



Cub Scout Skill Course Leader Resource Sheet

What is a Skill Course?

A skill course is a series of activities, both fun and scout skill related, that scouts can do to learn. be active, and work together as a team. It is a perfect activity for recruiting because scouts do the course in pairs. One scout is a coach, and the other is trying to do their best time. More than one team can go through the course at a time to minimize scouts who are waiting. You can also set the course up so there is a specific activity order (1, 2, 3 etc.) OR have a section where the Scouts decide where to go next which requires decision making and planning. Get creative and make it interesting for your Scouts and youth who may be thinking about joining your pack! Challenge your leaders to have a try at it as well.

Set-up Instructions

1. Use simple objects (sticks, rope, tape).
2. Have the start and end at the same location for time recording. Decide the number of activities and difficulty based on your scouts and time available.
3. Put the course over a wide area so they can do some running.
4. Reinforce basic Scout knowledge and use to review new items.
5. Emphasize the objective is to better your **own time**, not to beat another Scout. Have a place to record course times so they can improve the next run.
6. Assign a coach to go with each person and help them through the course. Let them switch roles so both Scouts (youth) get to do the course and coach the course. (In a recruiting event, you can offer the coach role to the prospect youth but they may not feel comfortable with that yet.)
7. Walk physically through the course once showing the objectives/rules of each station. Then go through again "at speed" showing them how to act as Coach. Either have two senior Cub Scouts do the demonstration or two leaders.
8. Once they have done a Skill Course, you can have it set-up as a gathering activity the next time. Scouts enjoy repetition of fun activities!

Activity Ideas

Page 3 of this leader resource is a sample course design. Here are just a few ideas of things to do on a skill course.

- Tie knots
- Jump over and say the elements of the Scout Law.
 - Use BLUE painters' tape of floor to write out the Law or
 - Use PAINTER sticks with Law and lay them on the ground.
- Write "Do Your Best" on a White Board.
- Throw bean bags or balls into a bucket.
- Use popsicle sticks: write the Oath, Law, or Outdoor code on sticks (1-4 words per stick), scramble them, and have them put the sticks in the right order.
- Army crawl under something.

- Drop clothes pins in a jar (make it harder by standing on something).
- Crab walk or bear walk around an object.
- Ask your Scouts for ideas!

Equipment

Use what you have for the activities. Other than that, you just need:

- Stopwatch (most phones have this feature) to keep time.
- Results sheet with place to record name, time 1, and time 2.
- Activity Material
- Map (helpful so more than one person can set the course up)
 - A blank design sheet is posted as a separate leader resource.

Basic Scout Skills Example



Start

End

#1 Show knowledge by writing out what WEBELOS stands for.
Set-up: Dry Erase board & marker OR paper/pencil.

2 Learn Boy Scout Law- Jump over each virtue and say it out loud.
Set-up: Use Wide Carpenter masking tape. Write Law on each piece for them to jump over.

9 Practice the Cub Scout Promise by doing saying it out loud, at attention, with the correct hand sign.
Set-up: Printed Copy of the Cub Scout Law on the wall.

3 Practice the Scout Slogan by putting the words in the write order.
Set-up: Write one word on each stick "Do a Good Turn Daily".

#8 Practice "Leave No Trace" by untying the square knot.
Set-up- None since they go back to the rope station.

4 Fun toss- toss the food in the right food group container. Move on as soon as you get 3 in.
Set-up- Food bean bags, containers labels with the food groups.

7 Show knowledge of the Scout Handshake to a leader and answer their Scout Question.
Set-up- Have an adult willing to be the "Grumpy Scout Leader" that the Scout must get by.

5 Practice square knot by tying one.
Set-up- rope around an object (like a pole) or tie a square knot.

6 Learn the Cub Scout Motto by dropping "Do Your Best" pins into a jar. Scout must yell "Do Your Best" after 3 tries OR when they get one pin in the jar.
Set-up- Wooden pins with "Do Your Best" and a jar/container. Scout may need a chair or other way to get elevation.