Assembled Den Meeting Plan – BEAR (3rd Grade)

This ***Assembled* Den Meeting Plan** combines ideas from Bear Den Meeting Resources found at Scouting.Org or from the requirements themselves, into the parts of a quality Den Meeting, which are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, followed by a series of activities, ideally alternating quiet and energetic fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) …



Bear – 3rd Grade

Bear Strong

A "Personal Fitness" Adventure

REQUIRED (An Adventure "Required" to earn the Rank of Bear)



Snapshot of Adventure: In the Scout Oath, Scouts promise to keep themselves physically strong and mentally awake. Personal fitness is about keeping your body strong by eating right and exercising, but it also means getting rest and exercising your mind by reading, solving problems, or listening to music.

The QR Code above takes you to scouting.org/cub-scout-adventures/bear-strong/

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas. For more, see the Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

Requirements from the Bear Handbook

1. **Sample food from three of the following food groups: protein, vegetables, fruits, dairy, and grains.**
2. **Be active for 30 minutes with your den or at least one other person that includes both stretching and moving.**
3. **Be active for 15 minutes doing personal exercises that include cardio, muscular strength, and flexibility.**
4. **Do a relaxing activity for 10 minutes.**
5. **Review your Scouting Annual Health and Medical Record with your parent or guardian. Discuss your ability to participate in den and pack activities.**

Meeting Plan

Does this take one Meeting to complete – or more? It's up to you! As written, you can do this in a single 60 minute session (easily), but there's lots of food choices and fun games to play if you want a sequel or two.

PREPARATION (and materials needed): Read the Bear Strong adventure in the Bear Handbook.

- Key Advance Decisions are: what kinds of food and what kinds of group activities.
  - For Activity/Requirement 1, select the foods you'll bring to sample. It's OK to bring more than 3 kinds.
    - Don't forget plates, napkins and serving tools (toothpicks work), and a knife for you to slice foods.
  - For Activity/Requirement 2, pick what activity you'll do "*for 30 minutes … that includes both stretching and moving.*" Could be soccer, kickball, basketball, baseball, bike ride, jump rope … or what you like.
- The Personal Exercise and the Relaxing Activity (Reqs. 3 + 4) could be done with no additional materials.
  - But they may be more fun if you bring balls or discs for games and a music player.
- Send families the Scouting Annual Health and Medical Record (the "All Scouting Events" version), and ask them to complete the Health Record for their Scout and send it to you.
  - Tell families that they should review this with their Scout.

GATHERING: A "gathering" activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources*.

- Use gathering time to connect with adults and "share the leader load": everyone can help with something! A good approach is for different parents (or teams) to share the "lead" of parts of the Adventure below.

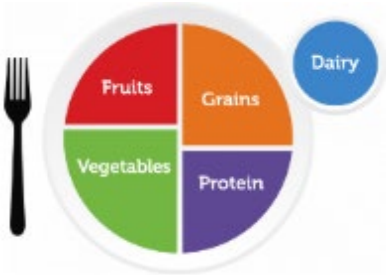
OPENING: (Parent leader: _____) An Opening ceremony says, "we've begun" and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

ACTIVITIES (See also other Activities linked at Adventure Resources – use those if you like them):

◆**Activity Intro:** (Parent leader: _____) As you move into Activities, have some "talk time" where you (1) discuss today's Adventure activities (what you'll do, how you'll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share "what's new" with them and get to know each other better.

◆**Activity 1: Snacking on the Food Groups (Requirement 1: "***Sample food from three of the following food groups: protein, vegetables, fruits, dairy, and grains.***")** (Parent leader: _____)



- Lots of different ways to do this: the Adventure Resources offer Apple Delights, Fiesta Pizza, and Fun and Food activities.
- But **what you bring from Fruits, Vegetables, Grains, Protein, and Dairy is up to you** – as is how you'll prepare and share.

◆**Activity 2: Group Exercise (Requirement 2: "***Be active for 30 minutes with your den or at least one other person that includes both stretching and moving.***")** (Parent leader: _____)



Your activity could be from the Adventure Resources which has tips for Basketball, Tennis, and Ultimate Frisbee (*our favorite!*), but the den might want to do something different, like a bike ride, soccer, kickball, baseball, jump rope, obstacle course, badminton, pickleball, or others.

- Whatever you do, be sure you have the gear to do it plus necessary safety gear and if your Scouts need instruction, be ready to provide!
- Have your Scout perform warm-up stretches for several minutes before starting this workout.
  - That will help get your hearts ready for activity and loosen your muscles so you can avoid injury.
  - You can do it too with your Scout!
- A 10-minute warm-up will get your heart ready for activity.
  - It will also loosen your muscles and help keep you from being injured.

Here are some examples of warm-up and cool-down stretches you can do – more in the Bear Handbook.






◆**Activity 3: Personal Exercise (Requirement 3: "***Be active for 15 minutes doing personal exercises that include cardio, muscular strength, and flexibility.***")** (Parent leader: _____)

- Your activity could be from the Adventure Resources which has tips for Fitness Expert (cool if you have one – parents who work out a lot could qualify!), Dance Grooves, and Energizing Workout.
- Personal exercises can include jumping jacks, sit-ups, pull-ups, running, or running in place.

Activity 4: Relax (Requirement 4: "*Do a relaxing activity for 10 minutes.*") (Parent leader: _____)

- Your activity could be from the Adventure Resources which has activity cards for Music, Reading, and Yoga.
- But your activity could just be *lying on your back in the grass and watching the clouds*.

Activity 5: Health Record (Requirement 5: "*Review your Scouting Annual Health and Medical record with your parent or guardian. Discuss your ability to participate in den and pack activities.*") (Parent leader: _____)

- Bring copies of the Scouting Annual Health and Medical Record (the "All Scouting Events" version) to share with families attending, and ask them to complete the Health Record for their Scout (if not already done).
- Explain that it is important to have a Health Record in case something happens to you, and you can't explain your own health issues to a doctor, nurse or other caregiver like a Cub Scout Leader. For example:
  - Are you allergic to anything? What medicines are you on?

CLOSING: A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a "Living Circle".

AFTER THE MEETING: Clean up as needed. Share refreshments if that's what you like.

Upon completion of this Adventure, your Bears will have earned the Adventure Loop for it. 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. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

ADVENTURE RESOURCES: Den Meeting Resources and "Activity Card" options for this Adventure are found at https://www.scouting.org/cub-scout-adventures/bear-strong/. Those resources include the Snapshot of Adventure (included above), a "Safety Moment" of tips and links about doing this safely, and, for each Requirement, one or more "Activity Cards" you can click on for an activity to complete the Requirement.

Those "Activity Card" pages are linked below – along with the "Key" scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How "Supply Intensive"; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being "most". Note that while that website page says "Choose one of the following" before the "Activity Cards", what that means is "Choose one of the following – *or do some other activity that will meet the Requirement*", because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what's below or other ways to complete the requirement in easier ways.

1. **Sample food from three of the following food groups: protein, vegetables, fruits, dairy, and grains.**
   - Apple Delights (Indoor; **2** of 5 Energy; **3** of 5 Supplies; **2** of 5 Prep Time)
   - Fiesta Pizza (Indoor; **2** of 5 Energy; **3** of 5 Supplies; **2** of 5 Prep Time)
   - Fun and Food (Indoor; **2** of 5 Energy; **3** of 5 Supplies; **2** of 5 Prep Time)
2. **Be active for 30 minutes with your den or at least one other person that includes both stretching and moving.**
   - Basketball Challenge (Travel; **5** of 5 Energy; **3** of 5 Supplies; **2** of 5 Prep Time)
   - Tennis Titans (Travel; **5** of 5 Energy; **3** of 5 Supplies; **2** of 5 Prep Time)
   - Ultimate Frisbee (Outdoor; **5** of 5 Energy; **3** of 5 Supplies; **2** of 5 Prep Time) – see next page for more on Ultimate, especially for Cub Scouts and new players
3. **Be active for 15 minutes doing personal exercises that include cardio, muscular strength, and flexibility.**
   - Dance Memory Grooves (Indoor; **5** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - Energizing Workout (Indoor; **5** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - Fitness Expert (Indoor; **5** of 5 Energy; **1** of 5 Supplies; **5** of 5 Prep Time)
4. **Do a relaxing activity for 10 minutes.**
   - Listening to Music (Indoor; **1** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - Reading Escape (Indoor; **1** of 5 Energy; **2** of 5 Supplies; **1** of 5 Prep Time)
   - Yoga Salutation (Indoor; **3** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
5. **Review your Scouting Annual Health and Medical record with your parent or guardian. Discuss your ability to participate in den and pack activities.**
   - Scouting Health & Medical Record Review Bear (Indoor; **1** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)

Ultimate. The game is like football with a frisbee (except that the "quarterback" can't run), but with the "flow" of soccer or basketball (everyone "away from the disc" is in motion, waiting to catch or intercept the disc). For younger or new players, use a nylon (soft) disc – it still throws, but is easier to catch (especially in the teeth).

Playing Field. The field is set up like a football field:
- There is an "end zone" and "out of bounds" on each side.
- Mark the "end zone" to be deep enough for players to get free and catch.
- The Ultimate Frisbee activity card says the field is 70 yards long and 40 yards wide, with end zones 20 yards deep – but you can adjust the size to fit your space.

To start the game, teams line up on their own 20 or 30 yard line.
- One team "kicks off" to the other by throwing the frisbee as far down the field as they can.
- The receiving team now has control of the frisbee (whether they catch or not).

When a team has control of the frisbee, they pass it from teammate to teammate working it up the field to cross the goal line and score.
- Whoever has the disc is like the quarterback – but **you can't "run with it"**.
- If you catch while running, you have to stop as soon as you can.
- Everyone else on the thrower's side becomes a "receiver" trying to get "open" to catch the disc.
- Catching the disc in the end zone scores a point.
- The scoring team then kicks off to the other team, and it all starts again.

Turnovers happen in three ways:
- If an opposing team member intercepts the frisbee.
- If the frisbee is caught "out of bounds" (Cub rules will be lenient on this!).
- Whenever the frisbee hits the ground.

This can cause confusion for players new to the game. If a player throws the frisbee and it is not caught, it is immediately controlled by the other team going the other direction. *Knocking the frisbee down is just as good as intercepting it.*
    - If a defender tries to intercept, but drops it, it is still a turn-over and that team now controls the frisbee.
    - If the thrower takes too long to throw (say, a 10 or 15 second rule – be lenient for new players).

There is no contact allowed!
- Either "on the disc" or away from the disc (no grabbing).
- The "regular" rule is that when a player has the frisbee, all players must give an arm's length of space so the frisbee holder can throw. But . . .
- . . . a good "Cub Scout Rule" or **a rule for new players is that no one can "cover" the thrower** – you have to cover only the receivers and give the thrower plenty of space (at least 5 feet).
  Otherwise, there's just too many turnovers – it is hard enough to throw without the distraction.
    - As the Cubs get better and older, this rule could be relaxed.
    - The price for the "no defender on the thrower" rule is the 10 or 15 second throw rule – the thrower can't hold on too long.

Referee and Rules – Ultimate Sportsmanship:
- Ultimate is a "no referee" game.
- The Players "call the rules" on each other.
- The goal is for Players to "call it fair" and for team members to encourage each other to do the right thing.