

AGENDA DEN 12
SEPTEMBER 20, 2022

Overview: Parents will conduct the business of planning the den meetings for the academic year while Den Leader Assistant Sharon Yun and Parent Janet Bivens will lead the scouts in requirements #1 and #2 of “Stronger, Faster, Higher”.

(Meeting structure based on the lesson plan for “Stronger, Faster, Higher” from the Webelos Den Leader Guide, pages 63 – 68. See also the Webelos Cub Scout Handbook “Stronger, Faster, Higher” for additional description of the activities)

Gathering

Flag ceremony

- seek volunteers to lead the pledge of allegiance, scout oath, and scout law
- Sharon and Janet will gather the scouts in a circle (see below) while the other parents conduct the business of planning the den meetings for the academic year.

As scouts arrive, Sharon and Janet will gather the scouts in a circle and then practice simple stretching exercises as described in the Webelos Cub Scout Handbook “Stronger, Faster, Higher” activity.

Then:

Scouts will then walk in a circle, facing right, at a moderate pace and perform a variety of things:

- walk forward at a quicker pace, swinging arms vigorously
- walk while making themselves as tall as possible with arms high over their heads
- walk while raising their knees as high as possible
- hop around the circle on two feet
- walk with knees slightly bent, holding their ankles
- walk with long strides, bending one knee with each step
- return to the moderate pace
- perform safe stretches

Scouts will perform and record the following activities: 20-yard dash, vertical jump, lifting a 5-pound weight, push-ups, curls, jumping rope.

- Have scouts partner up
- 20 yard dash. Record time
- jump as high as possible near a wall with chalk on fingers and touch the wall with fingers to measure height
- lift a five pound weight as many times as you can. Record the number
- do as many push-ups as you can. Record the number
- do as many curls as you can. Record the number
- jump rope as many times as you can. Record the number
- Perform safe stretches.

Closing

All parents and scouts gather together

- tell scouts that now they have an idea of how they can become stronger
- they should not feel bad about physical activities that are difficult for them. Rather, they should feel proud of the things they do well and proud of the goals they are setting for themselves. Being physically active makes us all feel better about ourselves, and it is part of the Scout Oath: “On my honor I will do my best ... to keep myself physically strong....”

- We will complete the additional requirements for Stronger, Faster, Higher at the next meeting(s)
- Serve refreshments if desired
- work together to clean up
- record completion of requirements 1 & 2