

OUTDOOR FUN AND FITNESS CEREMONY

I like playing tag.
It is fun to run and play.
Tag is a great way to exercise,
and have fun along the way.

I like playing ball.
It is fun to throw and run.
Playing catch is a great way to get fit;
it really is such fun.

I like playing frisbee.
It is fun to play with a friend.
This is a type of exercise
that I never want to end.

I like swinging on a swing.
I feel like I can touch a cloud.
I enjoy this type of movement,

I like relay races.
I run them with my den.
I get strong at Cub Scouts
from now until I am 10.

Playing in the backyard
by myself or with a friend
is a great way to get in shape
and make it easier for me to bend.

Being fit and healthy
is an important thing to me.
If it helps to play outside,
then I say that's the place to be.

The end.