

# 3 Year Programme *for Cub Scouts.*

Developed by  
*Stuart Leacy.*

## *Summer Term* *Year 2*

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.*

# Summer Term - Year 2

## **IMPORTANT NOTES, please read before completing this term :**

- *It is not a good idea to complete both badges, though elements can be taken from the other badge for enjoyment and balance during the term.*
- *It will be worth reading the section on hiking before taking the cubs on any hikes. As quoted on the pages, if you are unsure about any aspects of taking the cubs on a hike or the route plan contact your ADC, GSL or Nights Away advisor.*
- *Check your district's policy on going for hikes, or visiting local campsites, in or out of district, as some will require notification before a hike takes place. Also if your cub pack is quite large, it may also be worth contacting the local police station if you are going to spend a large proportion of the routes on public highways.*
- *Some of the evenings are made for indoor and some outdoor, with the British summer as it is, it might be worth changing some of the evenings around according to the weather. Those marked with a '\*' are made for indoor use, and '^' are outdoor.*

## **Week 1 \* Welcome back, an introduction to Adventure or Navigator Badge and basic road safety.**

*Extra help and ideas can be found on :-*

- *Pack Programmes, page 145.*
- *www.hedgehogs.gov.uk*
- *www.dft.gov.uk*
- *email dft@twoten.press.net*
- *fax orders 0870 1226 2237 (24 hours)*
- *Calling DFT on 0870 1226 236 and asking for (Mon to Fri : 8am to 6pm)*
  - *Arrive Alive (T/INF 353)*
  - *Activity Book 2 (T/INF/604)*
  - *Get across road safely (T/INF/804)*

GAME 1: Traffic lights pack programmes page 141.

### *Outdoor Zone*

Explain the idea behind the navigators or adventure badge.

GAME 2: The cubs have to run around the hall until the following instructions are given.

Traffic lights	Children group, one standing, one kneeling and one sitting.
Pelican crossing	Child make a large beak with arms.
Footbridge	Children stand in pairs making a bridge.
Underpass	Children crawl along on the floor.
Zebra crossing	Children go down on all fours, like a zebra.
Traffic Island of ____	Children stand in groups of that number.
Normal road	Children stop, look and listen, then move three paces.

### *Caring and Community Zone*

As the first night back and such a serious topic when some of the term is spent out, it will need to be revisited before every trip out, though not in so much detail.

Sit the cubs in a circle and see if between them they can come up with the Green Cross Code. Talk about where the best and worst places are to cross the road.

Activities for safe crossing of the road can be found in Activity book 2 or Get across road safely, otherwise, it is worth changing their ideas about road safety into a poster which they can take home or display around the headquarters to be used as a reminder before going out on any walk.

PRAYER 43

**Week 2 \*    *How to prepare for a hike. (Adventure 1)***

*Nights Away folder page 89 and page 93.*

GAME : This is like a dressing up relay. The cubs sit in relay teams, and layed out in front of each team are some items which they would need to put on to go on a walk on a cold day, or in the snow. The first cub has to run down the hall putting on the clothes on the way there, and then take them off on the way back. The gloves though could be made more fun, by putting all the gloves in a pile at the start of route. The cubs have to choose a pair before continuing. The clothes items they have to put on may include scarf, hat, raincoat, large boots, large jumper and gloves, etc.

*Outdoor Zone*

Explain that different groups of items would be taken on a day hike, rather than a camp. Split the pack into four groups, and give each group a range of items, which the cubs can split into 3 piles, one for a day hike, one for camp and the last pile for things which not be needed for camp or a hike. Rather than completing practically you could always just discuss and use the sheet about what to take on a day hike. First Aid kit, maps and compass might be discussed with the cubs as items that the leader would bring, and therefore they would not.

<b>Day Hike Items</b>	<b>Camping Items</b>	<b>Other items</b>
rucsac	sleeping bag	fizzy drink
sweets	reading book	tie
20p	teddy bear	tinned food
waterproof	wellingtons	computer game
pencil and paper	roll mat	swimming goggles
coat	carrier bags	flippers
jumper	torch	Christmas cracker
water container	batteries	
shoes (hiking boots)	bath towel	
biscuits / chocolate		

PRAYER 44

**Week 3 \*    *What is a map and find different symbols on map (Navigator 4)***  
***Body Overall 1 (Challenge)***

*Nights Away folder pages 90 - 91.*

GAME :        Play game with pairing off the different symbols with what they are. The domino sheets should be printed out and cut out in separate squares. They should then be left at the far end of the room, either turned over or face up. The cubs should be split into teams, the cubs then as in a relay, run up and choose two cards, which if they are the same are allowed to take them back. If not they put them back down. A leader will need to be at the end to check the pairs. Each team could have their own set, or it could be just one set, which they all choose from.

*Outdoor Zone*

Give out a map to every 3 cubs. Preferably it would be better if it was a map of the local area, with bits on it the cubs will recognise, such as schools, cub headquarters, town centre, parks etc. Give the cubs about 5 minutes just to look at the map and study the features they want to look at, and use adults to encourage this. Then stop the cubs and ask them to describe some of the symbols they used within the game and explain what they show. You could now give out the bingo cards again, and the cubs have to spot all the symbols on the bingo card on the map. They could get more points if they can spot the symbol more than once. Or you could just say a symbol, and the cubs have to use the key to find out what the symbol looks like, and then find a location on the map. You need to make sure though with this method there are more than one occurrence for each symbol, so the cubs can help each other to find one each.

About 15 minutes before the end of the activity time, give out the Body Overall sheets, so as the cubs can keep track of the details over the coming week.

PRAYER 45

**Week 4 \*** **Finding the route between 2 places. (Navigator 2)**  
**Body Overall 2 (Challenge)**

Dole Fruit website [www.dole5aday.com](http://www.dole5aday.com) - a variety of fruit and vegetable activities.

GAME : This is a game all about fruit and vegetables, which should help the cubs understand which is which. Label each corner of the room, green, yellow, brown and red, and the centre of the room for all other colours. The leader in charge calls out the name of a fruit or vegetable and the cubs run to the corner of the room for the colour the item is. You need to remind the cubs it is the colour of the skin we are looking at, not the insides. As the cubs become better at the introduce other commands such as :-

Fruit Jelly	The cubs have to wobble as if they were a jelly
Number Fruit Salad	The cubs have to sit in groups of the that number.
Fruit slices	The cubs have lie down flat on the floor.
Fruit squash	The cubs have to curl up as squashed as possible.
Fruit smoothie	The cubs say "I'm cool."

*Fitness Zone*

The Body Overall is part of three week programme. This is the main week, you will need to talk about the results the cubs have come up with, and how they think they can improve over the coming week. Then fill in the target column, remembering to make targets which are going to possible. It may also be a good idea to have some literature about healthy living for the cubs to have a look at. If time the cubs might want to produce a poster about healthy living, such as 5 portions of different fruit and vegetable a day.

PRAYER 46

**Week 5 ^** **Building a fire to cook a hot drink (Adventure 3)**

*Extra help and ideas can be found on Pack Programmes, page 42.*

*Also Nights Away folder pages 170 - 179.*

*Outdoor Zone*

This night does not need that much explaining. Apart from an equipment list, and a few safety rules to discuss with the cubs and other leaders/ helpers before they start. Much of the information is in the Nights Away book on pages 170 -179, if you are unsure about fire lighting.

*Equipment list per a six or cooking group :*

Matches (To be held be leader), billycan, string, water container (optional), clean bucket filled with fresh water, hot chocolate powder, spoons, cups, newspaper (optional).

**Safety rules :**

- All loose clothing such a group scarves need to be removed or tucked in.
  - All long hair needs to be tied back.
  - All cooking groups or sixes should have one adult, once the fire has been lit, plus one spare adult for the pack.
  - Each fire needs to have a clean fire bucket, filled with fresh water.
  - Every adult present needs to know about what to do with a scald or burn.  
*(Run under cold running water for at least ten minutes, or until tingling sensation has gone away. If area affected is larger than a ten pence, it would be suggested child goes to have it checked out. If cold water tap is a long way away, use fire buckets for initial treatment. DO NOT remove any clothing from a burn, as this has created a natural infection barrier, allow the hospital to do this.)*
  - Cubs are only allowed to place wood on the burning fire with their adults permission.
  - Cubs are not allowed to throw items onto the fire.
  - Fires should be at least 3 metres / 9 foot away from each other.
  - Cubs should not run around fire area, or jump over fires however small. The fire area may be a well defined area, as cubs will want to run around the woods to collect wood.
- From all the safety rules above, it may seem that fire lighting is a risky business, but handled carefully in a controlled way, it is a very enjoyable night for all cubs.
- You may as leaders want to complete a risk assessment before fire lighting.

PRAYER 47

**Week 6 \*** **Direct someone from the headquarters to local places of interest. (Navigator 3)**  
**Body Overall 3 (Challenge)**

GAME : As part of the body overall challenge, it might be fun to complete some kind of challenge during the night to see if they can push themselves to the maximum on body fitness. This might be a star jump challenge. Split the pack into two halves, one set jumps and the other counts for 2 minutes, and then record before swapping over. Then carry on with looking at the results from the body overall survey, before then doing it again, and see if the cubs can beat their first score. The complete the map work section, before having a last go before the end of the evening. Again noting down scores, to see if any cub has managed to improve every time over the evening. This could then be a challenge later on in the term, if they keep their own body overall going.

*Caring and Community Zone*

To look at the results from the previous week, to see if the cubs have made their own target. This can be quite a boring night, if it is not kept going at pace. Try to make the places they are going to clear on the maps. They might want to write out their own directions from their house to their school, or to the scout headquarters. You might want to think with the cubs about different routes which could be used according to the mode of transport, such as walking, biking or travelling in the car.

PRAYER 48

**Week 7 ^** **Walking a route of 1km using a map (Adventure 4b, or Navigator 1e)**

*Outdoor Zone*

This week is quite self explanatory. The route should have been walked before the evening to make sure it is suitable. Also there should be enough copies of the route for all the cubs to have one between to, as they are meant to be working out for themselves where to walk. At opportune times during the walk stop, and ask the cubs if they can work out where on the map they are, and if they can relate any of the features on the map to landmarks around them. [www.streetmap.co.uk](http://www.streetmap.co.uk) is a very good source of Ordnance Survey maps, if you zoom out enough, and roughly would cover enough of an area in which you could plan the walk. Also from the computer website you can print out multiple copies of the page.

PRAYER 49

**Week 8 \*** **Country Code**

*Nights Away folder page 217.*

GAME : This game is based around what would happen if you left the gate open on an animal field. A circle is marked out of about 2 metres, which one six is placed into. They have 50 rolled up balls of paper, or plastic balls. They are the ones who have left the gate open and have let the animals escape, which they do by throwing the balls out. The other sixes are the farmers and they have to get the balls back into the circle. When the whistle goes every one stops, and the amount of animals in the field is counted. The winners are the ones with the lowest number of animals in the field. As discussion needs to happen with the cubs after the game how important it is to shut all gates.

*Caring and Community Zone*

Really this has been an old idea, which has been around far too long, but seems to get over the facts of the country code really well. Discuss with cubs the country code rules, and why each one is needed. Then get the cubs to draw a poster to advertise as many of the country code rules as they can. It has to be said this is a great evening to have as a standby in case of inclement weather, as all you need for the evening is paper and colours.

PRAYER 50

## **Week 9 ^ Tracking (Navigator 1d)**

*Extra help and ideas can be found on Pack Programmes, page 57 - 58.*

### *Outdoor Zone*

This would normally be an outside activity, but at a push could be completed inside. The best way to complete, within a 90 minute pack evening would be for a couple of adults to go and lay a small trail, maybe in two different directions, whilst the cubs were taught about the tracking signs were, and what they looked like, see resource.

If adult help is short, then it might be best to show all the cubs the tracking signs, and then one group goes out and lays a trail whilst the others draw then into a poster. Then the drawing group goes out and follows the first trail. Whilst out the lay a second trail, which then the second group follows.

When doing tracking, it is not a good idea to become too complicated, but to keep the signs down to just a handful. It is also a good idea to try and complete the activity on a camp site, thus allowing the cubs or adults more flexibility to lay the trail, and less chance of the route being altered or destroyed.

If you want this to be an indoor activity then you need a variety of used or art matches. Allow the cubs to make an A4 poster to show the tracking signs. The poster needs to be card, making it strong enough to hold the matchsticks, a cereal packet front is quite good for this.

There is also a laze game for the cubs to have a go at. All they have to do is start from A and see if they find out the order in which the letters go around the maze.

PRAYER 51

## **Week 10 \* Basic First Aid.**

GAME : How well do you know your body. In this game the cubs have to run around until you say stop. After saying stop you need to say, right hand to a part of the body and the left hand to part of the body. The last one to do it, or if they do it wrong they lose a life. An example might be right hand to left foot, and left hand to head, or right hand to right knee and left hand to nose. A way to confuse them if they become too good, is to say right hand to left knee and left hand to right hand.

### *Caring and Community Zone*

During the night we can hope that the cubs take away an understanding about basic first aid, not that this night will be anywhere near the emergency aid badge. To start with it would be good if the pack could be split into groups and one group look at each aspect. The groups need to cover things like cuts, burns and scalds, slings and bandages. The basics for each base will change over time as new first aid practises come into place, and therefore you will need to check the current information before the evening. Though common sense is the most important thing to get across, and when they need to get help, and what kind of help they need, leader, any adult, or emergency services. Try to make the bandages and slings practical as the other two are hard to be that practically completed.

If possible it would then be good to complete some role playing, using the skills they have just learnt. Explain to a couple of cubs, such as the sixers, what they have wrong, and the rest of the six have to work out what is wrong and treat them. You may want to use face paints to help make the patients more lifelike,

PRAYER 52

## **Week 11 ^ Treasure Hunt (Navigator 5)**

### *Outdoor Zone*

This is very hard to write for a particular area, as I my treasure hunts start at the front entrance to the headquarters in a circular route. When organising a treasure hunt, it is a good idea to also take some photographs from strange angles, then see if the cubs can work out from where you took them from. Apart from that remember the cubs will take about an hour to complete a 1 mile route, if there enough clues. Do not forget to send out two adults with each group, and try to limit groups to around 6. An example treasure hunt can be found in the resources section.

PRAYER 53

**Week 12 ^\* *Using a compass.***

*Nights Away folder page 92.*

GAME : Captains coming, from the games section.

*Extra help and ideas can be found on Pack Programmes, page 39 - 41.*

*Outdoor Zone*

It could be a good start to explain to the cubs where the idea of the compass came from. Once it has been checked that the cubs understand the points of a compass, then show the cubs a compass, and explain that they could have a chance of making their own compass. (If not already covered as part of the 3 year programme.)

Once it has been worked out that the cubs have learnt the points of a compass, then they could have a go at trying to direct a blindfolded cub through a variety of chairs, laid out as a maze, just using North, East, South and West.

Also on a smaller scale, it could be fun to follow the instructions to see what pictures they can make, or even have a go at making one themselves. An example of this is in the Adventure badge area.

There is also a maze game, which has compass directions on it. They have to start from number 1, and try and work out the order of the numbers. Some numbers though are not included.

PRAYER 54

**Week 13 ^ *To have a walk around local community using landmarks. (Adventure 4c)***

*Outdoor Zone*

The very first part of the evening needs to be used to explain to the cubs the features on the map, there are going to need to look for. This might be Public Houses, churches or telephones, according to the distance between each one. If there are not many that close to the headquarters, then it might need to be a sequence, such as church, phone box and then public house. Allow each six in turn work out the next part of the route.

PRAYER 46

**Week 14 ^\* *Superstar Challenge***

*Extra help and ideas can be found on Pack Programmes, page 51 - 52, 66 and 74.*

*Beliefs and Attitudes Zone and Fitness Zone*

This is an evening where the cubs can compete in a range of tasks, where they have not had a chance to practise beforehand, and is not something where the cub can be good through experience. It is a good idea to make each activity the same amount of time, and have the same number of activities as there are cubs, with rough one adult to every three activities. Some examples might be :-

How many felt tips or crayons can be put on the correct colour.

How many wooden blocks can be built on top of one another.

How many times can you fold a sheet of newspaper.

How many mapping signs can be paired with their name.

How many cards can be sorted into order 1,2,3,4, etc to 10. Then 1,2,3, etc.

How many items in picture can be found beginning with the letter \_\_\_\_.

How many used matchsticks can be made into squares.

How many words to do with cubs can be found in a wordsearch.

How much water can be taken from one cup to another using a spoon.

PRAYER 55

**Week 15 ^\* *End of term party, and badge presentations.***