

1st Wamboin Scout Group Cub Scout Section

PROGRAM Promise & Law

3rd December 2003

| 19:00 | Opening | Inspection, Grand Howl, Flag Break Reminders: Carols at Wamboin, 19th December, 7:00pm 'Call' for participation. Duty Six duties reminder. Duty Six: Grey |
|-------|---|--|
| 19:10 | Game Active Indoor | Human Caterpillar Players in relay formation. The first player in each group stands with feet apart. The next bends over in the leap-frog position. Positions alternate in this way for each group. At the signal, the last player in each group crawls under the legs of the player in front, vaults over the next, and so on until he/she has reached the head of the line. This player then runs to other end of the hall, tags the wall, runs back, and joins the front of the line, standing with legs astride or in the leap-frog position as appropriate. Note however, that while the player is running to the end of the hall and back, the other players change their position (either from feet apart to leap-frog, or vice versa). As soon as he/she is back, the next player starts up the line in the same manner. The game continues until all players have run. The first team finished, at attention in a straight line, is the winner. |
| 19:20 | Game Active Indoor | Jumping Stick Relay Sixes (or teams) line up, with plenty of space between them. On the signal, the first two members of each Six (team) take an end of the stick each and, holding the stick a few inches above the ground, run down their Six (or team) line. The rest of the Six (team) must jump the stick as it reaches them. When the stick reaches the end of the Six (team) line, the second Six (team) member takes the stick back to the head of the line and repeats the process with the third Six (team) member as his/her partner. The game continues until the first Six (team) member has run with the last Six (team) member and returned to the front of the line. |
| 19:30 | Game Instructional (Revision) Indoor | Round Promise & Law Site the Pack in a group. Choose someone to say the first word of the Promise or Law. Then point at random to the next Cub Scout who should say the next word. Continue in this fashion until both the Promise and the Law are completed. |

| 19:40 | Activity | Boomerang Test 7 – Promise & LawPromise & Law Word SearchBronzePromise/Law PosterSilver/GoldThank You poster/prayer. Work in Sixes for ideas, then prepare individual posters. |
|-------|--|---|
| 20:00 | Activity | Puzzles When finished previous activity, work on Puzzle sheet, together in Sixes. |
| 20:15 | Game Sense Training Indoor Alana Connor Daanika Eleanor Geoffrey Graeme Hayden Jack M Josh Kahli Lauren Stevie | The Red Flower Based on Jungle Book story of Mowgli, stealing into a camp at night to light a stick on the camp fire and then returning to the jungle. All cubs except one blindfolded and sitting, spaced out, around hall. Noisy object (cluster of bells, keys etc.—the Red Flower) in centre of hall. Cub who is not blindfolded must walk from the perimeter of the hall to the centre, retrieve the 'noisy object', and return to the perimeter without being heard and touched by one of the blindfolded cubs. Blindfolded cubs may reach out with their hands if they hear a noise near by, and try to touch the cub who is trying to steal the Red Flower. They cannot reach out at random—there must be a noise, or reason to reach out. They can also only sweep their hands around once, then must return them to their laps and wait again. |
| 20:25 | Closing | Award Presentations: Grand Howl, Flag-down Announcements: Reminders: Carols at Wamboin, 19 th December, 7:00pm Sixers at least to participate. Prayer Duty Six for 10/12: Red |

| Reserve Game | Skin the Snake |
|---------------------------------|---|
| Active | This is an exercise in flexibility and coordination. |
| Indoor | Sixes in lines, one member behind the other, with legs apart. With the exception of the last Cub in each line, Cubs bend over and hold their right arm between their legs. With the exception of the first Cub in the line, Cubs take hold of the (right) hand of the Cub in front of them with their left hand. Hands must remain clasped together throughout the following exercise. The Cub at the end of the line now lies down on the floor, sliding beneath the legs of the Cubs in front as needed to keep hands clasped together. The line of Cubs gradually moves back over the Cub lying on the floor. As a Cub passes over the Cub who was behind them, they too lie down on the floor, with their legs straddling the Cub (lying down) in front, and as close as possible to the Cub (lying down) in front—remember, hands should remain clasped throughout. When the Cub who was at the front of the line passes over the Cub who was behind (when in line), and lies down on the floor, the |
| | snake has been skinned! |
| | Reverse the process, all the time keeping hands clasped together, to complete the game. First Six finished and at attention is the winner. |
| Reserve Game | Four-Legged Race |
| Active Indoor | Check that the Cubs can handle a Three-Legged Race before trying this variation. |
| | Cubs in Sixes or teams of 4 or more. Number off each Six/team. Cubs compete in groups of 3, from each Six/team, at any one time. The first three members of each team line up, side by side, with the ankles of the centre Cub tied to the nearer ankles of the two 'outside' group members. On the signal, the first group from each team races to the turn line (end of hall) and back again. #1 then goes to the back of the team line, and #4 joins #2 & #3, on their right, so that #3 is now in the middle. Tie ankles and race as before. The race continues until all team members have had a turn in each position of the racing group (<i>i.e.</i> three 'trips'—pardon the pun! ⁽²⁾). |
| Reserve Game | Guarded Captive |
| Sense/Hearing Indoor/Outdoor | One Cub is placed in the centre of the playing area, loosely bound with rope. This player is the Captive and is guarded by one Six/Team, the Guards, who are blindfolded and positioned a short distance (outside a 3 m circle) out from the captive. The rest of the Pack are the Rescuers, who stand encircling the playing area. The game must be played in silence. On the signal, the Rescuers try to creep through the Guards and untie the Captive to get him/her out past the Guards. If a Guard intercepts—by touch only—a Rescuer, the Rescuer is out. Rescuers can be intercepted either entering or leaving the circle. The Captive can only leave the circle with a Rescuer (who has not been intercepted). If a Guard intercepts a Guard, there is no penalty. |

Broomstick Balance Game Active Sixes in relay formation, each with a broom/broomstick/stick Coordination (something with a bit of weight on the (top) end is easier to Indoor/Outdoor balance). Balancing the broom/stick on their hand, the first Cub must run to the end of the hall and back. The broom/stick is passed to the next Cub, and so on, until all have had a turn. First Six finished (at attention, in a straight line) is the winner. Try to balance the broomstick on the chin or forehead if Cubs can do it on their hands. **Battleships & Minefields** Game Sense/Hearing All but one member of one Six are blindfolded and stand in a line (the Battleship), one behind the other, with hands on the hips of Indoor the Cub in front of them. The remaining Six member is the Captain of the Battleship. All other Cubs sit (without blindfolds) around the floor, or some portion thereof (the Minefield), of the hall, far enough apart so that the Battleship can easily pass between any two, but in a way that there is no clear path from one end of the minefield to the other. The Captain must guide his Battleship though the Minefield giving only instructions comprising a Compass Direction and a Number of Paces. The 'Mines' of course, must remain very quiet throughout, lest they reveal their position to the Battleship. Set a time limit for the passage.

Game Active Coordination *Indoor* Chopsticks

Sixes/teams in relay formation, with their "batons" and ball, at one end of the hall, a plate for each Six/team at the other. On the signal, the first member of each Six/team must propel the ball along the floor to the plate, then lift it onto the plate, using only the "batons". The Cub then takes the ball and "batons" back to the next member of the team who repeats the exercise. First Six/team, all members having had a turn, standing at attention and in a straight line, is the winner.

Reserve Game Sense/Hearing Indoor

Guarded Captive

One Cub is placed in the centre of the playing area, loosely bound with rope. This player is the Captive and is guarded by one Six/Team, the Guards, who are blindfolded and positioned a short distance (outside a 3 m circle) out from the captive. The rest of the Pack are the Rescuers, who stand encircling the playing area. The game must be played in silence. On the signal, the Rescuers try to creep through the Guards and untie the Captive to get him/her out past the Guards. If a Guard intercepts—by touch only—a Rescuer, the Rescuer is out. Rescuers can be intercepted either entering or leaving the circle. The Captive can only leave the circle with a Rescuer (who has not been intercepted). If a Guard intercepts a Guard, there is no penalty.

| Game Active Indoor | Human Caterpillar Players in relay formation. The first player in each group stands with feet apart. The next bends over in the leap-frog position. Positions alternate in this way for each group. At the signal, the last player in each group crawls under the legs of the player in front, vaults over the next, and so on until he/she has reached the head of the line. This player then runs to other end of the hall, tags the wall , runs back, and joins the front of the line, standing with legs astride or in the leap-frog position as appropriate. Note however, that while the player is running to the end of the hall and back, the other players change their position (either from feet apart to leap-frog, or vice versa). As soon as he/she is back, the next player starts up the line in the same manner. The game continues until all players have run. The first team finished, at attention in a straight line, is the winner. |
|--------------------------|---|
| Game Active Indoor | Overtake Cubs form a circle. Number off from 1—an even number of players is necessary. Even numbered Cubs in one team, odd numbered Cubs in the other. Give one ball to Cub #1 and another to the even-numbered Cub directly opposite. On the signal, Cubs pass the ball clockwise to the next member of their team (i.e. every second player) so that both balls travel in the same direction. The object of the game is for one team to try to catch up and overtake the ball of the other team. If the ball is dropped, the person responsible must retrieve it, return to their position and pass the ball again. |
| Game Active Indoor | Pass the Ball Pack in two teams. One team in a small circle with a bean bag, the other team in a large circle with a ball. In the small circle, the bean bag is passed around while the Cubs count for every one who handles the bean bag. The large circle has a Cub in the centre, with a ball which (s)he throws to each Cub in the circle in turn. When the ball has been around the circle, they call "Stop". Teams change over and the team counting to the highest number wins. |
| Game Active Indoor | Robber in the Orchard All Cubs spread out in a circle. One Cub—the Robber—is sent out of the room. A Farmer is chosen, and the apple is placed in the centre of the circle. The Robber is called in, and has to grab the apple and get out of the circle without being tagged by the Farmer, whose identity he/she does not know. The Farmer can move only after the apple has been touched. |

| Game Coordination <i>Indoor</i> | Sticks Pack in a circle, each member holding a broomstick with one end resting on the floor. On command from the Leader, players move either to their left or right, according to the Leader's command. When a player moves, they must let go of their broomstick (leaving it standing upright) and catch the one to their left/right, according to the direction they have been instructed to move, before it falls to the ground. Last pair in are the winners. |
|---------------------------------------|--|
| Game Active Indoor | Zoo Relay Pelecan Hop—Hop with one foot on opposite knee Crab Relay—Interlock arms, back to back Monkey Run—Simple run on all fours Crocodile Crawl—Left hand on shoulder of cub in front, right hand on right ankle Elephant—Legs straight and hands on floor Goose—Waddle with hands holding ankles |