3 Year Programme
for Cub Scouts.

Developed by
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Autumn Term
Year 3

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 3

Week 1 ***Welcome back, games night and introduction to Home / Personal Safety Badge.***

GAME 1: The cubs are split into two teams. Each side of the room has one chair, with a bucket/bowl on. A child starts off in the middle of the room, with a ball, and try and throw it to another cub on their team. The idea is that they try to score a goal, for 1 point, touching the bowl/bucket, and for three points getting the ball to stay in the bowl bucket. Other rules might be once a cub gets the ball he/she cannot move. Once the ball is dropped the ball goes back to the centre, and the other teams start. You may even have an exclusion zone around each of the chairs, where no child is allowed to enter.

If a goal is scored, then the ball goes back to the centre with the opposite team. Once a set amount of time is up, then teams swap over, with the opposite team starting with the ball than in the first half.

Explain the idea behind the Personal Safety or Home Safety Badge. This will need to be chosen before hand. Though both parts of the badges could be covered, it would be sensible only to give one of the badges at the end of the term.

GAME 2: Traffic lights, trying to get across the road,, ask the cubs to sit in a circle. Give a cub a ball, and start a stop watch off with somewhere between 20 seconds and 2 minutes. When the time is up, the ball stops and that cub is given a coloured square. Red for the first time out, amber for the second, and green for the final time. Any cub who is gets a green square is allowed to stand up and walk across the circle and sit down in some-one elses seat. That cub has to give up their squares and sit down in the first cubs chair. Any cub who moves gets a point. Two or more balls could be used to get the game going more at the start.

PRAYER 56

Week 2 ***Water Safety Code. (PerSafe 3)***

GAME : Cubs stand in the middle of the room. Label one of the ends as floating and the other as sinking. The cubs have to listen to the objects being called out, and then have to run to that end of the room. The last one there could be out, or go though some process or being allowed back in. The game could be made more fun by the cubs swimming to the floating side, and glugging to the sinking side. As the game continues make the children swim different strokes to the floating side.

Outdoor Scouting Zone

www.watersafety.vic.gov.au
www.swimandsurvive.com

Start by looking at a map of the area and working out where the dangers of water actually are. Then think about other areas where water can be dangerous, such as swimming pools and taking baths. Look at the four different things that could be tried to rescue people from water.

1) Reach : Lie down on the bank or side, making yourself less likely to be dragged into the water. Then hold out a long stick, rod, piece of clothing, throwing it out towards the person who is drowning.

2) Throw : Find an object that floats and throw it out to the person who is drowning, trying to get it close to them without hitting them. Ideas could be a football, stick, lifebouy.

3) Wade : This is now getting dangerous and should not really be attempted unless there is no other way of rescue. Make sure that the water is shallow enough for you to walk safely. Whatever you do, do not go in further than you can wade, and be very careful that most slow moving bodies of water have a large muddy area at the waters edge. This can be just as dangerous as the water itself.

4) Row : This is preferable to wading if it is possible. Be careful when taking other people's property, and make sure that you know how to use and steer the boat, especially on flowing water.

As you go through the list remind the cubs it is probably better that they were the ones who go for help, not the ones who try to sort out the problem. Get them to think about where they could get extra help from, life guards, telephones points, etc.

Once you have gone through the above list get the children to practise them in drama. Get one of the children to pretend to be drowning, and the other cubs try to reach them, or throw them items which will float.

PRAYER 57

Week 3 ***Visit by Crime Prevention Officer or Community Poilceman. (HomeSafe 4) and Caring Challenge badge.***

GAME : Catching the Burglar. Children sit in a circle, with one child blindfolded in the centre with a bag of money. The leader secretly chooses one of the cubs from the outside of the circle. They have to stand up, walk around the circle once, before trying to steal the bag of money from the blindfolded cub in the centre. Once stolen the cub has to move back to their place and sit down again. The cub in the centre can stop the cub from stealing the bag of money by pointing at them whilst they are moving. A harder version can be to set off two cubs at the same time, and it is the first to steal the bag of money, or the cub moves to the centre to steal the money bag first, and then has to go right around the circle before going back to their place.

Discovering World Around us Zone

Children to have the first part of the evening to design some questions which they could ask the policeman. When visitor arrives the cub sit down and listen and then at the end have a question and answer session. The policeman could then at the end explain what is needed to be on the posters next week.

PRAYER : As from page 191 in the pack programmes.

Week 4 ***Make posters from visit last week.***

GAME : The cubs are split into two teams, one the Cops and the other the Robbers. A chair is placed about 3 metres from both end of the hall. A money bag is placed on one of the chairs. The cubs are then to sit in two straight lines, and numbered from 1 to ... When their number is called both cubs have to stand up. The robber then starts to move, but whatever the robber does the Cop has to copy, so if the robber hops, so does the cop. On seeing their chance the Robber has to take the money bag and try to put it onto the opposite chair. The Cop, once the Robber has touched the money bag, does not have to follow their every move, but has to try and tag the robber, before he can put the money bag on the other chair.

Creative Zone

Give the cubs a range of mediums to use to create their posters such as felt tips, crayons, pencil crayons, paints, etc. Once completed the posters could be sent back to the police station so they can be used, and put up around the local community.

PRAYER 58

Week 5 ***Visit to the fire station, local police station or life boat centre. (Caring Challenge badge.)***

Discovering World Around us Zone

This will need to arranged a long time in advance.

Week 6 ***Know how to make a 999 phone call and to use different types of phones. (PerSafe 4 & HomeSafe 5)***

Extra help and ideas can be found on Pack Programmes, page 146 to 147.

***NOTE** : This is also covered in other evenings as part of the 3 Year Programme, but I feel it is such an important issue, it could be well worth covering again, 18 months later.*

GAME 1 : Story with Numbers. Sit all the cubs in a circle, giving the numbers out between 0 and 9, as these are the numbers found on the dial of a telephone, not using the numbers 2 or 4. Though you may need to use less numbers with smaller packs. Then start telling a story, when the children hear their number, they have to stand up, run around the circle, and sit back in their place. A story can be found in resource pack.

GAME 2: Again another idea based on captain's coming.

Going up a ladder	Act out going up a ladder on the spot.
Go to an emergency	Run around the room, making sirens sounds.
Putting out a fire	Make a hose with one arm, pretending to spray it over the fire.
Rescuing cat in a tree	Pretend to crawl long the floor to cat.
Using the claws	Arms like crocodile mouth, and gradually close.
Going down the pole	Wrap arms together and shrink down to the floor to sit.
Fire crews of 6	Children sit in bus type layout in 6's.

Discovering World Around us Zone

One group will be going out to make a phone from a call box back to the headquarters. The second group will be taking down a message from the cub who is making the phone call from the call box, making sure that they have all the relevant details. The third group will be making emergency phone calls to show that they could make a emergency call, and know what to tell the operator. Scenes for this can be found in the resources.

PRAYER 4

Week 7 ***Fire evening - looking at issues with fire safety, fireworks, fire alarms. (PerSafe 2 and 3 & HomeSafe 2)***

www.firekills.gov.uk
0870 1226 236

Codes : Fire Skill Board Game - Fire Skill 04 *Plan Your Escape Leaflet - Fire Escape 04*
Celebrate Safely Leaflet - Fire Celebrate 02 *Get Out, Get the Brigade Out, Stay Out - FB7*
Kitchen Safety Leaflet - Fire Kitchen Leaflet 02 *Fire Safety in the Home Leaflet - Fire Main 03*

GAME : Fireworks : The idea is based on captains coming, but is liked into fireworks.

Catherine Wheel.	The children spin around three times.
Rocket	The children run three paces, and shout bang.
Roman Candle	The children raise the hands up as high as possible.
Bonfire of	Children get into a group of the size of the bonfire.
Sparklers	Children wave their hands around.
Keep them in a tin	Children curl up in a box shape.
Bangers	The children jump three times, going bang each time.

Caring and Community Zone

The Fire Association do produce lots of really good free material, which is available by any of the codes above. The board game is a lovely activity to do as a base during the evening. There are many other activities that can be completed during the night.

Activity one is to complete their own poster advertising the firework safety code. Start off by looking at the Firework Safety poster from the DTi. The cubs could have a go at trying to come up with their own rules for safe use of fireworks.

Activity two is to complete a play about a danger of fireworks, such as what might happen if you back to a firework. Get the cubs to work in groups of 3 or 4 to make any small props they need, and taking each of the different rules, think about a small sketch about what would happen if they were not followed. Equipment needed might consist of paint, kitchen rolls and coloured paper.

Activity three is to complete a chalk picture on black paper, or a toothbrush and light paint picture of a firework night. This of course could be combined with the fireworks being drawn with chalk, then flicking the paint over the top. A few sticky stars can also add some great effects, as well as a moon.

PRAYER : As from page 191 in the Pack Programmes.

Week 8 ***Remembering evening - Remembrance Day***

GAME : Kim's Game. A variety of objects are placed underneath a towel. On the word go the towel is removed from the top, and the cubs can see the objects for around 3 minutes. They then have up to 20 minutes to either draw or write down the objects they have seen.

GAME 2: Kim's Game Relay. This is the same as the first, apart from this time it is a relay. The cubs line up as a relay form. Each six is given a piece of paper and a pen, and they tray with objects is hidden from the view of those sitting at the far end of the room. On the word go the first cub has to run to the tray, remember an object, and then go back and write or draw on the piece of paper. Once that is done the next cub goes, and so on until all the objects have been correctly mentioned on the piece of paper. This is actually quite a hard game, and quite exhausting, especially if they do not think about the objects on the piece of paper first.

Beliefs and Attitudes Zone

This evening could be structured however is necessary to promote the fact of those who gave their lives in the service of others. It may be that you have a visiting speaker in from the army, navy, airforce, British Legion or Burma Star. If this is going to be the case the cubs will probably use up the whole night talking to them.

If not then it would be a good idea to tell the story about why the poppy is used to symbolise those who lost their lives during the wars. Get the cubs to think about the ways that think people during the Second World War helped, and how everyone had to their bit. Talk about the fact that Scouting used to go around to collect things from people's houses.

PRAYER 59

Week 9 ***Safety in the home and hall. (HomeSafe 3 and Caring Challenge badge)***

GAME : This game is based on some of the most popular accidents which happen in large open buildings. The cubs need to start by running around the room, then as commands are called the cubs react in the ways defined.

Slippery floor	The cubs have to walk around trying not slip
Object on floor	The cubs have to make three steps, and then jump.
Pushing through the door in _____.	Children get into groups of ??.
Tripping over	The cubs have to walk three paces and sit down.
Cutting your finger	The cubs hold their finger and run to a wall.

If any direction is called then the cubs run towards that direction.

Caring and Community Zone

Children to sit in a circle and explain some of the accidents that they have been involved in at home, cubs, or school. They could also discuss what they should do if they are involved in an accident, or if they see an accident happen.

Children to walk around the room and look for places where accidents could happen, marking them on a map of the headquarters, and explaining why they could have an accident there. They need to then think about how they could make the room safer, and what they could do to make the hut a safer place.

After they have completed looking around the room, then there is a spot the dangers at home competition run by the RoSPA and Home Accident Prevention Northern Ireland. The page gives you a picture of mum walking down the stairs and the cubs have to find the 10 hazards within the picture. They can also as the example within the file states colour in the picture and put a cross over the main features.

If anyone has drawn a picture and would be willing to share it freely with the rest of scouting, then could you please email it to me, as I do not have the artistic skills to draw one.

PRAYER 60

Week 10 ***Real life safety in the headquarters. (HomeSafe 3 and Caring Challenge badge)***

GAME 1 : As this is going to be an evening where the cubs are going to be completing some tasks which need to be completed sensibly and quietly then both of these games need to be played to settle them down afterwards.

The room is split into quarters, and an equal number of cubs is placed into each quarter. Six light plastic balls are placed into each quarter. On the word go the cubs have to pick up the balls an throw them into one of the other quarters. When the whistle goes, the game stops and the number of balls is counted for in each quarter. This is added onto that quarters score. As it is real life safety, this is where the injury comes in, if the corner goes over 20, then they are only allowed to use their right hand, over 50 they have to hop and over 100 they are not allowed to use their hands at all, but are allowed to walk again. The team that wins is the team that has the lowest ball score.

GAME 2 : This game should be a quiet game to settle the cubs down. It could be linked to thinking about how long a minute is. The cubs sit around in a circle. They have to start off by sitting down. Then after 30 seconds they kneel up, and then after a minute stand up, once all the cubs are standing, or 2 minutes has passed, the closest cubs or cubs is told.

Caring and Community Zone

This is an evening to think about solving problems that could happen within the hall. You will probably need some face paints, and variety of casualties. The casualties could be half of the cub pack, or could be the children of parents who are helping. If cubs are to be used as the casualty then the pair needs to go in, one to be the casualty, and the other cub could observe, swapping around after each pair. The idea would be that the cubs split off into pairs, and when called enter the place to try and sort out the casualty. When they enter the room the adult in the room, watches and guides if necessary.

The situations can be one of your own, or could be one of the ones from the two sheets- Situations for Home Safety 1 and 2. (The first aid information is correct at time of writing. So please amend or change if the instructions have changed.)

PRAYER 61

Week 11 ***Explain the dangers of playing near a railway line, canal banks, farmyards or busy roads. (PerSafe 1)***

GAME : This game is based on the four locations. Each corner of the room is labelled with the four locations. The cubs run around until the word stop or a whistle. At that point the cubs run to one of the corners. Then a danger is made up, which could occur in one of the corners, the cubs in that corner are out, or lose a point. The scenarios could be :-

A car comes quickly round a bend.
A tractor starts to reverse to pick up a large trailer.
The canal bank is slippery after a sudden rain shower.
After the bell goes someone tries to cross the track as there does not look like a train coming.
A car overtakes another on a zebra crossing.
A person riding a bicycle on the road without a helmet.
A fishing line becomes entangled in a reed bed where the water looks quite shallow.
A child is above a railway line on a bridge with a handful of dirt.
A large stack of hay bales is being used a temporary climbing wall.
A gate is left open in the yard, allowing an angry bull to get out.
A short is used to get between a house and a park along a stretch of quiet railway line.
A child steps out between parked cars to cross the road, as all seems quiet.
A child goes to get a ball out of the mud at the side of the canal.
A child starts to play in the canal by diving into the deep water in the lock.

Outdoor Zone

Split the pack into four different groups, and give each group a large sheet of paper. The first group draw the scene, (The railway line, canal bank, farm yard, busy road), and then once complete leave it on the floor. The groups then move around one to the left. Once the new group arrives at the picture, they add some dangers they can think of, such as a tractor on the farmyard scene, a reed bed on the canal bank, a train on the railway line or some cars on the busy road. The groups then move onto the next piece of paper, and again add more dangers, as above. They then move onto the last picture, as a group they then have to read out all the dangers they can see in the picture. The style of the picture could be a cartoon, or just normal. The pictures could be painted, felt tipped, or crayoned, but need to be bold and colourful. They could be completed on the floor, or like mural on the wall.

PRAYER 62

Week 12 ***Stranger danger, act out some scenarios. (PerSafe 5)***

GAME : Don’t creep up on me.. One child stands at each corner of the room. The rest of the cubs stand in the centre of the room, with space around each of them. One cub is then chosen without the four children in the corners seeing. The cubs in the corner of the room then start to move towards the centre of the room and the main group of cubs. They are only though allowed to move whilst the leader is not looking. If the leader sees them moving they have ro go back to the corner of the room. If one of the cubs make it to the centre group of cubs they have to touch them on the shoulder, if they are not the chosen one, they sit down. If they are the chosen one they have to tag one of the other three cubs before they get back to their safe home corner.

Caring and Community Zone

Start the discussion off with why it was the same as a stranger in the street. Talk about the fact that dangerous stranger do not have to look like a stranger, but could be anyone. That if they think that someone is trying to grab them, or has tried to grab them, then they need to run to a safe place.

Get the cubs to try out some Stranger Danger plays, both taking the role of the child and the stranger. Get them to think about different ways of escaping, what kind of noise they could make, who they would go to, or where could they go to escape.

Think about making slogans to help younger children remember not to go with strangers. Could they produce a jingle, an advert or poster which they could use at school to remind them about stranger danger.

PRAYER 63

Week 13 ***Make a list of emergency numbers, ready to put up at home. (HomeSafe 6)***

GAME : Story with Numbers. Sit all the cubs in a circle, giving the numbers out between 0 and 9, as these are the numbers found on the dial of a telephone, not using the numbers 2 or 4. Though you may need to use less numbers with smaller packs. Then start telling a story, when the children hear their number, they have to stand up, run around the circle, and sit back in their place. A story can be found in resource pack.

Caring and Community Zone

This does at first seem quite a boring evening, and thus care needs to be taken to make sure that the cubs have fun finding out the numbers from the directories. A variety of telephone directories could be used, such as yellow pages, Thompson or the normal telephone pages for the local area. Also most of the numbers can be found on most of the publications produced by the local council. The cubs might have to only find the names of plumbers beginning with P, and the Gas people with G.

Some discussion could be completed once all the numbers have been found, to when those numbers need to be used, and which one could be used for sorting out what kind of problem.

PRAYER 64

Week 14 ***Seasonal Card making.***

Extra help and ideas can be found on Pack Programmes, page 106-107.

GAME : Lay some pieces of newspaper out on the floor, symbolising the snow falling out from the sky. As we know though snow is slippery in the wrong situations, therefore as the children run around the room they cannot touch any of the pieces of paper. Though when the leader shouts “snowfall - lightly” the children stand on the newspaper in 2’s. “snowfall - medium’ in 3’s. “heavy snowfall” in 4’s. “Blizzard” in 5’s. Any cubs which are not standing in the groups of ____ are out, and have to put a snowflake on their chart, they can then go back in. The chart who has the most snow by the end, loses.

Creative Zone

Start off with four different tables, one for glitter, one for paint, one for old xmas cards and the last for felt tips and pencils. The children are given two pieces of card, and it is up to them which table they work on and whether they wish to mix and match the mediums on the same card. Some help may be needed to persuade the children to use the more empty tables.

PRAYER 65.27

Week 15 ***Know what to do in the event of burst pipe, gas leak or electricity power failure. (HomeSafe 1)***

GAME : Children have to make their way from one of the room to the other without the lights being on. This is being used to recreate what it would be like in a power cut. To make it more difficult the room is changed around with a variety of chairs being left around the room. Any child hitting a chair with any part of their body apart from the hand is out. Once the cubs have been across the room in the dark split the children off into pairs. Blindfold one of the cubs and let them see if they direct the other cub around the chairs.

Caring and Community Zone

Carrying on with the theme of electricity power cut, try to see if the children know what to do if there is a power cut at night. Do they know where the candles and matches are. Within small groups see if the children can light a candle, with a match. If there enough adults and the risk does not seem that high, see if the cubs can carry a candle, around a course lit. Once they have done so, see if the can work out what made carrying the candle difficult.

NOTE : Have many buckets of water around, just in case.

Gas leak : If possible let the cubs have a small smell of what gas smells like. Get the cubs to think about what would happen if the whole room fills up with gas. Risk of explosion and suffocation. So the idea would be if they smelt gas to get out and stay out and ring the gas board. Also do not switch on any electrical equipment, or mobile phone, as this could create a spark and ignite the gas.

Practise having a fire alarm. See if the cubs can all exit the building safely to a defined spot outside. When outside think about it being a gas leak, how much further would they think they would need to be away from the building.

Water leak : This is not normal dangerous, but needs to be stopped quickly. Ask the cubs to think about the place in the house where their mains water tap is. Normally towards the front of the house under the sink, though could be anywhere. Explain that there is one outside the house, if it is one in the loft which has burst.

Get the cubs to write down what they could do at home if one or more of the situations above happened. This could form part of a home escape plan, which the cubs could take home and talk to their parents or carers.

PRAYER 66

Week 16 ***Snowman Xmas Party and presentation evening.***

GAME 1: Snowman Drive, this is the same as a Beetle Drive, but is to make a snowman.

GAME 2: Making a snowman. The cubs are split into groups of 4. Each group of four chooses a volunteer. This volunteer stands up, and the rest of the cubs on the word “go” start to wind white toilet paper around the cub. Once finished they add a hat, scarf, and if possible stick orange paper on for the nose, and black stickers on for the mouth, eyes and buttons.

Other games can be run to seasonal snowman music, such as Frosty the Snowman, Walking in the Air, etc.

Food

Badge presentations.