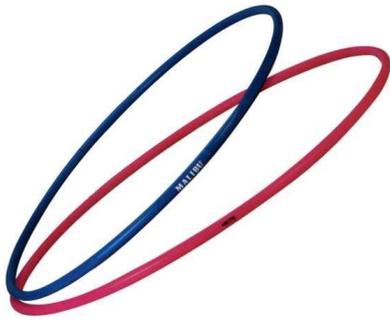


LET THE GAMES BEGIN



ACTIVITIES – Webelos - First Responder

WRIST WRAP RELAY

Divide the boys into two teams. Have a compression bandage for each team. Start by wrapping the first boy's wrist. What the first boy will do after you say "go" is take the bandage off and hurry up and wrap the next boy's wrist. The next boy takes off the bandage and wraps the next boy's and soon all the boys have had their wrist wrapped. The last boy must unwrap his wrist and then roll up the bandage. When this is done the game is over. Time this game for fun only.

WHO DO YOU CALL?

Label four areas of a room with 911, Police Department (non-emergency), Poison Control, and Fire Department (non-emergency). Prepare cards with situations (some emergency and some not). Give boys 3 seconds to decide which corner to go to. Give a point for each correct decision.

Example Situations:

Your brother drinks dish soap.

Your den would like a paramedic to teach basic first aid.

Your uncle collapses at a family gathering.

Your friend falls from his bike and cannot move his leg.

Your den would like a tour of the local police station.

Flames are coming from your neighbor's garage.

A car in front of your house hits a young child.

Your baby sister eats a bottle of aspirin.

FIRST AID KIM'S GAME

Equipment: Blanket or tarp; collection of 10 or more first aid items: gauze pads, bandages, splints, etc. Also 10 or more items not used in first aid: penny, photo, shoe, etc.

Spread all items on the floor and cover with blanket or tarp. Group teams around blanket, then remove cover for exactly 1 minute. Afterward, teams huddle separately and write down all first aid items they remember.

Scoring: Team with most complete list wins. Subtract 1 point for each non-first aid or absent item listed.

TWO-MAN CARRY RELAY

Scouts line up facing a post located 30 feet from the starting line.

Scouts on each team shall be numbered from 1 to 8.

On signal, Scouts #1 and #2 will carry Scout #3 with a four-hand seat carry (for conscious patient) up to and around the turn-around post and back to the starting line.

Scout #3 will then join with #4 to carry #5 around the course.

Then #5 will join #6 to carry #7 around, and finally #7 will join with #8 and carry #1 around.

If at any time a victim touches the ground, the Scouts transporting this victim must stop, re-form their carry, and continue.

The first team to make the full circuit with the four victims is the winner

WHAT'S WRONG WITH ME?

Write down several different accidents or afflictions. (example: a broken leg, a nose bleed, choking, shock, etc...) Place these in a hat and have the boys draw them out one at a time. The boy that drew will have to act out that particular problem. The first boy to identify the problem must show how to treat it, he now gets to pick and act out an accident.

Games for Tournament of the Knights

If possible, ask the Webelos den or dens to set up the following games and other fitness games in round-robin fashion for Scouts as they arrive.

Crossing The Moat

The object of the game is to cross the moat on the drawbridge (a two-by-four similar to a balance beam) without falling off.

A-mace-ing

This is a medieval version of beanbag toss. For the target, make a large cardboard cutout of a castle with several windows of various sizes cut into it. Use beanbags or foam balls as the “mace.” The object of the game is to throw the mace through the castle windows. Each knight gets three tries.

Spear The Ring

Suspend several 6-inch-diameter rings made of plastic or cardboard about 1 foot apart on strings so each ring hangs at a different height, the first at about the shoulder height of a Tiger Scout and the others slightly higher. Using an oblong balloon shaped into a sword, a 3-foot-long pool noodle, or other soft foam stick, each Scout tries to spear each of the rings, starting with the lowest.

Jumping the Dragon’s Tail

Set a string or tape on the floor as a starting point, a plastic tablecloth cut in the shape of a dragon’s tail in the center, and another string or tape 2 1/2 feet from the starting point. Each Scout leaps over the dragon’s tail.

Crossing The Swamp Forest

Place six cardboard pieces about 2 feet in diameter on the floor about 1 1/2 feet apart. Scouts must leap from pad to pad, avoiding touching the floor, to cross the Swamp Forest.

Sack Race Rules

The sack race is a traditional summer race that never fails to please. Use one of the versions we have listed or make up your own. Enjoy!

Ages: All Ages!

Location: Outdoors

What You Need:

1 burlap sack per participant

Bandanas to mark a start and finish line

Whistle or scarf to signal the start of the race

Individual Sack Race:

Supplies: One burlap sack for each participant. The more, the merrier in this game!

Set Up: Line up participants on the starting line. Line up the sacks 5 to 10 feet from them.

What to Do:

1. When the whistle blows, players rush about 5 to 10 feet to the line of burlap sacks.
2. Pull the sack over both feet and hold about waist to mid-chest height.
3. Hop toward the finish line (about 20-30 feet depending on the age of the participants).
4. The first participant to reach the finish line WINS!

Remember:

1. Both feet must remain in the sack at all times.
2. At least one hand must be on the sack at all times.
3. The sack must remain as close to the waist as possible and cannot fall below the knees.

Two-Man Carry Relay

Rules

1. **Split up into 2 teams (counting off 1s and 2s)**
2. **Number each scout on each team.**
3. **#1 and #2 carry #3 using a four-hand seat carry for conscious victim to end and back.**
4. **#2 and #3 carry #1.**
5. **Last #1 and #3 carry #2.**
6. **If a victim touches the ground, stop and do 3 push-ups, re-form the carry and continue.**

Scout Strong Games

Aerobic Tic-Tac-Toe

What you need: Pen or pencil, and 1 tic-tac-toe board per team (see examples below)

1. Have Scouts form pairs and give each pair a tic-tac-toe board.
2. Partners determine who will go first. They can play Aerobic Rock Paper Scissors to do this.
3. Players take turns choosing which square they want to cross out and perform the activity listed in the square.
4. Play continues until one player gets 3 in a row, or no more moves can be made.

Do 10 jumping jacks	Jump up and down and pretend to shoot 10 baskets	Balance on 1 foot with your eyes closed for 10 seconds
Choose your own movement!	Walk on your tip-toes around the tic-tac-toe board 3 times	Jump as high as you can 5 times
Do 5 frog leaps	Walk 20 steps in a line heel seconds	Crab walk for 10 to toe

Sprint for 15 seconds	Complete 10 wall push-ups	Jump as high as you can 10 times to practice your vertical jump
Pretend to jump rope for 30 seconds	Do 15 jumping jacks	Complete a standing long jump
Do 10 curl-ups (have your partner help by holding your feet)	Do 10 squats	Choose your own movement

Zero In

You need: Sheets of paper, pen/pencil

1. One person is selected to be the Number Guesser.
2. A different person writes a number between 0 -1,000 (or 0-100 for younger Scouts) on a piece of paper and shows it to everyone except the Guesser. The goal is for the group to help the Guesser “zero in” on the number that was chosen.
3. The Guesser will start by calling out a number. If the correct number is higher than the number they guessed, the group will jump up and down. If the correct number is lower, the group will do squats.
4. Jumping and squats continue until the Guesser guesses the correct number. Then, another person becomes the Guesser, and another round begins.

Aerobic Rock Paper Scissors

1. Start by showing Scouts how to move their bodies for “rock,” “paper” and “scissors”
 - Rock: crouch down into a ball.
 - Paper: arms and legs out wide.
 - Scissors: one arm forward, other back, one leg. forward, other back – as if you’re running, but with straight arms and legs.
2. Scouts should pair off and with their partner, jump up and down four times while saying “Rock, Paper, Scissors, Shoot!”
3. On “Shoot,” players pick their movement. *Rock beats Scissors, Scissors beats Paper, and Paper beats Rock. Best two out of three wins!

Winter Games

SNOW SHOE RELAY

Divide the den into two teams. Give each team two shoe boxes to use as snow shoes. Set a chair across the room to serve as a turning point. On signal, the first player on each team puts on his “snow shoes” and races to the chair and back to the starting point. The next player dons the shoes and repeats the action, and so on until all have run. Have extra “shoes” on hand.

SNOW SHOVEL RELAY

Divide the den into two teams. Give each team a pie tin, a spatula, and a large bag of cotton balls or tightly wadded newspaper balls. Each team empties the bag of cotton balls at the starting point and places the pie tin 10 feet away. On signal, the first player on each team scoops up as many balls as the spatula will hold, carries them to the pie tin, and drops them in. He then runs back and gives the spatula to the next player, who repeats the action the relay continues until all the balls are in the pie tin.

STIR THE HOLIDAY CAKE

All players except one, the Cook, are seated in a circle. The Cook has a wooden spoon and stands in the center. He makes stirring motions with the spoon and says, “First we have to stir the Holiday Cake. We stir and stir and stir. . .” Suddenly, he drops the spoon. When that happens everyone, including the Cook, scrambles for a new chair. The player left without a chair is the Cook for the next round.

FEATS OF SKILLS AND SPORTS

PERPETUAL MOTION BALLS GAME

Required: A dozen tennis balls

Takeaways: Team cooperation, planning how to achieve a task together

Goal: Keep as many objects as possible in constant motion while using the least possible Cub Scout energy.

Instructions: When the first Scout arrives, give him a tennis ball. Tell him that his goal is to keep it moving while using the smallest amount of Cub Scout energy possible. As other Scouts arrive, they are to join him in keeping the ball moving. When the group reaches three Scouts, add an additional ball, with the group beginning to stand in a circle. Add an additional ball with each new group of three until you have 12 balls and all the Scouts in a circle keeping the tennis balls in perpetual motion. (The number of Scouts for adding tennis balls can be changed based on the size of your pack.)

If a ball stops moving, the game is stopped and planning can be done. Then, the game starts over. See how many balls can be kept going using the least amount of Cub Scout power.

Picnic Pizzazz Games

• FAMILY WATERMELON RELAY:

- Divide the pack into two to four teams (depending on the size of your pack) consisting of family members and their Scouts who would like to play the game.
- Choose two to four small watermelons or four green balls as pretend watermelons.
- Decide the distance the teams will have to travel.
- Half of the team is at one end of a playing field and the other half at the other end.
- Working in pairs, have two players race down to the other teammates at the other end, passing the watermelons back and forth and handing off to the next pair of teammates.

• Family Potato Sack Race:

- To play, you need one burlap sack for each team.
- Each player puts both legs into a sack and hops around a cone or some marked point and back, then tags the next person in line.
- Repeat until all players have had a chance to race.
- The first team to the finish wins.

• Fruit Basket Jumble:

- Divide the players into four groups by having them count 1 to 4. Group 1 will become the Apples, group 2 the Bananas, group 3 the Pears, and group 4 the Grapes. Ask them to remember which fruit they are. Have all the players gather into a circle.
- One player is selected to stand in the middle of the circle.
- The player in the middle calls out two of the group names. Each member of those groups must now move to a different place in the outer circle from where they were standing, while the person in the middle tries to take the place of one of the players in the outer circle. The player left without a place in the outer circle moves to the middle and becomes the caller. Playing continues.
- The person in the middle can call out “Fruit Basket Jumble” at any time. This means all players must change places. The fun continues until a designated time to end the game is called.

LIZARD TAG

Object: Be the last lizard with a tail.

Give each boy a foot-long length of green streamer to stick in his back pocket for a tail. When the leader calls “Go,” the boys chase one another, trying to collect tails. If a boy loses his tail, he freezes in place for the rest of the game. The last boy with a tail wins.

REPTILE WALK OBSTACLE COURSE

Object: Have the entire team move through the obstacle course.

preparation: Set up an obstacle course with the following stations:

- Leap like a lizard. (Tape paper rocks to the floor.) The boys leap from rock to rock.
- Slither like a snake. (Mark the distance you want the kids to travel.) Move the distance without using hands, knees, feet, etc. Slither, wiggle, wind.
- Totter like a turtle. (Mark a shorter distance.) Crouch down in a turtle-like shape and slowly move between the two marks.
- Place a container of plastic worms or bugs at each station. At the end of the course, place a mason jar.

Directions: Split the boys into teams. Gauging the difficulty to the boys' ages, have them make their way through each station, collecting a plastic worm or bug at the end of each station. At the end of the course, have them balance on one foot while dropping the bugs/worms into the jar. Run back and tag the next person in line.

Olympic Games- Athletic Events

Javelin Throw: Throw pool noodles for distance.

Discus toss: Throw a flying disc for distance.

Cycling: Ride tricycles on a predetermined course.

Balance Beam: Walk on a two-by-four (frontward, backward, blindfolded, etc.).

Two-Man Race: Race with a partner by tying ankles together.

Broad Jump: Conduct a sack race.

Triathlon: Run a short distance, ride a tricycle a short distance, wade through a wading pool to finish.

Sharpshooter: Knock a ping-pong ball off a block of wood with a water gun.

Gymnastic Rings: Swirl a toy hoop around hips.

Shot Put: Throw a baseball for distance.

Shot Put 2.0: Retrieve marbles from the bottom of a wading pool with bare toes.

Two-Man Bobsled: One Scout pulls another on a wooden bobsled for a predetermined distance.

Inventor Week

INCHWORM

Method: Players are paired together. Players sit on the turf facing his partner. Partners inch towards one another until they are close enough to sit on each other's feet. Players grasp each other's elbow's or upper arms with each hand.

Now players must decide which direction they would like to travel. It must be forward for one and backward for the other. After deciding, the partner (in whose direction they are headed) lifts his derriere off the ground and moves 12 inches or so toward whatever goal you have in mind. The second partner now lifts off the ground and in a cooperative, bug-like movement duplicates the step above and moves toward his partner.

Scoring: This may be made into a relay type race with the pair that reaches the goal and back first is the winner.

TRIANGLE TAG

Method: have the players form groups of four. Three players in each group hold hands forming a triangle. One member of the triangle is the person designated to be caught, and the other two are blockers or protectors. The IT can run around the triangle and try to jump across the triangle, but cannot purposefully try to break a grip. The triangle personnel dance and jump about in semi-coordinated moves to keep the IT at bay. Change roles in a clockwise direction every 60 seconds or when a catch is made.

Scoring: none, just for fun

CIRCLE THE CIRCLE

Equipment: Two large hula hoops

Method: ask the group (15-30) to form a hand-in-hand circle. Place two large hoops together between two people (resting on their grasp hands). See how quickly the participants in the circle can cause the hoops to travel around the circle (over the people) in opposite directions, through each other (i.e., hoop through hoop) and back to the originated point.

Scoring: none, this is just to have the group work as a team.

ISAAC NEWTON NEWCOMB

Equipment: volleyball and a net or rope

Method: Depending upon the number of players and their ages, a court can be set up from twenty by forty to thirty by sixty. Instead of a volleyball net, Newcomb can be played over a rope stretched between two trees or fence posts. The older the average age of the players, the higher the rope should be. Divide the players into two equal teams and put them on opposite sides of the net. Flip a coin to determine which side goes first. Any member of the team with the ball can begin play by throwing the ball over the net, hoping that it will fall to the ground before the other team can catch it. If the ball does hit the ground, the team that threw it scores a point.

If it is caught and returned, the ball remains in play until it drops on one side or the other. If it falls on the serving team's side, the serve goes to the other team.

The ball is out of play if it hits the rope or net, goes under the rope, or goes out of bounds before being touched by a player. A point is scored or the serve changes teams according to which team hit the ball and is responsible for the foul.

Scoring: The first team to score 21 points (and win by at least 2 points) wins the game. Only the serving team scores points.

ULTIMATE FRISBEE

Equipment: Frisbee

Method: The Ultimate Frisbee field should be about 180 feet long and 90 feet wide. Form two equal teams and decide which will "receive" the Frisbee first. Each team lines up behind its own goal line to begin the game. The game starts when the other (e.i. "throwing") team tosses the Frisbee to the receiving team. The receiving team may catch it and start moving it downfield or let it land untouched, and then pick it up and move it. If any member of the throwing team is fast enough to intercept it, however, or to touch a player about to catch the Frisbee before he does so the throwing team may take possession of the Frisbee.

The Frisbee may only be moved by passing—no walking or running with it as allowed. Players may pivot on one foot while trying to find a teammate to throw to. Players caught moving with the Frisbee forfeit possession to the other team.

The Frisbee is kept in motion as long as possible, only coming to rest when it falls to the ground or an error is committed. The Frisbee can be intercepted at any time. If a teammate fails to catch a pass obviously aimed at him, and the Frisbee falls to the ground, the other team is given possession.

Scoring: To score the Frisbee must be thrown by one teammate inside the field to another teammate outside the goal line. If the pass is not caught, possession goes to the other team. Each goal is worth one point. Play to a predetermined number of points or within a time limit.

THREE-LEGGED SOCCER

Equipment: A neckerchief for each Scout, four chairs or cones (or hockey goals) and a soccer or volleyball.

Method: At each end of the playing area, place two chairs or cones about five feet apart for goals, (or use the hockey goals). Scouts are divided equally into two teams. Players in each team pair up, their inside legs tied together at the ankle and knee with neckerchiefs. One pair in each team acts as goalkeepers. Place the ball in the center of the playing area with both teams taking positions in front of their goals. On signal, each team tries to kick the ball through the goal of its opponents, using their untied legs only. The ball shall not be touched with hands or arms. After a team has scored, place the ball in the center and begin the game again.

Scoring: The team with the most goals scored after a predetermined time limit wins.

Tom Sawyer Theme Games

TOSS THE TOWEL

Equipment: Old towels to equal half the number of players. Have knots tied in each towel.

Method: Assign 1, 2, or 3 players to be IT. To be immune from a tag, a player must be grasping a towel. There can be only one towel in the hand. Towels are thrown from player to player to be safe from being tagged. Players must throw the towel within a designated time, he may not hold onto the towel for the duration of the game. The towel cannot be thrown to the same person twice in succession. Players become IT once they are tagged without a towel in hand.

Scoring: None, just for fun

DIZZY IZZY TAG

Equipment: none

Method: Assign 1, 2, or 3 players to be IT. Basic tag game, but after being tagged, a new IT must spin around three times before chasing another person. This vertigo pause prevents “tag backs”.

Scoring: None, just for fun

SEWING UP THE GAP

Equipment: none

Method: for 10 or more players. The group forms a circle, standing arm's distance apart, with two players - the chaser and the chased - remaining on the outside. The two outside players stand on opposite sides of the circle.

When given a signal to go, the chaser begins chasing the other player around the circle. The chased player begins to weave in and out of the circle.

When the chased player passes from the outside of the circle to the inside through two players, they join hands in order to "sew up the gap". The player being chased aims to sew up all the gaps so he is safely on the inside and therefore cannot be tagged by the chaser. If he is caught by the chaser, they exchange roles.

Scoring: none just for fun

STEAL THE BACON

Equipment: an object to represent the bacon: hat, ball, neckerchief beanbag, two-liter bottle . . .

Method: Divide the players into two equal teams. The referee places the "bacon" in the center of the playing area, and the teams line up on opposite sides of it. Players should stand three or four feet apart, and the two lines should be about twenty feet apart. Each team should count off so that each player has a number.

The referee begins the game by calling out a number. The players from each team who have been assigned that number run to the bacon. The first one to grab the bacon and cross over his own team's line without being tagged by the other player earns a point for his team.

Scoring: The team with the most points win.

HOPPING THE GAUNTLET

Equipment: none

Method: Half the Scouts line up at one end of playing area with the other half out in the middle. Lined up players try to hop on one foot from one end of the area to the other. They must firmly hold by one hand the leg not being used. Players in center must also hold up one leg: they try to prevent opponents from crossing the room by shoulder charging (no hands), trying to knock them off balance. If player from either side touches ground with his free foot, he must join the other team.

Scoring: none just for fun. Obviously, the team with most players at the end of game has done the better job; however, as players change sides frequently, team identity cannot be maintained.

ANIMAL CALL

Equipment: neckerchiefs for blindfolds

Method: Players form teams of two. Each team determines what animal they wish to be. The partners separate, each on opposite sides of the playing area and are blindfolded. At the signal, each team makes their animal sound and tries to find their partner.

Scoring: Partners who find each other first are the winners.

WAGON WHEEL RIM ROLLING RELAY

Equipment: For each team – Wagon Wheel rim or hula hoop, 12 inches stick or dowel and seven stakes or cones.

Method: Arrange stakes or cones along course with enough room for players to weave the wheel in and out around the obstacles. Scouts line up in relay style facing the course. The first Scout in each team rolls his wheel, using the stick (no hands), through the course, around the end marker, and back through the course to the starting line. If the wheel falls, the Scout may pick up the wheel using his hand but may proceed through the course using only the stick to roll the wheel. The next Scout in line repeats the process, and so on until the wheel has been rolled an equal amount of times through the course, totaling the amount of Scouts on the team that may have the greater number of boys. (If one team has 8 boys and the other has 7, one boy on the team with 7 will go twice).

Scoring: The first team to complete the designated trips through the course from start to finish is the winner.

BOCCE

Materials: Bocce balls, pallino, and open field

Method: 1. The pallino, the smaller target ball, is the first to be thrown. The distance and direction that it is thrown can be determined by this first player. The same player then throws a bocce ball, aiming to land it as close to the pallino as possible.

2. The second team then gets a chance to land a bocce ball closer to the pallino than the first team's ball. Once this is accomplished, the team with the closer ball is considered "inside".
3. Each team will continue a turn until they successfully land a bocce ball "inside" or until they run out of balls to throw.

Scoring: One point is awarded for each ball that is closer to the pallino than the opposing team's balls. Only the team with the most "inside" bocce balls will receive points. No points will be awarded in the case of a tie. The team with thirteen points wins.

Outdoor Games

EARTH CRAB BALL

Size of Group: Ten to Twenty people

Site Size: 100 X 200 ft.

Type of Game: Team

Establish two goals lines 60 to 100 feet apart. Divide the players into two teams and have them sit on the goal lines facing each other with their bodies from the ground. Place an "Earth Ball" (an earth ball is a ball whose diameter may be 2 to 5 feet) in the center of the field of play.

On signal, have both teams move toward the ball, keeping the crab position described, and attempt to move the ball over the opposing goal. They may kick it with one foot, push it with their body or butt it with the head. They cannot use their hands and must at all times have one foot on the ground. Players must not stand up and run or move in any other way than in the position described.

When the ball goes out of bounds, it is to be put in play by referee at the point it went out. Touching the ball with the hand, leaving the crab position, and unnecessary roughness in kicking, striking, or shoving an opponent are fouls. The penalty is a free kick for the other side from the point of the foul. Have all opposing players 6 ft. away at the time of the free kick.

Score one point each time the ball crosses the goal. After a score the referee returns the ball to the center field position to resume play.

The period of play is five minutes with no time outs. A second period can be played after a two-minute rest.

BALLOON STEEPLECHASE

Size of Group: Any number

Site Size: 100 X 100 ft.

Type of Game: Individual

Inflated balloons, a few obstacles, and you have the makings of a new kind of race Cub Scouts will love. Any back yard or family picnic site will do. The round rules are simple. Lay out a course (the more obstacles the better) over and through fences, around trees, up and down steps. Give each player a balloon. On signal, have the players move to the first obstacle and follow the course. The balloons must not be gripped but must be bounced in the air at all times. If a balloon touches the ground, the player must repeat the previous obstacle. If a balloon breaks, the player gets a new one and continues from that point.

Remember when setting up the course to take into account safety requirements. Look out for sharp edges on fences, low tree branches, etc.

DODGE BALL

Size of Group: under 10

Site Size: 100 X 100 ft.

Type of Game: Individual

Divide the players into two groups. Have one side form a circle at least 30 feet across and the other side inside it. The circle players throw a volleyball at the players inside who try to avoid being hit without leaving the circle. The last player in the circle is the winner. When all have been eliminated, have the sides change places.

TURTLE RACES

Size of Group: any number

Site Size: 100 X 100 ft.

Type of Game: Individual

Here is a race everyone likes. For best results use $\frac{1}{2}$ to $\frac{3}{4}$ inch plywood to make your turtles. Use 20 to 30 ft. of heavy twisted cord or chalk line. Make the hole slightly larger than the cord to be used. Cub Scouts decorate and paint their names on their turtles. Use good turtle colors – brown, greens yellows, etc. The edges should be rounded off with sandpaper. Tie the cord to a rigid crossbar at a height from the ground equal to the height of the hole in the turtle. Put nails in the top edge to hold the rope for each turtle. “Walk” turtles from crossbar to player by moving rope up and down gently.

MOTHER NATURE CALLING

Size of Group: any number

Site Size: 100 X 100 ft.

Type of Game: Individual/Team

While in the woods/hike, the leader asks the group to stop and listen to the sounds they hear. Let them identify the sounds as a group. The goal is to identify a different sound for each Cub Scout in the group. They can stop along the trail as many times as needed. It is a good idea to take a Boy Scout Field Book along. Also, a pencil and paper to record what is heard, is a good idea.