# 3 Year Programme
# *for Cub Scouts.*

Developed by
*Stuart Leacy.*

# ***Autumn Term***
# ***Year 1***

Please make sure you have read the following carefully before using the material contained within this pack.

The ideas within this pack, are only suggestions based on the New Programme Material. They have not been endorsed by the Scout Association, and as such the Scout Association, or Stuart Leacy do not take responsibility for any liability caused by any of the ideas within this booklet. All ideas though, have been tested with a cub pack in Stevenage, and the resources have been extended to help with the delivery of the evening.

The programme plans, are not made to be comprehensive, but should go along way to fill the programme for the normal hour and half evening. Therefore care should be taken to make sure with your knowledge of the cub pack that the activities are suitable, and equipment and resources are available to fill the time allowed.

Some ideas are linked to the Programme Essentials section, and where this is the case, a page number will be found within the evening programme.

The prayers and games can be used with any other evening, but are more closely linked to the theme for that particular evening.

There are normally between 13 and 15 evening plans for each term, so therefore care will need to be taken to make sure the badge criteria is met when evening plans are missed out.

*I hope you and your cubs will have as much fun using this pack, as I have with putting it together.*

# Autumn Term - Year 1

***Week 1*** ***Introduction of Chef's Badge, welcome back, and games night.***

GAME 1: Hot Potatoes. This game the cubs have to put 3 potatoes in their cooking pot. The children are divided into two equal teams, and numbered 1 ->. The teams sit facing each other, with a gap of 3ish metres between. A bowl is placed in the middle of the room between the two teams, with 5 potatoes *(Could be tennis balls*) in. A chair is placed at the end of both sides of the room, with a bowl on each. When a number is called, the pair of children run to the bowl in the middle of the room, take out a potato, and place it into their cooking pot. They can then decide either to take one from the opposite bowl, or another from the centre cooking pot. The first cub with three potatoes in their own cooking pot wins.

Explain the idea behind the chef badge with a discussion about the minds of food they eat, and what makes different food groups. See if the children can go away and draw different foods into different food groups. Also with all this emphasis now on healthy foods, discuss with the children about healthy options, and how important it is to have good diet. Maybe as well as playing the games the cubs could also design a food groups poster. Hopefully this should give the older cubs enough ideas for them to run their own healthy foods evening later on in the term.

GAME 2: Around the hall place out some ropes, which are made into circles, about 2 foot across. There needs to be circles for every cub, apart from 2. The two cubs who do not have circles are the chaser and chased. The chaser is called the fox and the chased in the rabbit. They start on opposite sides of the room. On the word go the fox chases the rabbit. The rabbit can go down any of the holes by touching the person in that hole. If touched the person in the circle must leave the circle and the rabbit hops in. The person touched then becomes the rabbit. If the fox catches the rabbit, they swap roles. The game continues as long as necessary. If the game slows down, you may want to introduce another rabbit, and/or another fox.
PRAYER 86

***Week 2*** ***Health and Hygiene planning, kitchen safety.***

GAME : Marbles, marbles everywhere. As everyone knows how dangerous marbles can be. People can slip on them if they are not picked up properly. In this game the cubs have to picked up the marbles from inside metal trays with bare feet. They have to work as a six to remove as many marbles as they can in 5 minutes and place them in a container. To make this harder you could put the container at the far end of the room, and get the cubs to hop with the marble in their feet a distance before dropping it. If you have a reasonably empty room you might just drop the marbles on the floor, just make sure though you end up with the same number of marbles as you start with, as marbles can be dangerous if left around the headquarters.
*Creative Zone*
*Extra help and ideas can be found on Pack Programmes, page 149.*
Cubs to learn about the rules for a safe and hygienic time in the kitchen. To do this I would start off by getting the cubs to work in sixes to try and come up with their own safety and hygiene rules, before then bringing them back to the pack. Discuss the ones they have come up with, before then introducing them to the safety and hygiene sheet.
They are then to take these ideas and draw out a poster, highlighting these rules. The idea will be that about one quarter of the night will be taken up from designing the posters, as it is really important that they understand these rules, and a third taken up with discussing.
If there is time at the end get the cubs to explain their posters and show tem to the rest of the pack.
PRAYER (From page 191 - pack programmes.)

***Week 3*** ***International evening (Maybe with visiting speaker)***

*Extra help and ideas can be found on Pack Programmes, page 161.*

GAME : Lay out the different country cards at the end of the hall. Split the children into 4 relay teams. The cubs then one at a time have to run up and turn over two cards. If they are linked they take them back. if not they turn them back over again. The cubs get 2 points for every pair they get. If they get all four cards they get an extra point.

*Global Zone*

*If a visiting speaker is available.*

This will be a chance for the children to taste some food from a different culture. Hopefully with a visiting speaker, to explain more fully the foods they are eating, and why they are popular.

*If you cannot find a visiting speaker then you could try one of the options below :-*

***Australia :***

GAME : Hungry crocodiles - In this game the cubs have to swim down the river without being caught by the crocodiles. Start by choosing a couple of cubs to be the crocodiles, they stand in the middle of the room. The rest of the cubs stand at the far end. On the word go the cubs have to swim from one of the room to the other, and on touching the opposite turn around and walk back. They do this by walking in a straight line as if caught in the flow of the river. The crocodiles are blindfolded, and hold out their arms in a scissor motion. The can move around and have to try and snap up those cubs who are walking across the room. Any crocodile who catches a cub, makes that cub sit out. After 3 minutes the amount of cubs is counted, and the crocodiles are swapped over.

Musical instruments : You could make a didaridoo# **check**# by rolling up some thin card, about A2 length, alternatively you could use ready made tubes of different lengths. The children need to blow raspberries down the tube to make the sounds.

Aboriginal pictures : Use black sugar paper as a base, and have sticks with red, white, brown and yellow paints. The cubs have to create pictures with the paints using dots made either with their fingers or the sticks. If the cubs are to produce true aboriginal pictures then they will not draw the actual pictures of items or animals, but symbols representing them.

Wild bush tucker trial : In ready prepared boxes hide some different items that you might find in Australia. These might include things like spiders, sand, worms, etc.

Food : Really the food choices always seem to go back to barbequing food such a sausages or beefburgers. This could be made more fun by allowing the cubs to cook their own on small barbeques. For the desert there could be a selection of different fruit which can be found in Australia. You might also want to see the pavlova recipe from the New Zealand night below, as the origination rights are still being argued between New Zealand and Australia.

***France :***

GAME : French version of captain coming - found in the games section.

French Food : Blind fold the children and tell them they are going to eat some different food which originate in France. These might include french bread, strong cheese, grape juice, croissants, pain au chocolate and maybe even frog legs (chicken legs) and snails ( small long meat) .

French Cafe : Using the sheet in the resources section for a french cafe place mat. Get the cubs to try and order drinks and biscuits in French. You will need to have a selection of different squashes and different biscuits.

Producing a Monet : The cubs are given some examples from the internet of Monet pictures, so also a resource with six different Monet pictures from a freely copiable web site.

New Zealand is on the next page.

***New Zealand :***

GAME : As New Zealand is famous for its sheep. This game takes on board the fact that all sheep copy each other. Send one cub out of the room. Whilst out the other cubs stand around in space in the room. One cub left in the room is chosen as the leader. This person initiates moves on the spot which all the other cubs in the room have to copy. The cub outside is then called back in, and has to try and guess who the other sheep are following, in other words, who is the lead sheep. The guessing cub has 3 guesses, before his turn ends.

New Zealand Food : This is a new idea to my programme structure but does add another country that the cubs can learn about. The only section designed at the moment is the food section, but these recipes could keep you going for a whole night by themselves, with maybe a meal of the food produced at the end, though it has to be said that these recipes are mainly sweet. The first is for biscuits, secondly pavlova, thirdly hokey pokey ice-cream and lastly sweet potato wedges.

*Before the recipes I have to thank Andrew Rodgers, National Cub Commissioner, Scouting New Zealand for all his help in collating the recipe ideas from leaders in New Zealand.*

Anzac Crunchies - These biscuits are a traditional recipe, and this can be found on a resource sheet. The recipe makes around 30 biscuits, and therefore if you are group cooking it might be worth making it in larger groups, or halving the ingredients, to allow the cubs to work in smaller groups.

Pavlova : Making pavlovas is quite quite hard, and time consuming, especially when you can buy ready made ones at the supermarket. The pavlova is traditionally meant to come from either New Zealand, or Australia, though they are both arguing the origination rights. Thus start with the small pavlova nests, and then add whipped cream, or squirty cream (far more fun) to the nest, followed by the traditional kiwi fruit.

Hokey Pokey Ice cream - a New Zealand favourite - You will need to make this at home beforehand to allow it enough time to cool and set. Though you could make it again with the cubs to maybe take home in freezer bags, and cool for themselves.

Make some hokey pokey: 5 tablespoons of sugar, 2 tablespoons Golden Syrup, 1 teaspoon bicarbonate soda.

Bring sugar and golden syrup to the boil slowly stirring all the time. Simmer gently over a very low heat for 4 minutes, stirring occasionally. Remove from heat and add bicarbonate soda. Stir in quickly until it froths and pour at once into a greased tin. Break up when cold. Then stir very small pieces hokey pokey (you‹ll of the probably have to smash it up) into softened vanilla ice cream.

Sweet potato wedges : Kumara is the Maori name for the sweet potato, and so technically these are Kumara wedges. The best way to make these are to cook the sweet potatoes in their skins until nearly soft. Then take them out of the water, and allow to cool. At cubs give them a sweet potato, and get the to cut it into wedges, and fry it off in a little oil in a frying pan.

PRAYER 87

***Week 4*** ***Menu planning and discussing methods of cooking.***

GAME : Put the words fruit, vegetable, meat and bread product. Explain to the cubs that you have a bagful of shopping, and that when you call out the food they need to run to the right corner. If though say :-

| | |
|---|---|
| Fry | The cubs lie on the floor and make a sizzling sound. |
| Boil | They stand up and down and make a bubbling sound. |
| Oven | The curl up on the floor, and say “It’s hot in here.” |
| Microwave | The spin around three times and say bing. |

The leader then explains whether they have stayed in the correct corner. As the games progresses you might want to call out some more difficult items.

| **Fruits** | **Vegetables** | **Meats** | **Bread products** |
|---|---|---|---|
| Apple | Potatoes | Beef | Naan |
| Kiwi | Parsnip | Bacon | Pitta |
| Banana | Avocado | Chop | Roll |
| etc | etc | etc | etc |

*Creative Zone*

*Extra help and ideas can be found on Pack Programmes, pages 70 -71.*

All cubs to work in groups of about 5 or 6 to prepare menus, which are balanced, of a main course and a pudding. They need to also think about the ways they are going to cook the food in order to retain the nutrients and promote healthier eating.

***Group Work*** ***4 different groups of about 5/6. (A, B, C, D)***

***Base 1 : ICT - making invitations for meal and menus.***

*Challenge Part : To use ICT to complete a task.*

The children need to use a computer to first of all write up the menu, and then design an invitation to go out to the guests they are inviting to the meal the week after.

***Base 2 : Cooking***

To cook the meal, from fresh and serve to the guests, before packing away. These meals might include things like shepherds pie, pork chops, chicken legs, all with some kind of potatoes and vegetables. The pudding should also be something which the cubs have to put together. The meal should be healthy and balanced with the different food groups, as well as giving the cubs chance to prepare meat, vegetable and potatoes, so frozen is out.

***Base 3 : Energy conservation posters, and talking about how to save energy around the home over next 2 months.***

*Challenge Part : To work on a poster and then to look at home how to save energy.*

Children look at resources about saving energy, and then brainstorm about the ways they could save energy around the home. They could then take these ideas and put some of them in a poster to take home.

***Base 4 : Making vegetable / fruit games - Snap, happy families...***

*Creative Zone*

In this base the cubs have to draw about 16 cards out with happy families based on fruit and vegetables. For example they will have Mr, Mrs, Miss and Master followed by the name of a fruit or vegetable. Once finished the children can play with the games they have designed.

***Base 5 : Identifying fruit through taste, and describing the experience.***

*Discovering World Around us Zone, Creative Zone, Global Zone*

*Extra help and ideas can be found on Pack Programmes, page 130, but only a link.*

On this base the children will have the opportunity to taste different fruits from around the world. They will then need to write up which fruits they liked, and disliked, with the picture of each fruit.

PRAYER 88

***Week 5*** ***Bases 1A, 3B, 4C, 5D***

GAME : Fruit Salad Game - Children sit in a circle. Give each child the name of four different fruits such as orange, banana, apple and pear. When you say the particular fruit the children have to stand up, run around the circle and sit down back in their gap. If fruit salad is called all the children run around the circle.

As above

PRAYER 89 or 99 (harvest prayer)

***Week 6*** ***Bases 1B, 2A, 3C, 4D***

GAME : Beef Stew Game : Children sit in four straight lines, each child in each row is given a name of something which can be found in beef stew, such as beef, carrots, peas, potatoes, onion, etc.... When the leader calls the item the child needs to run up to a line and throw their item into the beef stew. (Simulated by a bean bag and a bucket/bowl for each team.) The winner is the first one back after getting his/her item in the bowl and sits back in their own line. If they miss they collect the bean bag and have another throw.

As above

PRAYER 90

***Week 7*** ***Bases 1C, 2B, 3D, 5A***

GAME : Put the words fruit, vegetable, meat and bread product. Explain to the cubs that you have a bagful of shopping, and that when you call out the food they need to run to the right corner. If though say :-

| | |
|---|---|
| Fry | The cubs lie on the floor and make a sizzling sound. |
| Boil | They stand up and down and make a bubbling sound. |
| Oven | The curl up on the floor, and say “It’s hot in here.” |
| Microwave | The spin around three times and say bing. |

The leader then explains whether they have stayed in the correct corner. As the games progresses you might want to call out some more difficult items.

| **Fruits** | **Vegetables** | **Meats** | **Bread products** |
|---|---|---|---|
| Apple | Potatoes | Beef | Naan |
| Kiwi | Parsnip | Bacon | Pitta |
| Banana | Avocado | Chop | Roll |
| etc | etc | etc | etc |

As above

PRAYER 91

***Week 8*** ***Bases 1D, 2C, 4A, 5B***

GAME : Around the hall place out some ropes, which are made into circles, about 2 foot across. There needs to be circles for every cub, apart from 2. The two cubs who do not have circles are the chaser and chased. The chaser is called the fox and the chased in the rabbit. They start on opposite sides of the room. On the word go the fox chases the rabbit. The rabbit can go down any of the holes by touching the person in that hole. If touched the person in the circle must leave the circle and the rabbit hops in. The person touched then becomes the rabbit. If the fox catches the rabbit, they swap roles. The game continues as long as necessary. If the game slows down, you may want to introduce another rabbit, and/or another fox.

As above

PRAYER 92 or 100

***Week 9*** ***Bases 2D, 3A, 4B, 5C***

GAME : Fruit Salad making with a twist. Blow up some balloons, you will need about 50 in total, or various colours, though not all will be needed at the start of the game. The cubs sit in sixes. The leader in charge calls out the fruit they want in their fruit salad, such as apple and banana. Two cubs then have to make the fruit salad with one blindfolded and the other guiding they have to burst a green and yellow balloon. The first to burst the two balloons of that colour and bring the burst balloon pieces and place them in their bowls win. In they pop another colour balloon they are out that time, and therefore cannot win that go. The cubs swap around for another go. I would suggest, apple - green, banana - yellow, cherry - red, blueberry - blue, black grapes - purple, orange - orange, etc...

As above

PRAYER 93

***Week 10*** ***Biscuit decorating and sweet making***

GAME : In this game the cubs line up in relay teams. The sweet cards are layed face down at the far end of the hall, sticking cards on card will help the colour of the sweets coming through. If the cub chooses two cards of the same colour they take the cards back to their own six, if not they turn the cards back over and go back. The cards can be found in the chef badge section, and 4 sets need to be printed.

*Creative Zone, Global Zone*

Two different bases, one for the children to decorate biscuits using digestive/rich tea with icing sugar and sweets. The other to make one of the different sweets from the resource sheet.

PRAYER 94

***Week 11*** ***Older cubs to plan evening about healthy living. Such as balanced diet, keeping fit, etc...***

GAME : This game, with help, will be run by the older cubs who are running the evening. This activity can be run by the older cubs / sixers. They may need some time on previous weeks to prepare this activity, probably with one leader or younger leader's help.

PRAYER 95

***Week 12*** ***Christmas Cake making***

GAME : All in a mix. The children are all told or given cards with name of things which go into a christmas cake. The idea is that without showing the card to anyone or mentioning what is on the card, they find everyone who is the same item. If played in silence it can be made much harder for a second time around. This is quite a short game, as it does take a long time to make the Christmas cake during the evening.

*Creative Zone*

This week the cubs will have the opportunity to make a christmas cake, recipe to be found within the chef badge section. Though other versions are available in cookery books or on the internet.

PRAYER 96

***Week 13*** ***Christmas Cake decorating***

GAME : Around the hall place out some ropes, which are made into circles, about 2 foot across. There needs to be circles for every cub, apart from 2. The two cubs who do not have circles are the chaser and chased. The chaser is called the fox and the chased in the rabbit. They start on opposite sides of the room. On the word go the fox chases the rabbit. The rabbit can go down any of the holes by touching the person in that hole. If touched the person in the circle must leave the circle and the rabbit hops in. The person touched then becomes the rabbit. If the fox catches the rabbit, they swap roles. The game continues as long as necessary. If the game slows down, you may want to introduce another rabbit, and/or another fox.

*Creative Zone, Discovering World Around us Zone*

This week the children will decorate the christmas cake they made last week. It is a good idea to use the fondant icing as then the cubs should be able to ice their cakes, as well as making different characters to place on top of their cakes.

It may also be a good idea to have a backup of Christmas cards, wordsearches or crosswords to be completed if this night does not take all the time expected.

PRAYER 97.

***Week 14*** ***Badge presentations and Christmas Tree Party.***

GAME 1 : Split the children into groups of 4 or 5. Give each group a roll of masking tape, tinsel and other tree decorations. On the word go the cubs have to decorate the volunteer to make them look like a Christmas tree. You might also give the cubs a star to put on the top of the cub who is decorated.

GAME 2 : A Christmas tree drive. This is the same as a beetle drive, but uses a Christmas tree as the item they have to draw. Every six will need a dice, and each cub will need a pencil and a sheet of the Tree Drive paper.

Food then followed by badge presentations.

PRAYER 98.