RATIONALE FOR ADVENTURE
This adventure will promote physical fitness and good health through games and other fun activities.

TAKEAWAYS FOR CUB SCOUTS
• Activities increase our level of fitness and make us feel better about ourselves.
• Good sportsmanship is just as important as skill in sports and active games.
• Choosing nutritious foods will help you live an active life.
• A Scout is friendly.

ADVENTURE REQUIREMENTS
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.

NOTES TO DEN LEADER
If a physician certifies that a Wolf Scout’s physical condition will prevent him from completing one or more of the requirements in this adventure, for an undetermined period of time, the Cubmaster and pack committee may authorize substituting up to three requirements from elective adventures.

The Meeting 3 activity will be a game chosen by the boys. Make sure all the needed materials are there, and if the game requires special equipment or a large playing field, contact a nearby school, community college athletic department, or the local parks and recreation office for assistance.

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
• Two or three balls for playing catch (Gathering)—Choose a size and shape based on the den’s playing area and skill level. Options could also include beanbags or stuffed animals.
• Find a 6-foot-long 2 x 4 board to serve as a balance beam.
• Items for the “Under the Broom” game:
  — One broomstick or pole
  — Enough books to build two stacks about three feet in height and level with each other. You should be able to remove a few books from the stacks for each round of the game, while still keeping the stacks at an even level.
GATHERING (REQUIREMENT 1)

- As Wolf Scouts arrive, divide them into two or three groups to play catch, counting how many throws each group can achieve without the ball being dropped.
- At first, have the boys stand 10 steps away from each other; after a few throws, they should step back to make the game a little more challenging.
- Remind them that a Scout is friendly; it is important that all the boys participate, and no one feels left out.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and, as appropriate, the Scout Oath and Scout Law.
- Have Scouts share one way to demonstrate good sportsmanship.

TALK TIME

- Introduce the Running With the Pack adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.
- Explain that the Gathering game was not only fun to play but also a way to improve physical fitness through practice. Go over the requirements for this adventure, assuring the boys that it will be full of activity and that everyone will learn ways to keep themselves healthy and fit.

ACTIVITIES

◆ Activity 1: Balance and Flexibility Games (Requirement 2)

Divide the den into two groups. One group will practice on the balance beam—walking forward, backward, and sideways. The other group will play “Under the Broom”:

- Build two stacks of books about three feet high and at least three feet apart. Lay a broomstick or pole across them. The Scouts line up, and each boy crawls under the broomstick, then returns and goes to the end of the line. When everyone has crawled through, remove one or two books from each stack to lower the broomstick, and try again.
- After a few rounds, let the two groups switch places; both the balance beam and “Under the Broom” will help them develop flexibility.

◆ Activity 2: Planning a Nutritious Meal (Requirement 6)

- Ask Scouts to share why eating nutritious foods is important. Can they think of any nutritious foods they enjoy eating?
- Guide them to look under requirement 6 in their handbooks to learn more about some nutritious food options. Explain that they will be working with their families during the week to choose and prepare a meal. Scouts should be ready to share about their meals, including what was hard, easy, fun, or surprising, at the next meeting.
Activity 3: Skin the Snake

- This team-building game begins with Scouts lined up single file. The boy at the back of the line stoops over, places his right hand between his legs, and with his left hand grasps the right hand of the player in front of him. The others do the same until everyone is connected.

- Next, the player at the end of the line lies down on his back. The Scout in front of him backs up by straddling and walking over his body; then that Scout lies down, too, placing his feet next to the other boy’s shoulders.

- All the players follow this same pattern, without anyone unclasping hands. Then the last one to lie down gets up and walks forward, straddling all the other players and pulling them up, too, as he goes. This resembles a snake shedding its skin.

- Finally, if time and resources allow, have the boys play a running and jumping game (e.g., basketball or running an obstacle course).

CLOSING

Emphasize that the boys showed “A Scout is friendly” during this meeting by making sure all their friends participated and no one felt left out of the games.

Do-at-Home Project Reminder:

Tell Scouts to complete requirement 6 at home, helping to plan a healthy meal for their family based on what they have learned about eating a balanced diet. They should make a shopping list for this meal, and bring the list to the next meeting.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1 and 2.
- Work together to clean up the meeting place.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- 1 large sheet of paper or poster board per Scout (Opening)
- Materials for the relay game (Activity 2)
  - Two balls of equal weight and size
  - 6-foot-long 2 x 4 board to serve as a balance beam
  - 1-foot-tall objects to serve as obstacles
  - Cones or markers to define start and endpoints of the race
  - Buckets
- Large poster board and markers (Talk Time)

GATHERING (REQUIREMENT 5)

- As Scouts arrive for the meeting, have the den chief, assistant den leader, or a parent show them how to do the frog leap, inchworm walk, kangaroo hop, and crab walk (see Meeting 2 Resources). Make sure each boy practices at least two of the exercises.

- Using paper or poster boards, have each boy create a sign he can hold up during the opening ceremony (see Opening).
OPENING
• Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and, as appropriate, the Scout Oath and Scout Law.
• Simulate an international athletic event opening ceremony by having each boy carry in a sign announcing who he represents. This can indicate his country of ancestry, family name, street, or school.

TALK TIME
• Carry out business items for the den.
• Allow time for sharing among Cub Scouts.
• Explain that the skills they practiced during the Gathering will help them play the “Running with the Pack” relay game.
• Ask Scouts to offer examples of good sportsmanship. Write their answers on a poster board. (Note: This board will be used again in Meeting 3.)
• Have each Scout who completed requirement 6 at home share the shopping list and other information about the healthy meal he planned and prepared for his family.

ACTIVITIES
◆ Activity 1: Balance and Flexibility Exercises (Requirement 3)
Have the boys practice doing front rolls, back rolls, and frog stands. (See Meeting 2 Resources.)
◆ Activity 2: “Running with the Pack” Relay Game
• Play the relay game. (See instructions in Meeting 2 Resources.)
• After the game, discuss the good sportsmanship examples the boys provided during Talk Time. Remind them that a Scout is courteous to all others, and ask if they demonstrated this quality by practicing good sportsmanship during the relay game. If they had trouble being good sports, lead a reflection about what could have gone better and why good sportsmanship is important.

CLOSING
• Say the Scout Oath together. Tell Wolf Scouts that when they did the Gathering exercises and played the relay game, they were having fun but also living out their promise to keep themselves “physically strong.” Also, when they practice good sportsmanship, they show that “a Scout is friendly” and “a Scout is courteous”—two points of the Scout Law.
• Have everyone vote on a game to play as the activity at Meeting 3. Give them three choices (e.g., basketball, badminton, ultimate, bowling, volleyball, etc.).
• If Meeting 3 will be held at a different location to play the game, make sure all arrangements and transportation plans are set.

AFTER THE MEETING
• Serve refreshments, if desired.
• Record completion of requirements 3, 5, and 6.
• Work together to clean up the meeting place.
GATHERING (REQUIREMENT 5)

Inchworm Walk

- Each boy supports his body on his hands and feet with his legs extended behind him. Keeping his hands in place, he walks on his toes with short steps until his feet are near his hands.
- Then, without moving his feet, he walks forward on his hands with short steps until his original position is attained.
- He repeats the exercise, alternately walking on his toes and hands.

ACTIVITIES

◆ Activity 1: Balance and Flexibility Exercises (Requirement 3)

The front roll, back roll, and frog stand will help Wolf Scouts in testing and improving their ability to keep their balance and be flexible. Boys may have a little difficulty with these exercises, but they should “do their best.”

◆ Activity 2: “Running with the Pack” Relay Game

- Set up the “Running with the Pack” relay course with signs to indicate what the players should do along the way. For example: Start, front roll, walk the balance beam, back roll, go under the broom, jump on both feet over a 1-foot-tall obstacle, crab walk, frog leap, and toss a ball into a bucket.
- Have the den chief or an adult leader demonstrate how to go through the course. Then divide the Scouts into two teams—lined up one boy behind the other. Each boy, in turn, follows the course to the end. After he finishes, he runs back and tags the next boy in line. When everyone on a team has completed the course, the team members shake hands and do their cheers. If time permits, have everyone try the course again to see if they can improve their time.
MEETING 3 PLAN

PREPARATION AND MATERIALS NEEDED
- U.S. and den flags
- Equipment for the game the boys selected
- The sportsmanship poster board the den filled out at Meeting 2
- Confirm that a tour and activity plan has been submitted, if required, and that transportation to and from the event is in place. Secure signed activity consent forms.
- Unit den leader should have in possession (if required by local council practices) the tour and activity plan and a copy of the Guide to Safe Scouting.

GATHERING
As Scouts arrive, have them practice the skills they will use in the game.

OPENING
Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and, as appropriate, the Scout Oath and Scout Law.

TALK TIME
- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.
- Remind them that the fun they’re having in this adventure is also a great way to keep healthy and fit.
- Review the sportsmanship board the den created at Meeting 2, and make sure everyone knows the rules of the game they are about to play.

ACTIVITIES (REQUIREMENT 4)
Have the den play the selected game, using good sportsmanship.

CLOSING
Lead the den in the Blast-Off Cheer. Tell the Scouts: “Prepare to blast off. Coil your body and then count down from 10 to zero. At zero, yell, ‘Blast off!’ and jump as high into the air as you can. Land on your feet and yell, ‘We did our best!’”

AFTER THE MEETING
- Serve refreshments, if desired.
- Record completion of requirement 4.
- Work together to clean up the meeting place.

Upon completion of the Running With the Pack 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.