

Program for Cubs and parents to celebrate 100yrs of cubs, working on the 1970's star test badge.

Boomerang  
Teaching  
T1B hands,  
T3-BSG Knots  
T6 B flags  
T8 fitness

## PACK PROGRAMME

parent night

Time 3-Aug

Theme Cubs 100yrs

Duty Six Brown John Available Sub-theme Cub award scheme

Time	Leader	Activity		Gear Required
6.25	parents	subs & inspection		
6.30	all	parade		Flag, prayer
6.35	game	sixer choice	Duty sixer selects game.	
6.40				
6.45	bases	2, 4 or 5 groups	See note.	Hand out cards
6.50	base 1	Make union jack	story of saints	template, colours, scissors
6.55	base 2	knots	reef & sheet bend	ropes
7.00	base 3	fitness		skip, ropes, book, markers
7.05	base 4	hand wash & teeth	See work sheet	Bowls/ nail brush/ glitter/ hand lotion
7.10	base 5	make a pot/cup of tea/coffee & biscuit		Cups. Tea/coffee, sugar, milk, teaspoons, biscuits, chairs, hot water, wash-up.
7.15				
7.20		Fitness		Modern: feats of skill
7.25		hop step & jump		
7.30		walk with book		
7.35		skip		
7.40		catch a ball		
7.45		kick a goal/ basket hoop		
7.50				
7.55				
8.00		Parade		

Evaluation;  
Fun?;  
New leaning?  
Outdoors?  
variety?  
Continuity?  
Revision?  
Use of all leaders?

Notices;  
  
Reminders;  
  
Presentations;

Equipment list:

**Cards:** pencil for name, Star card handout, Gold stars.

**Hand washing:** Hand lotion/ moisturizer, Glitter, Washing up bowl, Soap (liquid), Paper Towels.

**Knots:** ropes and instruction on how to tie.

**Fitness:** markers for hop, step, jump & gym mat, skipping ropes, old books, tennis & soccer balls, goals or basketball hoops.

**Make pot/ cup of tea:** tea/ coffee, cups, sugar, milk, spoons, urn/ electric jugs, biscuits and plates. Chairs for parents, optional old section books to read.

**Union Jack:** Red and blue colour pencils, template, scissors, pencil for names.

3 saint's history Find some information on the 3 Saints: St George, St Patrick and St Andrew, and tell while colouring the flag template.

<http://learnenglishkids.britishcouncil.org/en/short-stories/george-and-the-dragon>

<http://www.holyspiritinteractive.net/kids/saints/1124.asp>

<http://www.scotland.org/features/fast-facts-about-saint-andrew-and-the-st-andrews-cross>

[http://www.hellokids.com/c\\_20331/reading-and-learning/stories-for-children/st-patrick-s-day-history-and-fun-facts/the-history-of-st-patrick-s-day](http://www.hellokids.com/c_20331/reading-and-learning/stories-for-children/st-patrick-s-day-history-and-fun-facts/the-history-of-st-patrick-s-day)

<http://www.primarygames.com/holidays/st.patricksday/history.php>



This program as based on the pre 1970 cub award scheme used all around the world. We chose to have it as a parent night, parents and siblings working in six groups. We had enough leaders to run 5 bases with 30 cubs plus parents & siblings.

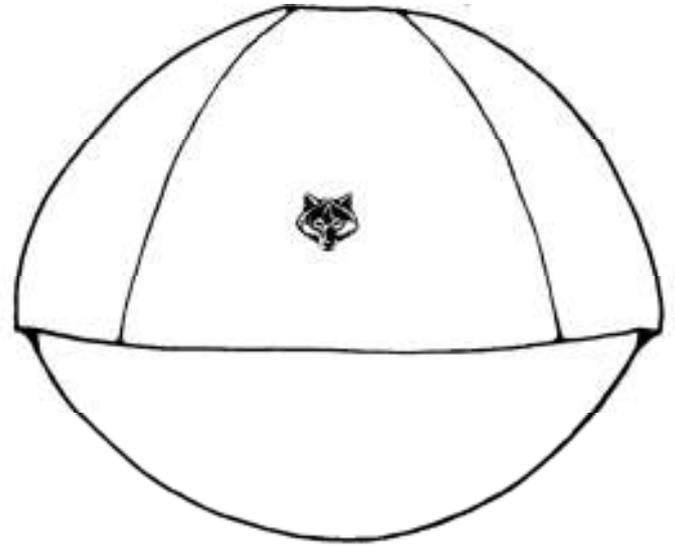
Note: Depending on leader and group numbers you could run bases one after, 2 bases then 2 bases or 4 bases rotating and then all have tea and biscuits at the end or 5 bases.

Print test card double sided with the 2<sup>nd</sup> page 'first star/ test /hat' at the bottom and wolf cub start tests at the top.

Cards are stamped at each base. At end of bases a **gold star** is attached to the hat to represent earning the first star.

Cut into A5 and fold in half. Or omit the name page and print 4 to a page double sided (A6 size).

First Star	Test
Union Jack	
Reef Knot	
Sheet bend	
Wash hands	
Clean Teeth	
Fitness	
Cup of tea	

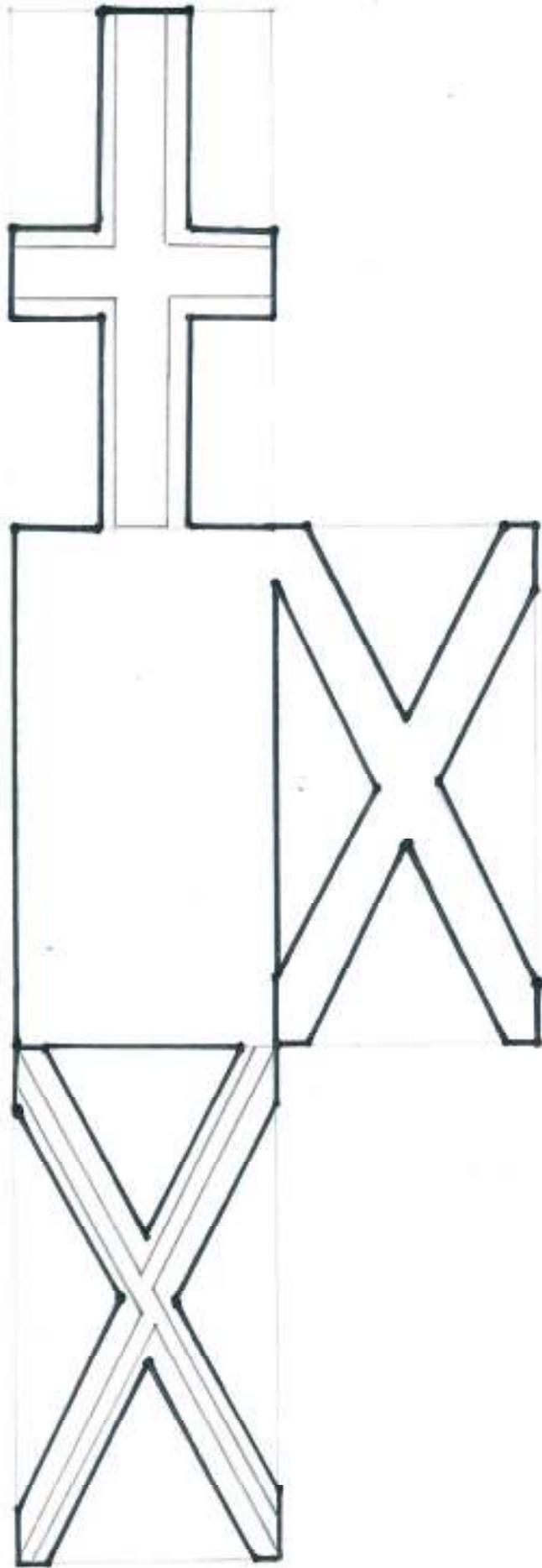


## Wolf Cub Star Test Card



Name:

Six:



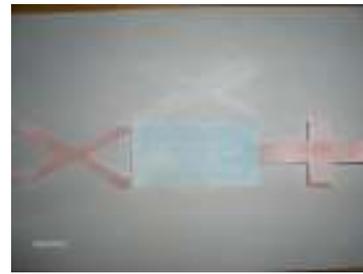
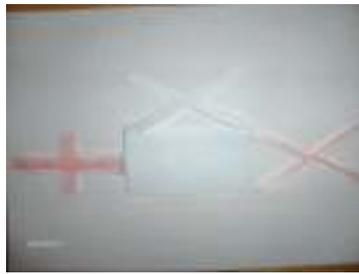


# THE UNION FLAG FOLDING CARD

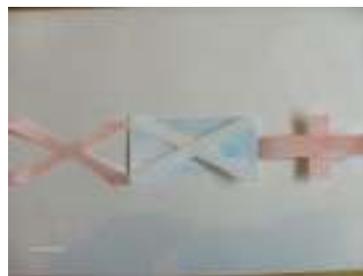


## Instructions

Cut out template along bold lines and colour both sides of template as seen in pictures below (see example).



Lay the cross flat on each side; that on the right shows the flag of St George for England. The left shows the cross of St Patrick for Ireland. With the white cross folded down; in the centre shows the cross of St Andrew for Scotland.



Now fold the cross of St George over the cross of St Andrew in the centre; this shows the first Union flag or the 'Jack' as ordered by James I in 1606 which represented the regal union of England and Scotland.



Now raise the cross of St George and fold the cross of St Patrick over the cross of St Andrew in the centre, now replace the cross of St George; this shows the Union flag as we know it today following the merger of the Kingdom of Great Britain and the Kingdom of Ireland in 1801.



Wales had no explicit recognition in the Union Flag as it had been a part of the Kingdom of England since 1282 and was therefore represented by the flag of England.

**Thanks to the unknown leader who shared this activity**

# Activity | Play the handy hygiene game

748 million people across the world don't have access to safe water, and 2.5 billion don't have access to adequate sanitation.

The aim of this activity is to demonstrate how easily germs are transmitted, and as a result the importance of washing hands regularly and thoroughly.

Before playing the handy hygiene game, you can talk to your young people about the work of Scouts in Madagascar, where hygiene education is a huge initiative.

The local Scouts work hard to promote the importance of hygiene in their communities. Puppet shows are also held in local areas aimed to educate people, especially children about hygiene practices.

The response is overwhelmingly positive and life changing.

You will need:

- Hand lotion/ moisturizer.
- Glitter.
- Washing up bowl.
- Soap.
- Towel.
- What to do:

1. Discuss some of the following questions with your young people:

- What do we need to do before eating and after going to the toilet? (Wash our hands).
- What's the problem with germs? (They can make you ill).
- What do germs look like? Can you show each other the germs on your hands? (Germs are invisible, but they still exist and can still make people unwell).
- How are germs passed on? (Anything our hands touch will get germs transferred onto it, so if we wash our hands regularly it helps to stop germs spreading).

2. Ask all the young people to rub a small amount of lotion/moisturiser onto their hands so that they are moist to touch. Please ensure that any skin allergies have been checked with parents before doing this activity

3. Place an amount of glitter (enough to cover hands) in each of the young people's hands in the smaller team.

4. Ask them to go around to the larger team who do not have any glitter, and shake their hands. Everyone in the group should aim to shake everyone else's hand including the adult volunteer.

5. Ask the young people to look at their hands to see if they have glitter on them.

6. Ask them to imagine that the glitter represents germs. Explain to them that the aim of the activity is to show how easily germs are transmitted from one person to another, as well as across surfaces.

7. Ask the young people if they would be willing to eat some crisps or sweets now (remember the glitter is germs).

8. Ask them how they are going to get rid of the germs on their hands – wash them!

9. Using the washing up bowl and water, you should now, in front of all the young people, attempt to get the glitter off your own hands using just water.

10. Whilst your hands are still wet show them to the young people (they should still have glitter on them) and explain that without using soap to wash your hands, germs remain on your skin and can make you sick.

11. Now use some soap and wash your hands again. All the glitter should come off.

12. After drying your hands show them to the group and reiterate the importance of hand washing with soap as well as clean water.

13. The young people should repeat this hand washing experiment themselves so that the importance of hand washing with soap is reiterated to them.

**This activity comes from WaterAid's #amillionhands activity pack. There are hundreds more available from all of our charity partners. Visit [the website](https://www.amillionhands.org.uk/) to download the packs <https://www.amillionhands.org.uk/>**