

Pack 184 Movement and Play Policy

Position Statement

Cub Scout Pack 184 strives to promote health and wellness by incorporating movement and play into pack and den meetings, events and outings.

A significant component of scouting is rooted in supporting young children to develop critical life skills that help Scouts be successful adults. Keeping themselves “physically strong” and “mentally awake” are promises made by each scout in the Scout Oath. Scouts will count on the principles learned through scouting for the rest of their lives. Pack Committee members and other parent volunteers are mentors and role models for children and families. As such, we need to work hard at maintaining a healthy image and providing healthy opportunities and choices to our Pack members, ages 5 to 10, and their families, which often include siblings under age 5 and extended family.

Therefore, our Pack will adopt policies that support families and scouts to be physically active at our Pack meetings, events and outings, including:

- ✓ Provide a gross motor movement game and/or activity at meetings, events and outings.
- ✓ Offer regular opportunities throughout the scout-year for scouts and their families to participate in hikes and other outdoor activities that are physically active, age appropriate and promote the importance of physical fitness and spending time in nature.