




# SPORTSMAN



## RATIONALE FOR ADVENTURE

Sports are all about honesty, respect, fair play, and being physically fit. Playing a sport will build a Webelos Scout's body and improve his skills—and learning to play more than one sport will help develop a lifelong habit of physical activity.

## TAKEAWAYS FOR CUB SCOUTS

- Experiencing new sports individually and in teams
- Practicing good sportsmanship and learning its importance
- A Scout is clean. 

## ADVENTURE REQUIREMENTS

*Webelos Handbook, page 516*

Do all of these:

1. Show the signals used by officials in one of these sports: football, basketball, baseball, soccer, or hockey.
2. While you are a Webelos Scout, participate in two individual sports.
3. While you are a Webelos Scout, play two team sports.
4. Complete the following requirements:
  - a. Explain what good sportsmanship means.
  - b. Role-play a situation that demonstrates good sportsmanship.
  - c. Give an example of a time when you experienced or saw someone showing good sportsmanship.

### NOTES TO DEN LEADER

Before starting this adventure, discuss and try to get a consensus on sports the Scouts would like to participate in as individuals (e.g., bicycling, disc golf, fishing, skating, skateboarding, and swimming) and sports they would like to play in teams (e.g., badminton, basketball, bowling, doubles tennis, kickball, ultimate, or volleyball). Be sure to check the *Guide to Safe Scouting* to find approved sports for Webelos Scouts, and highlight those options for the den.

Many team sports can work well with small groups, even if the rules need to be adjusted somewhat (example: two three-man teams for basketball). If two dens wish to combine for team sports, baseball, flag football, soccer, or softball could be added to the list. This discussion should help you decide whether requirements 2 and 3 will be completed at the regular meeting site or during den outings to one or more locations. The sports selected will depend upon interest and available resources, including space and equipment.

If Meeting 2 and/or Meeting 3 will be outings, the leader will need to make arrangements with the outing location(s) and confirm the plans with families, including transportation and any additional items they need to bring. If desired, a fourth den meeting can be planned as an outing to watch a local sports event. Invite parents to participate at each meeting. Make sure a tour and activity plan has been submitted, if required, and activity consent forms are distributed, signed, and collected.

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
- Board games for Gathering
- Knowledge of hand signals for baseball, basketball, football, hockey, or soccer (Activity 1; see the *Webelos Handbook*). A junior high or high school coach may be able to help, or you may consider inviting a sports official to attend the meeting and demonstrate not only the signals but also some of the equipment he or she uses.
- Strips of paper (one for each Scout) with the Scout Law printed on one side and the word “Sportsmanship” on the other side (Activity 2)
- Sportsmanship scenarios (Activity 3; see Meeting 1 Resources)
- Foam ball for Closing
- Thank-you notes for the Scouts to sign if a guest is attending

## GATHERING

- Set out several board games for Scouts to play before the meeting.
- Choose games that are easy to set up and finish in a short time frame (e.g., checkers, mancala, marbles).

## OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and, as appropriate, the Scout Oath and Scout Law.
- Remind the Scouts that many sporting events traditionally begin with the national anthem. So because the den is working on a sports adventure, open this meeting with “The Star-Spangled Banner.”

## TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Ask questions about the Gathering games: *Were you using your mental skills or your physical skills as you played? What materials did you need? Were the rules complicated?* The answers should establish the contrast between games that are played for casual fun and sports, which are more complex and require both physical and mental skills.
- Introduce the Sportsman adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.

## ACTIVITIES

### ◆ Activity 1: Hand Signals (Requirement 1)

- Have the Scouts stand in a circle and mimic the hand signals that you give them, following the rules of Simon Says.
- Use the signals for baseball, basketball, football, hockey, or soccer, as shown in the *Webelos Handbook*.
- Ask: *Why might these signals be important when you are playing the sport? What would happen if no signals or the wrong signals were used? Have you ever played a game where there weren't any rules? What happened?*

### ◆ **Activity 2: Sportsmanship and the Scout Law (Requirement 4a)**

- Recite the Scout Law. Say: *What does “good sportsmanship” mean? What parts of the Scout Law relate to playing a sport?*
- Give each Scout one of the slips of paper with the Scout Law on one side and the word “Sportsmanship” on the other, as a reminder that all points of the law relate to sportsmanship in one way or another.

### ◆ **Activity 3: Sportsmanship Scenarios (Requirement 4b)**

- Divide the den into buddy pairs. Give each pair one of the scenarios from Meeting 1 Resources. Give them a few minutes to get ready, and then have each pair act out how the scenario would end if players showed good sportsmanship.
- As time allows, relate each scenario to the Scout Law and to the elements of honesty, fair play, and respect that combine to make someone a good sport.

## **CLOSING**

- Gather the den in a circle and throw a foam ball from one Scout to another. As each boy receives the ball, he will tell about a time when he saw good sportsmanship or experienced it firsthand.
- Review plans for the next meeting, where each Scout will play two individual sports (requirement 2). If the meeting will be a den outing to another site, make sure all Scouts and their families know the plans.

## **AFTER THE MEETING**

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 1 and 4.
- Have Scouts sign thank-you notes for any guest who came to this meeting and/or anyone who is scheduled to help at Meetings 2 and 3.

# **MEETING 1 RESOURCES**

## **ACTIVITIES**

### **Activity 3: Sportsmanship Scenarios (Requirement 4b)**

Here are some scenarios Scouts can use for their role-play demonstrations of good sportsmanship.

- Your team is behind by one point. There is only one minute left in the game, and the ball goes out of bounds. You think the ball should go to your team, but the referee says that it belongs to the other team.
- Your team played hard but lost the game. Your friend refuses to congratulate the winning team because he is angry about the loss. What do you do?
- Your team is about to play a big game against one of its key rivals. How can you prepare to play your best game ever, but also be ready in case of defeat?
- A player from the other team does not follow all the rules during the game. What should your team do?

# MEETING 2 PLAN

## PREPARATION AND MATERIALS NEEDED

- U.S. and den flags, if meeting will be held at the regular site
- Several index cards, each labeled with a different sport (if Scouts will be playing the charades Gathering game)
- Equipment needed for playing the selected individual sports
- If this is a den outing:
  - Contact the location a few weeks in advance to schedule the visit.
  - Confirm that a tour and activity plan has been submitted, if required, and that transportation to and from the location 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*.
  - Bring the signed thank-you notes for those who help.

## GATHERING

- **Charades.** Each Scout picks up a card and reads but does not reveal the sport written on it. He then acts out the game, using actions but no words. Have other Scouts watch for at least 10 seconds before trying to guess the sport. The first boy to guess correctly will pick the next card.
- **What Are You Doing?** Line up the den members single file, and have Scout 1 stand in front of the others, silently acting out a sport of his choice—perhaps golf. Scout 2 asks, “What are you doing?” Scout 1 replies, “I’m swimming” (or any sport other than the one he is really playing) and goes to the back of the line. Scout 2 then stands in front and pretends to be swimming. Continue this pattern, switching to a new sport for each boy, until the den has played one or two rounds. Tell Scouts they need to act out and name a different sport each time so there will be a variety represented.

## OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and, as appropriate, the Scout Oath and Scout Law.
- Have the denner or another Scout call roll. Each boy answers with the name of his favorite sports figure. Then finish with the den yell.

## TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Review all of the essential safety rules for the planned sports at this meeting and ensure that everyone has the necessary equipment, especially safety gear such as cycling and skating helmets.
- With help from the Scouts, outline the rules of the sport(s) that they are about to play. Expectations for good sportsmanship should also be covered.

## ACTIVITIES

### ◆ Activity 1: Individual Sports (Requirement 2)

- Play the sports agreed upon earlier. If desired, play can be limited to 15–20 minutes for a sport before moving on to the next one.
- Remind the Scouts to cheer on their den mates and support them in their individual sports. If space or equipment are limited and Scouts have to take turns, one boy could play a sport while his buddy watches and makes constructive suggestions—sportsmanship in action!

## CLOSING

- Line up the Scouts and have them high five or fist bump each other. Coaches (leaders or parents) should also display good sportsmanship by shaking hands.
- Review plans for the next meeting, where each Scout will participate in two team sports (requirement 3). If the meeting will be a den outing to another site, make sure all Scouts and their families know the plans.

## AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place or to leave the outdoor location cleaner than you found it.
- Record completion of requirement 2.
- Give thank-you notes signed by the Scouts to anyone who helped.

# MEETING 3 PLAN

## PREPARATION AND MATERIALS NEEDED

- U.S. and den flags, if meeting will be held at the regular site
- Equipment needed for playing the selected team sports
- Pencils and copies of the Invent a Team Sport form (Meeting 3 Resources) for Activity 2 (optional)
- Consider these tips for playing den-sized team sports:
  - Reduce the size of the playing area. For example, a volleyball court that is about 15 feet wide and 30 feet long will work for two-person teams.
  - Use an oversized, undersized, or under-inflated ball, whatever will limit the distance the ball travels when hit or kicked. Or use a foam ball for the same effect.
  - Baseball can be played with plastic bats and balls, or a foam swimming noodle can serve as a bat.
  - For baseball, an offensive team could have fewer than nine players by employing “ghost men” to occupy bases, and they advance no farther than the batter. Defensive players can rotate in to become offensive players.
- If this is a den outing:
  - Contact the location a few weeks in advance to schedule the visit.
  - Confirm that a tour and activity plan has been submitted, if required, and that transportation to and from the location 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*.
  - Bring the signed thank-you notes for those who help.

## GATHERING

**Lead-Up Games.** Divide Scouts into buddy pairs as they arrive (or pair a Scout with his parent), and have them play lead-up games to practice team sports. These are small-scale adaptations of games—good for practice when you don’t have enough players for the large-scale versions. For example, your meeting site may not allow 18 holes of golf, but boys can still practice putting with a few golf balls and a tin can.

## 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 Webelos Scouts.

## ACTIVITIES

### ◆ Activity 1: Team Sports

- Play the sports agreed upon earlier. If desired, play can be limited to 15–20 minutes for a sport before moving on to the next one.
- Remind Scouts to cheer for their own team but to also congratulate their opponents for a good play or the final outcome.

### ◆ Activity 2: Invent a Team Sport (optional)

- Ask: *If you could invent a team sport, what would it be? Be open to ideas from all the Scouts.*
- If possible, group together Scouts who have similar ideas and give them time to develop their team sport using the form in Meeting 3 Resources.
- Allow Scouts time to practice playing their new sports. Then bring the whole den back together for a reflection. How did the games turn out? Did they find ways to show good sportsmanship as they played? Would they be able to explain the rules to other Scouts so they, too, might play the game? If so, consider presenting the new sports at an upcoming pack meeting.

## CLOSING

- Bring the Webelos Scouts and leaders together in a Living Circle. Have the denner recite or lead this fair play pledge: I promise to do my best at work or at play. I will follow the rules and never cheat and will help other members of my team. I will always try to make my family, my neighborhood, my school, my pack, and my friends proud of the things I do.
- If the den will be holding an optional fourth meeting to go a local sports event, make sure all Scouts and their families know the plans.

## AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place or to leave the outdoor location cleaner than you found it.
- Record completion of requirement 3.
- Give thank-you notes signed by the Scouts to anyone who helped.

# MEETING 3 RESOURCES

## Activity 2: Invent a Team Sport (optional)

Game name: \_\_\_\_\_

Number of players needed: \_\_\_\_\_ Equipment/materials needed: \_\_\_\_\_

Space needed: \_\_\_\_\_

Rules of play:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Games ends when: \_\_\_\_\_

Notes:

# MEETING 4 PLAN (Den Outing, optional)

## PREPARATION AND MATERIALS NEEDED

- Copies of officials' signals for the sport being observed
- Attend any sports event—football, baseball, soccer, hockey, tennis, etc. This may include professional or semiprofessional events, local college or high school sports teams, local youth sports, or even junior high/middle school events, particularly if the boys in the den will be attending that school.
- Another option is to attend a high school team's practice session. At most high schools, football and basketball games will be relatively crowded, while other sports teams may well be begging for fans!
- If needed, contact the location a few weeks in advance to make arrangements.
- Confirm that a tour and activity plan has been submitted, if required, and that transportation to and from the location 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*.
- Bring the signed thank-you notes for those who help.

## GATHERING

- A Gathering activity will depend on where the den is meeting and the type of facility. For example, meeting at the usual location before departing will afford opportunities that would be out of place at the local high school or other public arena. Here are two options:
  - **Soccer Dodge Ball.** This is played like regular dodge ball, except that the players around the circle kick the ball at the player inside the circle instead of throwing it. If any of the Scouts lack experience with soccer, have a short period of instruction in soccer-style kicking.
  - **Backyard Hockey.** Lay out a backyard hockey rink on a driveway or in the grass. Play parents against sons, or divide boys into equal teams. Teams stay outside the rink along their sideline and defend the goal to their right. Sticks may not be swung above knee height. When the “puck” goes out of bounds, have a face-off between opposing players who were nearest to it.

## ACTIVITIES

### ◆ Activity 1: Visit to a Sporting Event

- During the event, tell the Scouts to observe whether players and teams are showing good sportsmanship.
- Lead a reflection after the game about what was observed.

## CLOSING

- Gather the den together and have each Scout share something he enjoyed learning during the adventure. Then recite the Scout Oath or Scout Law.

## AFTER THE MEETING

- Serve refreshments, if desired and appropriate.
- If needed, work together to leave the outdoor location cleaner than you found it.
- Give thank-you notes signed by the Scouts to anyone who helped.

Upon completion of the Sportsman adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.

