
Cub Scout Roundtable

On-Line

Monthly Ceremony Feature



Cub Scout Scout Fitness

Opening Ceremony

This ceremony is intended to be conducted as an opening ceremony for a Pack Meeting. It highlights the many facets of fitness. It should be conducted by the Cub Scouts of the Pack, and it involves the entire Den or Patrol in the presentation.

- Cub Scout Leader:** There is more to Fitness than what you may think
- Cub Scout 1:** Fitness is more than simply having a strong body
- Cub Scout 2:** Fitness is more than eating what is right for your body
- Cub Scout 3:** Fitness is more than getting the rest that you need each night
- Cub Scout 4:** Fitness is more than keeping your body healthy and clean
- Cub Scout 5:** Fitness is more than having a clear and open mind
- Cub Scout 6:** Fitness is more than keeping your mind ready to learn
- Cub Scout 7:** Fitness is more than practicing your Duty to God
- Cub Scout 8:** Fitness is more than keeping a positive outlook
- All Cub Scouts:** Fitness is all of these things. Fitness is a Cub Scout way of life
- Cub Scout Leader:** Please join us in saluting our flag of our great country