



ON YOUR MARK

RATIONALE FOR ADVENTURE

On your mark, get set, go! Lion cubs love to play. In fact, they spend most of their first year of life doing just that. Playing games with your den is also lots of fun! Learning new games, following rules, and being the leader are great ways to make sure that you are having fun and being a good sport.



TAKEAWAYS

- Having fun playing games
- Sharing time with your adult partner
- Learning to be a good sport

CONNECTIONS WITH DESIRED OUTCOMES

- Character development
- Fitness

REQUIREMENTS

1. Participate in a game with your den.
2. Participate in an obstacle course relay.
3. Participate in a box derby race.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- Pie pan or plastic bowl, washers
- Supplies for the obstacle course—piece of wood or rope for balance beam, cones, cargo net, tires, brown shopping bags, cans of food of different sizes to build a pyramid, and oven mitts
- Derby box and decorations, paint, color

GATHERING

- Washer Toss: Place a pie pan at one end of the playing area, and mark a throwing line. Give each Lion Scout and adult partner a specified number of washers. Have them take turns throwing. The one with the most washers in wins!

OPENING

- Select a Lion to light the Good Conduct Candle.
- Hold a simple opening, and recite the Pledge of Allegiance and the Scout Oath.

TALK TIME

- Carry out business items for the den:
 - o Dues



- o Notification/reminder for the box car derby outing, including date, time, and location
 - o Meeting information: Orient Scouts as to what to expect at this meeting.
 - o Explain the rules of the derby race.
 - o Discuss other meeting information for the box car derby.
- Allow time for sharing among Lion Scouts.

ACTIVITIES

Activity 1: Lion Tag

- Play a game of Lion Tag with the den and adult partners.

Activity 2: Obstacle Relay Race

- Divide the den into two teams, including adult partners. Do an obstacle course relay race with both the Lion Scouts and adults.
- The obstacle course could include stations such as the following: balance beam, crawl under a cargo net, run through tires on the ground, build a pyramid with different-sized cans of food (large on bottom with smaller on top) while wearing oven mitts, or putting each foot in a brown paper sack and running through cones.

Activity Wrap-up

- Have Lions complete the task on the On Your Mark page of the *Lion Adventure Book*.

CLOSING

- Do the Relay Cheer: Line up in a row. The first person in the row claps the next person's hand, and so on down the row.
- As a group, recite the Scout Law.

AFTER THE MEETING

- Ensure cleanup takes place.
- Serve refreshments, if desired. Select a Lion Scout to give thanks prior to the snack.

MEETING 2 PLAN (DEN OUTING)

PREPARATION AND MATERIALS NEEDED

- Contact a local school that has a running track where you can hold your Lion box car derby. If the race is set up on a track, have the Lion Scouts race on only one side of the track. You could also hold the event at a local park or inside, designating the track with cones or something similar.
- Each Lion and adult partner will need a box large enough for the Lion to fit inside. They can bring their own boxes, or the Lion guide can provide them.
- Make sure Lions and adult partners have the date, time, and location of the outing.
- Markers, pictures, glue, rope (to hang the box car over the Lions' shoulders), finish line, and any other decorations you choose
- Pennies for the Odd or Even game



TRANSPORTATION TO OUTING

- Submit a tour and activity plan if required by the local council.
- Meet at the designated location (park or local school track).

TALK TIME

- Explain to the Lions and their adult partners what will be taking place today at the box car derby.
- Have a decorated box car on display and let the Lions and their adult partners know that they will be decorating a box car today.

GATHERING

- **Odd or Even Game:** Players begin with five pennies. They put any number from 0–5 in one hand. They go to other players and have them guess whether they have an odd or even number of pennies in their hands. If a player guesses right, he earns a penny. If he guesses wrong, he gives a penny. Play continues until time is called. The winner is the Lion who has the most pennies.

OPENING

- Conduct a flag ceremony. As a group, say the Pledge of Allegiance and the Scout Oath.

ACTIVITIES

Activity 1: Decorate Your Box Car

- Using markers, glue, pictures, etc., have the Lion Scouts and their adult partners decorate their Lion box cars in preparation for the race. Fold the top flaps and bottom flaps inside the box or cut them off so the Lion's head and feet are visible.
- Have the adult partner help the Lion Scouts attach rope to the box (like suspenders), so the box car will hang over the Lion Scout's shoulders.

Activity 2: Box Car Derby Race

- Go over the rules of the box car race. The Lion Scouts will run around the track stopping three times along the way. The adult partners will be the "pit crew." The three stops will consist of the following:
 - o Tire change: At this stop, each Lion Scout will turn one of his socks inside out and put it back on.
 - o Pit stop: At this stop, the Lion Scout will take a drink of water.
 - o Windshield washing: At this stop, the Lion will get sprayed with a bottle of water on his head.
- Have the Lions line up at the start line.
- Have the Lion guide say, "Lions, start your engines."
- The Lions run around the track, stopping three times along the way at the various stations.
- Set up a cheering section at the finish line with a checkered flag to celebrate crossing the finish line.



- After the box car derby race is completed, have a second race with both the Lions and adult partners.
- Ribbons could be presented to each participant.

CLOSING

- Close the meeting with a Race Car Cheer: Say “Varooooom” five times, starting quietly and increasing in loudness each time while shifting gears with the right hand.
- Recite the Scout Law as a group. Congratulate the Lions on ways they demonstrated the principles of the Scout Law during the event, such as remaining cheerful even if they didn’t win or being kind if a fellow Lion needed help, etc.

AFTER THE OUTING

- Present Lions with a sticker to designate the completion of the On Your Mark adventure.
- Have Lions put the sticker in their adventure book.
- Remind Lions and parents of next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.

TRANSPORTATION HOME

- Each family is responsible for transportation.