

Summer Term

Year 3

Covering activity badges :

Athletics Badge

1. Take part in a proper warm up and warm down routine, using all the main muscle groups. A suitable adult, Young Leader or Scout will need to lead the routine.
2. Explain the best clothes to wear for athletics and how to be safe.
3. Take part in one of these throwing activities:
 - Throw a tennis or cricket ball as far you can. Do one overarm throw and another underarm throw.
 - Throw three beanbags into a bucket. Try to increase the distance each time.
 - Throw a football or similar ball as far as you can. Do one using a chest push and another as an overhead throw.
4. Take part in two of these running activities and try your best:

shuttle run 6 x 10m	50m skip with a rope
50m sprint	25m sack race
25m egg and spoon race	400m run.
5. Take part in one of these team activities:

4 x 100m relay	team assault course	assisted blindfold race.
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6. Do one of these jumps and go as far or as high as you can:
 - Sargent jump
 - high jump
 - standing jump
 - long jump.

Entertainers Badge

Choose any two from the list below.

- **Help to make up a mime or play, then perform it.**
- Perform a puppet play or shadowgraph using puppets that you have made.
- Help to plan and perform some recorded entertainment, like a video or audio story.
- **Sing two songs.**
- Perform some folk or traditional dances.
- **Make a selection of simple rhythm instruments. Use them in a music performance.**
- Tell a story to an audience.
- Make up and perform a dance to a piece of music of your choice.
- **Help plan and perform a series of magic tricks.**
- Take part in a show, concert or band performance

Challenge Badge parts:

New Outdoor activities.

Try two new sports or physical at least once.

Activity to help you be healthy – cooking a healthy fruit packet.

Notes for the Athletics Badge.

- ☒ *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.*

- ☒ *Be careful with long jump and high jump that you have adequate safety measures in place if you decide to attempt them, I do not as part of my 3 year programme, though that is not to say don't with your pack, especially if you have access to the correct resources.*

- ☒ *During a lot of this evenings the cubs are going to become quite thirsty, and therefore a ready supply of drinks might be needed, especially water, which they could bring themselves.*

- ☒ *Make sure that before you attempt some of the events that you have checked with cubs if any of them suffer from anything which may hamper their health, such as asthma or heart conditions. If this is the case make sure you understand what their limits are and talk to parents about what you are going to do with them during the next week's programme, and the fact they may have to bring medication along with them.*

- ☒ *It may be worth telling the cubs they can bring clothes or have clothes underneath their uniform which they can use for running, as they are not going to compete their best in school shoes, and long heavy trousers.*

Week 1 * Welcome back, games night and introduction to Entertainers badge, and make a musical instrument

GAME 1: Equipment needed : 3 buckets, 3 x 6 metres of rope, balls of plastic balls, 3 colour markers.

As the term is about the entertainers badge at the start of this term then a game to introduce the term. This is going to be a game with balls. In the room lay out some buckets in the centre of a piece of rope, leaving about a metre distance around the outside of the bucket. Split the cubs into three groups, and give each a colour of balls. Distribute the colour balls around the room in a random way.

The cubs are not allowed in any circle, but from the outside of the rope they have to throw the correct ball into the bucket, but as it is about juggling they have to have another two balls in their hands, and they are also not allowed to move with three balls in their hands, they have to throw them to some-one who has two balls from their team, or juggle as they move, even if that means dropping their balls.

☒ Cubs can only move if they an even number of balls.

☒ They have to stand still with an odd number.

☒ They cannot hold more than three balls.

Explain the idea behind the entertainers badge.

Then as this should not take that long, as it is only a short badge, I think it would be a good idea to have a go at making some musical percussion instruments. For this a range of resources will be needed, but only those which can easily be found around the house.

Guitar : A shoe box, and some elastic bands.

Shakers : Crisps tubes, Bottles, salt, rice, dried peas, pasta, spaghetti

Drums : boxes, tins, sticks

If the instruments are to be decorated, then using PVA glue in the paint will help it stick to the plastic bottles. A performance of the instruments could be made at a later stage in the term, or they could be used to make some sounds at the end of the night, maybe along to a famous pop song popular at the time.

PRAYER 76.

Week 2 * Start to look at writing a play using one of Aesop's fable.

GAME : As most of Aesop's fables are about animals it might be a good idea to start off with the relay animal game. The cubs line up in relay form. On the word go they have to move up and down the room according to the action of the animal. Therefore :-

a cheetah would run, a snail would dolly step,

an orang-utang would bend over letting arms go loose,

a giraffe would walk on tip-toe with arms up stretched,

a snake would slither across the floor, a kangaroo would crouch and jump

a lion would stalk along and roar a bird would flap,

a flamingo would hop. etc..

Hand out fables sheets, to allow children to choose which story they wish to perform. They will need to work in groups of about three or four. One child could be the narrator, which gets around the fact that some cubs will not want to act, and some will not want to speak in front of the audience, but all should be encouraged to take part in the group. Some adult help will be needed to show the children how to change the story into a play, but most of the time they could just run it through as a bit of improvisation, before then writing anything down, but something will need to end up in writing by the end of the evening so as to keep for the next couple of weeks, and the performance to the parents.

Decide a song with cubs ready to practise next week.

PRAYER 77

Week 3 *

Learn a song, ready for next week.

Make props / costumes ready for next week.

GAME : To make the songs which are in the form of a puzzle back together. This might be as a relay race, or might be from all the pieces in the centre of the room. If it is to be a relay race, then a colour for each time would be useful. If you are going to put them into the centre of the room then it will make it harder if they are all the same colour.

Learn a campfire song chosen by the cubs. Different song books can be purchased from the scout website, or even maybe your local district scout shop.

Use cardboard boxes, cloth, paint, glue to make props for next week. Also decide the costumes they need to wear. They may want to design their costumes on a sheet, using felt tips or colouring pencils.

If chance at the end of the night, it may be worth going through the song again.

PRAYER 78

Week 4 *

A Magic evening.

GAME : Mixing a spell. Have a large bag of plastic balls and blind folds, throw them out around the outside of the room. The cubs now get into pairs, or teams if you do not have enough blindfolds. The idea is that the blindfolded cub has to walk around the room under direction of the non-blindfolded cub to collect the correct colour mixture of balls to make the spell. So for example they might have to collect three red balls and a blue ball. Once collect they have to come back, show the leader, then either make the next spell, or pass onto the next pair. The winning pair or team will be those making the most spells. The game will look even better if you have a pot for them to mix the spell into. If you do not have plastic balls, then is another version to print out with coloured flowers, though access to a colour printer will be required.

Magic tricks for children are available in a whole range of books for the children to try out, though in the cub scout handbook for the crest award scheme they had two different tricks the children could try. Both of which are quite easy to do.

Trick 1 : Have three matchboxes on the table empty and one fastened to your right arm with a coin in. If you shake the matchbox with your left hand it sounds like there is nothing in the matchbox. If you shake it with your right hand, it sounds like there is a coin in there. Then ask the audience to watch the matchboxes as you move them around. Of course whichever match box they choose there will not be a coin in.

Trick 2 : Cut out a chain of little people out of a concertina style piece of paper, hiding that in your hand. Then take another piece of paper, and start ripping it to pieces until you have only a little bit left. Then grab the chain of little people and pull them out of your hand. You could have the chain of little people fastened to your arm, and just pull it out when needed.

Other tricks will be available for you to have a go with cubs, such as invisible writing techniques, such as writing with lemon juice and then placing in the over, or writing with a wax candle, and then painting over the top.

There are also some mathematical magic tricks, one being the one where you ask some one to come up with a number below 10. They then multiply it by 5, then add 6 and then doubles the answer. Another person is asked to add another number under ten to the answer. They then tell you the answer. If you subtract 12 away, the number in the tens column is the first number chosen, and the unit is the last number chosen.

PRAYER 79

Week 5 *^ A Circus evening

GAME : I think that this will be quite a full night, so a game will probably not fit in, though you could use the game from week 1, if needed.

If possible try to hold outside as then you could also on a warm night bring in water to some of the activities which the cubs will enjoy even more. The activities could be juggling, balancing along a plank, spinning plates, balancing peacocks feathers, etc.

Another of the ideas of face paints could be used but remember to paint a face does take a long time, and the cubs even though most enjoy having their faces painted, if the activities are fun, will probably want to do those instead. You should also inform parents if you are going to paint a child's face. Also make sure children do not have an allergy before painting.

The ideas about clown's hats could be used as a good rest time for the cubs during the middle part of the evening.

PRAYER 80

Week 6 ^ Practise other song, and perform this to parents at end of evening.

(This would be a good idea to perform outside if possible, maybe at a campfire circle.)

GAME : If outside on a campsite it might be a good idea to have wide game with cubs at the start to take away some of the energy and the anticipation of performing to their parents.

Though this game cannot take long, as the rest of the evening will be taken up learning the songs, and getting ready for the performance. As the night is about songs it might be a good idea to get the cubs to find the different words from famous songs, hidden around the outside area. Some suggestions for the songs can be found in the resources.

Learn another song and spend some more time practising plays with props.

Cubs to get changed ready for performance to parents, the performance will probably take the last 20 minutes of the evening, with a little bit of stringing along by the leaders. It might also be a good time to present the Entertainers badges to those who have passed.

PRAYER 81

Week 7 * Explanation of why warming up is important, and different ways of warming up.
GAME : It will be a good idea to have a game here that they are not running around too much, as this might alter what you are about to do with the cubs for the rest of the night. The game could be a parachute game, or maybe the cubs sitting around in a circle, with one in the middle blindfolded, with a bunch of keys next to them, and the chosen cub has to steal the keys without the centre cubs noticing.

Explain the idea behind the athletes badge.

Explain different ways of warming up, look at different muscles, and what other body changes happen when you exercise. Ask the cubs to find their pulse around their wrist, and then count it for 30 secs and double the answer before writing it down. Now ask the cubs to walk on the spot for 2 minutes, before again measuring their pulse, and writing that answer down. Now ask the cubs to run for about 2 minutes, again measuring the pulse at the end and ask them what they notice about their pulse rates, and ask them why. After this ask them if they found their bodies had changed in any other way, are they warmer, thirsty or do their muscles ache.

Explain that to complete athletics they need to warm up before they exercise. This should start from the top and be a gradual loosening process by gradually moving each muscle. Start with the neck, by moving the head slowly side to side, the move onto the shoulders by gently shrugging them, then moving onto the hips rotating them. Back to the arms gently swing them around, and then onto the legs moving them around, and then the feet. Explain all the time it is to gently warm up the muscles. It might be worth giving the children a copy of the human body, and ask them to draw on where they think the muscles are. Explain that muscles normally work in pairs, and that when one stretches the other relaxes.

PRAYER 82

Week 8 * Athletics Badge - Part 1 (Sargent Jump, shuttle run.)
Record how many exercises they can do within a 10 minutes period.
GAME : Pre-decided exercises, such as star jumps, squat thrusts, etc.. to a time limit, such as 2 minutes each.

A stop watch and ruler is required.

This is the indoor activity, and as such is best used whilst it is wet outside. Use Part 2 or 3 if dry. Allow the cubs to take part in the shuttle run twice, with a good break in the middle, and try and positively get the cubs to support each other in all the events. The sergeant jump is where the cubs stand against a wall, covered in paper. They then dip their finger in paint and reach up and touch the paper the highest they can. They then bend their knees and spring up and touch the highest they can. The distance measured is that between the two dots. The shuttle run needs to be completed on a non slip surface, as they cubs have to turn 180 degrees on each run. Having two cubs racing at any one time is probably the maximum a timer could cope with.

PRAYER 83

Week 9 ^ Treasure hunt - using clues.

No time for a game this week, cubs to go out on a walk using a predefined route with a mixture of clues, photos and puzzles. Children to be split into smaller groups, with an adult with each group. An example of the kind of treasure hunt which could be used can be found in the resources section.

Week 10 ^ Athletics Badge - Part 2 (1000metre, long jump, throwing ball)
Record how many exercises they can do within a 10 minutes period.
GAME : Pre-decided exercises, such as star jumps, squat thrusts, etc.. to a time limit, such as 2 minutes each.

A cricket ball, long measure, stop watch and race track is required. If you do not have a race track measure out a 98 metre course with chairs at each end and the cubs have to run around those.

This is an outside activity. Use Part 1 if wet or week 11. The children do find the 1000 metre run is difficult and some children will be still trying after 20 minutes if they are not that fit. Some children are able to throw quite a surprising distance, be careful about using small areas.

PRAYER 83

Week 11 * Design a poster explaining the rules of a sport which they take part in.
GAME: This is like a captains coming but the children have to act out the different sports.
Athlete : Run around the room.
Walker : Walk around the room.
Swimmer : Start to swim around the room.
Snooker : Pretend to hit the ball by bending down with the cue.
Rowing : They get into a line of the number stated and start to row.
Cricket : They count three steps and then bowl the ball.
Football : They stop, pretend to pick up the ball, and take a penalty kick.
Formula 1 : They sit down and pretend to drive.
Tennis : They throw a ball up and serve it.
Synchronised swimming : The copy the person called out for 5 seconds.
Horse racing : They sit astride and pretend to whip the horse.
Javelin : The take three steps and throw the javelin.

To design a poster to explain the rules of a sport, such a football, tennis, etc... This could include a picture of the pitch/court, with some basic explanation of rules, team sizes, ball use. These posters could include some photos, collaging, paint, felt tips and other internet pictures they have brought in with them.

At the end of making their posters they sit in a circle, and each cub who wants to talks about their own sport. This could also be an opportunity to talk about the swimmers badge and the sports enthusiasts badge.

PRAYER 84

Week 12 ^ Building a fire to cook a healthy fruit packet.

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), clean bucket filled with fresh water, newspaper (optional).

And to make the fruit packets (Version 1) :-

1 eating apple, banana, raisins, sultanas, honey and glace cherries, with tin foil.

Or a little less healthy version (Version 2) :-

1 banana per cub, with chocolate buttons (8 per a cub), with tin foil.

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, 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 needs to 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 should as leaders discussed a complete a risk assessment before fire lighting.**

Get the cubs in small groups, such as sixes to build a fire. Whilst the fire is taking shape, have a clean table to prepare the food parcels, though this is slightly different for version 1 and 2.

Version 1:

Chop up the apple and banana into small pieces, about 1cm cubed.

Take a piece of tin foil, about 80cm x 40cm.

Fold the foil lengthways in half, and then in half again.

Then fold in the two sides by about 1 cm each.

You should now have an envelope, with an open side, and double tin foil on all the edges.

Put some of the mixture in the envelope and then fold up the last edge.

Place into the embers of the fire for about 10 - 15 minutes.

Version 2:

Slit the banana open lengthways, and push the chocolate buttons in.

Push the bananas back together, and put two layers of tin foil on the outside.

Whether you use version 1 or 2, take them off when they are squishy to touch. Only then will the food be really ready to eat. Though neither needs to be cooked to be eaten as all the products can be safely eaten raw. After they have eaten their packets, or to keep them amused whilst they are waiting you could revisit the sings which you have learnt earlier this term, or maybe even cook marshmallows using long pieces of wood.

PRAYER 47

Week 13 ^ Have a go at a sport which the cubs have not yet completed, such as rounders, cricket, touch rugby.
Need to find out before the night, which sport they have not yet had a good go at. There are some helpful hints to be given on the internet about each of the above sports.
PRAYER 85

Week 14 ^ Athletics Badge - Part 3 (50 metre skip, 50 metre sprint)
Record how many exercises they can do within a 10 minutes period.
GAME : Pre-decided exercises, such as star jumps, squat thrusts, etc.. to a time limit, such as 2 minutes each.

4 skipping ropes, a stop watch and a long measure to measure 50 metres is needed.
This is an outside activity. Use Part 1 if wet or week 11. This is quite a good week to also have some more fun relays, as well as the 50 metre races. Ideas might be a water relay, where they have to transport a cup of water from a bucket to an empty 2 litre plastic bottle.
PRAYER 83

Week 15 *^ A trip to the local sports centre.

This is quite an enjoyable trip for the cubs, and may involve a whole different range of sports, such as badminton, trampolining, ten pin bowling or swimming.

Week 16 * Party and presentation evening.

This evening at my pack is held at a campsite and so the games will be wide games, though these could just as easily be completed outside at your own headquarters.

GAME : Hide some parts of a puzzle to do with the athletics badge in pringle tubes around the grounds. The children in their group have to find the pringles tubes with their puzzle pieces in and bring them back to the making area.

GAME : Another game the cubs like playing at the campsite is a game which using PMR radios. Each adult is given a radio, and one adult is active, whilst active he can give out dots with a felt tip. Though using the radios the adults can swap who is active, and therefore the cubs never know who is active and who is not.

A BBQ is also normally had by all, which the majority of the parents help to cook and prepare, and it ends up being a really informal last night with whole family attending, which culminates with the badge presentations at the end of the night.