

Fitness 100

23 Apr 10:30

Duty six : Orange

Start	Time	Activity	Requirements	Instructions	Scouter
How fit are you?					
23 Apr 10:30	5	Activities : Opening	Register, beans, flag, totem and skin	Grand Howl Flag Break Register Inspection - belts and shoes	Akela
Today is all about running, moving and jumping. Maybe when we are done, we will have burnt 100s of calories					
23 Apr 10:35	10	Game : Running Noughts and Crosses		Set up 4 staves as a 3x3 grid on one end of the field. Two teams of 6 are lined on the opposite end of the field, with 3 players holding a color square of their team in their hand. They will play a game of noughts and crosses (tic tac toe). Each player will run forward and place their bib in a square. The first team to form a 3 in a row line (diagonal, horizontal, vertical) of their teams colours wins a point. If neither team has won from the initial run in then players can move their own team's bibs continually until one team wins. If you have bigger teams, number your players and call 3 numbers out to start. They can then run back to the sideline to tag another player in to move a bib.	Akela
Yesterday was Earth Day - should we make some edible planets?					
23 Apr 10:45	30	Activities : Earth Day Biscuits	Per batch of biscuits: 375g butter or marg 250ml icing sugar 625ml cake flour 60ml custard powder 1 ml salt blue food colouring green food colouring mixing bowls (at least two) mixing spoons baking tray measuring spoons	To make the biscuits: 1. Cream butter and icing sugar 2. Sift flour, custard powder and salt together and add to mixture 4. Divide mixture in half. Color 1 part blue and the other part green by adding a drop or two of food coloring 5. Knead well 6. Take some of each mixture and roll into a ball 7. Place on lightly greased baking trays 8. Bake in preheated oven (180 degrees) for 15 mins 9. Place on wire rack to cool makes about 40 small biscuits or 20 large biscuits. Can place in brown bags for cubs to take some home rather than eat them all during the programme :-)	Akela

The challenge is on to see who can jump the furthest					
23 Apr 11:15	15	Game : Fly		Use a rope to show where cub must jump from. Each cub takes turns to jump. A second rope is placed where the Cub lands and the next Cub has to at least clear the same distance or longer. The rope is moved further apart with each jump. If a Cub can't make the distance (2 tries)m they are out.	Akela
I hope our biscuits are ready					
23 Apr 11:30	5	Activities : Juice and biscuits		Juice and biscuit break	Akela
Time to burn off all that energy					
23 Apr 11:35	30	Activities : Heathy Body Obstacle Course		Build an obstacle course that includes: <ul style="list-style-type: none"> • Throw a ball to somebody else, and catch it again eight times out of ten. • Dribble a soccer ball and shoot a goal • hit a ball with a bat, three times out of six bowls. • Climb a tree. • Throw a cricket ball 27m or more. • high jump 0.85 m • do 40 situps/3 pull-ups/ 10 push-ups • Hop around a figure of eight, each loop with a diameter of about 4 metres, changing feet at the start of the second loop • Climb a rope to a height of three metres • Do TWO of the following: headstand, handstand, cartwheel, star jumps, leap-frog over a Cub your own size 	Akela
Hard work pays off. Let's add together how many meters have been run and jumped and how many sit-ups done					
23 Apr 12:05	5	Activities : Closing	Totem, Skin Badges, certificates	Announcements Badge handouts Grand Howl Flag Down Prayer Dismiss	Akela