



Barking & Dagenham



Pack Holiday

Bromham

19<sup>th</sup> – 26<sup>th</sup> August 2006

## ***Reality TV***

# ***"I'm a Cub Scout, Get me Out of Here!"***

**Note** This programme is an outline. The detailed information packs for each activity are far too big to reproduce here and are contained in separate folders available to the leaders.

### ***Leaders Programme Notes***

There is a folder detailing the rules and layouts of all the games used during the week and spare games in the form of the small games books.

There is a folder containing a wealth of information and ideas for campfire songs, stunts & skits

There is a large folder that contains all the information required to run the activities for the week. Each activity has its own pack detailing what to do and how to do it.

Draft Programme v 1.05

## **Saturday 19<sup>th</sup>**

4:00 p.m. Arrive. Assign rooms,  
stow gear and change.  
Grand Howl, Flag , set  
up, explore site. Rules of  
Camp  
Activity & Games

6:00 **Tea & chores**  
Activity & Games

10:30 **Supper**  
Activity & Games

## **Monday 21<sup>st</sup>**

Activity & Games

8:30 **Breakfast & chores**  
Activity & Games

11:00 **Refreshments**  
Activity & Games

12:30 p.m. **Lunch & chores**  
Activity & Games

5:30 p.m. **Tea & chores**  
Activity & Games

10:30 **Supper**  
Activity & Games

## **Sunday 20<sup>th</sup>**

Activity & Games

8:30 **Breakfast & chores**  
Activity & Games

11:00 **Refreshments**  
Activity & Games

12:30 p.m. **Lunch & chores**  
Activity & Games

5:30 p.m. **Tea & chores**  
Activity & Games

10:30 **Supper**  
Activity & Games

## **Tuesday 22<sup>nd</sup>**

Activity & Games

8:30 **Breakfast & chores**

**DAY OUT**  
**Biggleswade Bird Sanctuary**  
**10 - 4**

6:30 p.m. **Tea & chores**  
Activity & Games

10:30 **Supper**  
Activity & Games

## **Wednesday 23<sup>rd</sup>**

Activity & Games

**8:30**      **Breakfast & chores**

Activity & Games

**11:00**      **Refreshments**

Activity & Games

**12:30 p.m.**      **Lunch & chores**

Activity & Games

**5:30 p.m.**      **Tea & chores**

Activity & Games

**10:30**      **Supper**

Activity & Games

## **Friday 25<sup>th</sup>**

Activity & Games

**8:30**      **Breakfast & chores**

Activity & Games

**11:00**      **Refreshments**

Activity & Games

**12:30 p.m.**      **Lunch & chores**

Activity & Games

**5:30 p.m.**      **Tea & chores**

Activity & Games

**10:30**      **Supper**

Activity & Games

## **Thursday 24<sup>th</sup>**

Activity & Games

**8:30**      **Breakfast & chores**

Activity & Games

**11:00**      **Refreshments**

Activity & Games

**12:30 p.m.**      **Lunch & chores**

Activity & Games

**DAY OUT**

**Swimming**

**2 - 4**

**5:30 p.m.**      **Tea & chores**

Activity & Games

**10:30**      **Supper**

Activity & Games

## **Saturday 26<sup>th</sup>**

Activity & Games

**8:30**      **Breakfast & chores**

Activity & Games

**11:00**      **Refreshments**

**Leave for Home**

# **Programme**

## **Events**

### ***Bush Tucker Trials***

A Bush Tucker Trial is to be run every day to earn one of the meals. These could involve food alternatives made up to look like bugs and insects. There should be a limit imposed which needs to be passed in order to earn the meal.

**Regularity: Daily**

**Estimated Time: 10 mins - 1 hour**

**Equipment Required: Alternative Foods**

### ***Strictly Cubs Dancing***

The Cubs choose a track and make up a dance to that song. This is to be a one off event.

**Regularity: Once**

**Estimated Time: 1 hour**

**Equipment Required: Hi-Fi, Music CDs**

### ***Who Wants To Be A Millionaire?***

This can involve the use of the Kids version of the board game. The prizes will actually be sweets (use the conversion chart in the Leaders Pack).

**Regularity: Once**

**Estimated Time: 1-2 hours**

**Equipment Required: Millionaire board game, sweets**

### ***Weakest Link***

This will follow the TV version but will use questions taken from previous Cub Quizzes.

**Regularity: Once**

**Estimated Time: 1-2 hours**

**Equipment Required: Quiz Books and Questions from the Cub Quiz, Small white boards, white board markers**

### ***Campfire Idol***

This will involve a voting panel made of leaders commenting on six teams of Cubs. Each night one team will be 'voted off'. There will be auditions held on the first night and we can filter out those who are not interested in performing. They can sing individually or as a team. This can normally be done just before supper while the cooks are preparing the supper. There will be a prize for the best team or individual.

**Regularity: Nightly**

**Estimated Time: 15 mins - 1 hour**

**Equipment Required: Karaoke machine, Hi-Fi, music CDs**

### ***Deal Or No Deal***

Following the TV game but we will use envelopes/boxes with different amounts in. The Cubs will be playing for minutes of free time for the whole Pack.

**Regularity: Daily**

**Estimated Time: 15 mins - 1 hour**

**Equipment Required: Envelopes with numbers**

### ***Bad Lads Army***

This is taking the Cubs over the Assault course with T as Sergeant Major

**Regularity: Once**

**Estimated Time: 1 hour**

**Equipment Required: Assault Course**

### ***Diary Room***

This will involve interviewing a Six at a time. Cubs will also get a chance to use the room on an individual basis throughout the week. They will get the chance to give their own opinions in the room on their own.

**Regularity: Daily**

**Estimated Time: 5 mins - 1 hour**

**Equipment Required: Video Camera, private room, spare tapes**

### ***Ready Steady Cook***

This will operate like the Mark Sutton. The Cubs will get to make their sandwiches for the day out but they will have limited time and must make them look pretty.

**Regularity: Tuesday & Thursday**

**Estimated Time: 30 mins - 1 hour**

**Equipment Required: Bread, butter, fillings, knives, plates, bags**

### ***Blind Date***

This will be a competition to have the most outrageous claims and dates

**Regularity: Once**

**Estimated Time: 30 mins - 1 hour**

**Equipment Required: none**

### ***What not to wear***

A panel of Cubs will give some leaders a make over

**Regularity: Once**

**Estimated Time: 30 mins - 1 hour**

**Equipment Required: clothes**

### ***Takeshi's Castle***

This will work similar to the TV programme where the contestants have to 'storm' a castle while being bombarded by the guards. It can be a water fight with some added elements of "It's a knockout".

**Regularity: Once**

**Estimated Time: 1 hour**

**Equipment Required: Water pistols, outdoor games equipment**

### ***Oscars***

At the end of the week awards, badges and certificates will be handed out. Each Cub has to give some, over the top, speech. There will be an overall prize to the Six that has earned the most points during that week.

**Regularity: Once**

**Estimated Time: 1 hour**

**Equipment Required: Badges, fun certificates, prizes**

# Tasks

- Tasks can be set at any time on any day.
- At least one task must be set early ONE morning.
- There is an extensive list of tasks on the flashcards in the Leaders Pack.
- Completion of tasks will earn each six some points as well as a reward (see the reward list in the Leaders Pack) such as choice of game, free time.

## **Task- Pitch a tent**

Cubs are to pitch and strike a tent correctly. This will follow a short training session on how to do things. At the end they will have a competition.

**Estimated Time: 1 hour**

**Equipment Required: tent, mallets, pegs etc**

## **Task - Firelighting**

Cubs are to light a fire and make a hot drink. This will follow a short training session on how to do things. At the end they will have a competition.

**Estimated Time: 1 hour**

**Equipment Required: Water, firelighting materials, campfire circle, cups, teabags, spoons, gloves, metal containers**

## **Task – Hike**

Cubs are to hike to the mill and back. They will navigate their own way there with each Six taking a turn to lead. They will be questioned on what they saw during the hike on their return so they may keep a log as they go.

**Estimated Time: 3 hours**

**Equipment Required: water, rucksacks, first aid kit**

## **Task – Orienteering**

Cubs are to complete an orienteering course. This will follow a short training session on how to do things. At the end they will have a competition.

**Estimated Time: 1 hour**

**Equipment Required: Compasses, maps**

## **Task – Tracking Signs**

Cubs are to complete a tracking sign trail. This will follow a short training session on how to do things. At the end they will have a competition by following another Sixes trail.

**Estimated Time: 1 hour**

**Equipment Required: Tracking sign sheets**

## **Task - Pioneering**

Cubs are to complete a pioneering project. This will follow a short training session on how to do things. At the end they will have a competition.

**Estimated Time: 1 hour**

**Equipment Required: Pioneering sheets, ropes, spars, gloves**

## **Task – Shelter Building**

Cubs are to construct a shelter. This will follow a short training session on how to do things. At the end they will have a competition.

**Estimated Time: 1 hour**

**Equipment Required: Natural materials, shelter sheets**

### ***Task – Bird Spotting***

The Cubs will learn how to spot different birds. They will then go out and see which ones they can find.

**Estimated Time: 1 hour**

**Equipment Required: Bird books and recognition sheets, binoculars**

### ***Task – Butterflies***

The Cubs will learn how to spot different butterflies and learn about their life cycle. They will then go out and see which ones they can find.

**Estimated Time: 1 hour**

**Equipment Required: Butterfly books and recognition sheets, binoculars, life cycle sheets**

### ***Task – Trees & Bark Rubbing***

The Cubs will learn how to spot different trees from their shape, leaves etc. They will then go out and see which ones they can find.

**Estimated Time: 1 hour**

**Equipment Required: Tree books and recognition sheets, crayons, paper**

### ***Task – Insect Life***

The Cubs will learn how to spot different insects. They will then go out and see which ones they can find.

**Estimated Time: 1 hour**

**Equipment Required: Insect books and sheets, magnifying glasses, plastic boxes**

## ***Days Out***

### ***Day Trip Out – Biggleswade Bird Sanctuary***

The Cubs will go on a day trip out to Biggleswade Bird Sanctuary

**Estimated Time: Tuesday**

**Equipment Required: Packed Lunch**

### ***Day Trip Out - Swimming***

The Cubs will go on a day trip out to the Swimming Pool

**Estimated Time: Thursday**

**Equipment Required: Swimming costumes, towels, bags**

# ***Naturalist Badge***

The Cub Scout must complete three of these six activities.

1. Make a survey of a hedgerow or wild area. Be able to identify at least six species of wild flowers, grasses or ferns.
2. Keep a record of birds they have spotted over one week. Be able to identify at least six wild birds.
3. Make a survey of a pond, river, stream or seashore. Be able to identify some of the animals, insects or plant life they find.
4. Explore the insect life of a particular area. Be able to identify some of the types of insect they find.
5. Identify six different trees or shrubs from their leaves, shape, fruit or nuts and make a bark rubbing.
6. Identify six butterflies and/or moths and talk to a Leader about their life cycle.

# ***Adventure Badge***

The Cub Scout must complete these four activities.

1. Know how to prepare for a one-day expedition to the countryside (e.g. correct clothing, footwear, First Aid kit and food).
2. Take part in two outdoor expeditions or journeys with other Cub Scouts.
3. Under adult supervision build and light a fire or use a stove and then make a hot drink.
4. Find their way along a route of at least one kilometre using one of the following methods:
  - compass
  - map
  - landmarks
  - tracking signs.

# ***Outdoor Challenge***

To complete this Challenge, Cub Scouts should:

- Take part in at least one residential experience (preferably camping) with a minimum of two nights away. The two nights do not need to be 'two in a row'.
- Learn a new skill and use it, for example, backwoods cooking, use of a compass.
- Take part in three new outdoor activities that they have not done before, for example, shelter building, tracking, pioneering, archery, skiing, abseiling.