

Super Mario Bros

18 Jan 10:30

Duty six : Blue

Start	Time	Activity	Requirements	Instructions	Scouter
18 Jan 10:30	5	Activities : Opening	Register, beans, flag, totem and skin	Grand Howl Flag Break Register Inspection - belts and shoes	Akela
18 Jan 10:35	10	Game : Balloon Stomp		Each Cub to have a blown up balloon attached to their ankle. The goal of the game is to stomp on the other Cub's balloons. The last one left with a unburst balloon is the winner	Akela
18 Jan 10:45	20	Activities : Knots Practice	Ropes for all Cubs Props (eg. rocking horse, washing, pegs, staves, box, shoes, etc.)	The attachment can be printed out for Cubs to take home to continue practicing their knots. Set up various scenarios for each of the different knots so that the Cubs can associate the knots with the names and uses. Print out signs for each area/base to help the Cubs remember the name of the knot. Knot Challenge: A tick list for each Cub is created so that each week, they can come and show off which knots they remember. Will need to get each knot signed off two/three times on separate occasions. Once the sheet is completed, they will earn a special campfire knotting badge. Cubs to go and practice the knots they need to know (for both the knot challenge and the trail requirements). They can spend the whole time on one knot or move around the bases - it is a practice session, so there is no competition or game. Simply to learn and practice what they can.	Akela
18 Jan 11:05	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

18 Jan 11:35	5	Activities : Juice and biscuits		Juice and biscuit break	Akela
18 Jan 11:40	20	Crafts : Computer game character	Pine cones feathers bark acorns stones other decorative items glue	Using the pine cone as a base, each Cub needs to create a creature for the Super Mario Bros computer game. The plants and creatures in this game look quite unusual (show pics as example).	Akela
18 Jan 12:00	15	Game : Soap box races		Using the soap box cars, have a relay race in the two Sixes. One cub starts in the car and another pushes. When they reach the other end, they swop around and race back. The next pair then goes.	Akela
18 Jan 12:15	10	Game : The Chocolate Game		A wrapped bar of chocolate A plate A knife and fork Some dressing-up items (at least a hat, scarf and gloves) Dice How to play: Put the bar of chocolate on the plate with the knives and forks nearby and sit the children around it in a circle. Throw the pile of dressing up clothes into the circle. Give one Cub the dice. Cubs take it in turns to roll the dice on the floor in front of them, passing them around the circle to their left. If a Cub rolls a six, they leap into the center of the circle, put on the dressing up clothes, and start to unwrap, then eat, the bar of chocolate - but only using the knife and fork. That Cub keeps going until another child rolls a six, at which point they much co-operate in handing over the dressing up clothes so that the next Cub gets a turn.	Akela
18 Jan 12:25	5	Activities : Closing	Totem, Skin Badges, certificates	Announcements Badge handouts Grand Howl Flag Down Prayer Dismiss	Akela

Knots Practice

Category	Activities
Advancement	Healthy Mind
Time to allocate (mins)	20
Outcome	Practice tying the Cub knots
Resources	Ropes for all Cubs Props (eg. rocking horse, washing, pegs, staves, box, shoes, etc.) The attachment can be printed out for Cubs to take home to continue practicing their knots. Set up various scenarios for each of the different knots so that the Cubs can associate the knots with the names and uses. Print out signs for each area/base to help the Cubs remember the name of the knot. Knot Challenge: A tick list for each Cub is created so that each week, they can come and show off which knots they remember. Will need to get each knot signed off two/three times on separate occasions. Once the sheet is completed, they will earn a special campfire knotting badge. Cubs to go and practice the knots they need to know (for both the knot challenge and the trail requirements). They can spend the whole time on one knot or move around the bases - it is a practice session, so there is no competition or game. Simply to learn and practice what they can.
Instructions	
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Entry written by Sharon Venn of 1st Randburg	
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Documents	
 Knots Template knots2.docx	
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