



APRIL ROUNDTABLE

Core Value for May: Health and Fitness



PREOPENING (15-30 MINUTES)

Displays.

- Parking Lot and cards for questions where participants have easy access to them.
- Book of the month: *Cub Scout Academics and Sports Program Guide*, No. 34299.
- Some Cub Scout Sports belt loops and pins, and the Academics and Sports letter.
- Examples of recognition items for a sports day.
- Various sports equipment and posters.
- The roundtable commissioner and staff members might wear their favorite sports uniform. The commissioner carries a whistle.

Registration. Register arriving Cub Scouters. Use special name tags for first-timers so that they are easily recognized. Explain about the Parking Lot to newcomers. Name tags could look like sports equipment.

Activity. Play Healthy Habit Trading Cards (page 53).

GENERAL MEETING

Opening Ceremony (3 minutes)

Conduct The Fitness Pledge (page 53).

Prayer (1 minute)

A preselected staff member or participant leads a prayer.

Welcome and Introductions (5 minutes)

The roundtable commissioner welcomes everyone and asks roundtable first-timers to stand and be recognized. He or she then introduces the Core Value for May.

Health and Fitness: Being personally committed to keeping our minds and bodies clean and fit. By participating in the Cub Scout Academics and Sports program, Cub Scouts and their families develop an understanding of the benefits of being fit and healthy.

Song (3 minutes)

Lead participants in singing "Cub Scout Sports" (page 53).

SPORTS WORKSHOP

Introduction (2 minutes)

The roundtable commissioner explains that the first half of the workshop will be about a pack sports day and recognition items. The second half consists of sports stations.

General Session: Pack Sports Day (28 minutes)

Part 1: Organization. Using the *Cub Scout Academics and Sports Program Guide* as a resource, facilitate a discussion on planning and running a pack sports day. Refer to the Cub Scout Field Day section in the *Cub Scout Leader How-To Book* as an additional resource. Discuss site, facilities, program, equipment, refreshments, and leadership roles. Include in the discussion ways to involve family members. Ask experienced leaders to share their ideas on "Dos and Don'ts." Point out that a sports day is an excellent opportunity to invite prospective Cub Scouts and their families.

Remind leaders the need for an alternate plan in case of inclement weather. Review the role of parents, and stress the importance of discussing it with the adults prior to the event. Refer to the Young Athletes' Bill of Rights found in the *Cub Scout Academics and Sports Program Guide*. Hand out The Role of Parents in Sports Cards (page 54).

Part 2: Recognition. Discuss creative ways to recognize all who participated in a pack sports day. Show Edible Gold Medals (page 54) as an example. Demonstrate the recognition ceremony, Winners (page 53), as a way to incorporate rank advancement in the award ceremony. Remind leaders to complete the paperwork after the sports event so that the boys can be awarded their belt loops at the following pack meeting. Show examples of belt loops.

Separate Sessions (34 minutes)

Set up about six stations, and invite participants to visit some of them to familiarize themselves with the various sports. Arrange for volunteers to run each station, where they can offer tips on running that sport. They explain the basic rules, necessary equipment and ideas on where to obtain it, and safety concerns. Where possible, have participants try some basic skills. Make sure the focus is on helping the participants feel comfortable enough to run a sports event and guide the Cub Scouts in earning the belt loops in a fun way. Every 10 minutes, the commissioner blows a whistle, signaling that people go to another station of their choice.

CLOSING

Announcements (5 minutes)

Spokespeople for the events make announcements.

Questions and Answers (5 minutes)

Go over the questions posted on the Parking Lot.

Closing Ceremony (3 minutes)

Conduct Health and Cub Scouting (page 53).

Commissioner's Minute (1 minute)

"The world has many people in it who think it is a national calamity if they lose a contest. They lose their temper and act like bad sports. A good sport will do his best and, if he loses, look to the next game to do better and try to win. A Cub Scout leader should remember to be a good sport. You cannot always have your way, but if you learn to let some things run off you like water off a duck's back, you will be a lot happier. The important thing is to do your best."

AFTER THE MEETING

Refreshments and Fellowship

Serve a vegetable platter with Sunshine Lemonade (page 54).

Staff Meeting

Thank the staff members and volunteers for their part in tonight's program. Review plans for next month's roundtable.