. Eat one of each. (partial Home assignment.)
- 3. With your adult partner, pick a job to help your family at mealtime. Do it every day for one week. (*Home assignment*)

#### **Wolf Rank Advancement**

#### **Wolf Adventures:**

#### **Running with the Pack**

- 1. Play catch with someone in your den or family who is standing 10 steps away from you. Play until you can throw and catch successfully at this distance. Take a step back, and see if you can improve your throwing and catching ability.
- 2. Practice balancing as you walk forward, backward, and sideways.
- 3. Practice flexibility and balance by doing a front roll, a back roll, and a frog stand.
- 4. Play a sport or game with your den or family, and show good sportsmanship.
- 5. Do at least two of the following: frog leap, inchworm walk, kangaroo hop, or crab walk.
- 6. Demonstrate what it means to eat a balanced diet by helping to plan a healthy menu for a meal for your family. Make a shopping list of the food used to prepare the meal.4 Play a sport or game with your den or family, and show good sportsmanship. (partial Home assignment.)

#### **Paws of Skill**

- 1. Talk with your family and den about what it means to be physically fit. Share ideas of what you can do to stay in shape.
- 2. With your 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. See if you can improve over a two-week period.
- 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.

With your den, talk about sportsmanship and what it means to be a good sport while playing a game or a sport. Share with your den how you were a good sport or demonstrated good sportsmanship in requirement 4.

6. Visit a sporting event with your family or your den. Look for ways the team works together. Share your visit with your den. (*Home Assignment*.)

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#### **Bear Rank Advancement**

None

#### Webelos/Arrow of Light Rank Advancement

### Webelos /Arrow of Light Adventure: Stronger, Faster, Higher

Do all of these:

- 1. Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.
- 2. Do these activities and record your results:
  - a. 20-yard dash
  - b. Vertical jump
  - c. Lifting a 5-pound weight
  - d. Push-ups
  - e. Curls
  - f. Jumping rope
- 3. Make an exercise plan that includes at least three physical activities. Carry out your plan for 30 days, and write down your progress each week. (*partial Home assignment*.)
- 4. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weight lifting, and running. Time yourself going through the course, and improve your time over a two-week period.
- 6. Try a new sport you have never tried before.

# January 2016 – Den Meetings

# Trustworthy/Being Active/Healthy Food Choices

# Materials List, page 1

Week 1	Leader	All Boys		Ea	ch Boy	Comments	
	Kit		Tiger	Wolf	Bear	Webelos	
Flag	Х						
Pencils	Х						
Stopwatch (or way to time minutes and seconds)	Х						One or two per parapro
Adhesive notes					Х	Х	One for each Webelos/Arrow of Light Scout
Jump ropes	Х						5-6 per parapro
5 lb weight (milk jug that is 2/3rds full of water)	Х						3-5 per parapro
Measuring tape (to measure vertical jump)	Х						One per parapro
COPIES							
Exercise Crossword Puzzle		Х					
Paws of Skill Charts			Х	Х			
Stronger, Faster, Higher Charts					Х	Х	
Fit for Life Closing word strips							1 copy per parapro
Home assignment – Tiger			Х				2 per sheet
Home assignment - Wolf				Х			2 per sheet
Home assignment – Webelos						Х	2 per sheet

Week 2	Leader	All Boys		Eac	ch Boy	Comments	
	Kit		Tiger	Wolf	Bear	Webelos	
Flag	Х						
Pencils	Х						
Scissors	X						
COPIES							
Food Search		Х					
The Food Game - cards							One set for each 6-8 Cub Scouts
Home assignment – Tiger			Х				2 per sheet
Home assignment - Wolf				Х			2 per sheet
Home assignment – Webelos						Х	2 per sheet

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## Materials List, page 2

Week 3	Leader Kit	All Boys		Ea	Comments		
			Tiger	Wolf	Bear	Webelos	
Flag	Х						
Pencils	Х						
Balls to bounce							1 ball for every 10-15 Cub Scouts
Beanbags							1 beanbag for every 10-15 Cub Scouts
COPIES							
Hidden Pictures: Tug of War Fun		Х					
TEAM Opening Cards							One set per parapro
Home assignment – Wolf				Х			2 per sheet

Week 4	Leader	All Boys	Each Boy				Comments
	Kit		Tiger	Wolf	Bear	Webelos	
Flag	Х						
Pencils	Х						
Any color construction paper							6 sheets per group of 20 Cub Scouts
Masking tape	Х						
Tennis balls							1 per 20 Cub Scouts for soccer; more needed for practicing throwing
Larger balls for throwing							5-6 total
Cones							4 per 20 Cub Scouts
COPIES							
I've Got that Cub Scout Spirit song sheet		Х					
A Smile Closing word strips							One copy per parapro