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Cub Scouts : Programme Ideas



Fitness in the Pack

Keeping fit the fun way

Fitness is something that is very much on the world's conscience at present - and rightly so! Fortunately, it is also something that you can work in to just about any Meeting, camp or Pack Holiday theme. Here are a few exercises and fun partner challenges you could use. By awarding points (I have suggested some where appropriate, but on pair challenges, ten for the winner and five for the loser is probably about right) you could find your Pack Champion Sportsman or Fittest Six,

Pull back

Two Cub Scouts sit facing each other with the soles of their feet pressed firmly against their partner's. They grasp each other's wrists and try to lie flat on their back, pulling their partner with them.



Bench jumps

A wooden bench is best for this but a strong wooden box or any step will do as an alternative. Start by standing a Cub on the bench. then, feet together, he jumps down then up again. How many can he complete in. say, 20 seconds? Each jump scores one point towards his cumulative total for the evening.

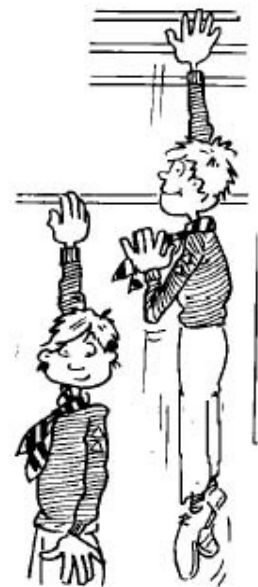
Hopping leg pull

Two Cubs face each other. Each raise their left leg and grasp their partner's left leg with their right hand. They join left hands. Each Cub tries to pull his partner along.



Chinese tug

Standing back-to-back, two Cub Scouts bend down and grasp their partner's hands between their legs. On the signal, each tries to pull the other forwards.



Sargeant jumps

Prepare a scale as shown (you will need to adjust it for each boy so that the bottom line is at the top of his normal reach, i.e. standing normally with one arm raised straight up). Each boy has three jumps and is awarded points for the best one - 10 points for a 35cm (14in) jump, 7 points for 30cm (12in) and 5 points for 25cm (10 in).

Squat thrusts

Pair off the Cubs (one to perform the thrusts and one to count, then reverse tasks). Adopt the 'pressup' position then jump legs forward into 'tuck' position, then back. Award one point for each squat thrust completed in 15 seconds.

Stand up!

In pairs, sit back to back with arms folded and legs straight out in front. At the signal, both try to stand up first without using their hands - it's not easy! One-legged hand wrestling In pairs, each Cub holds his own right leg with his right hand and clasps his partner's left hand. The winner is the one who makes his partner touch the floor first with any part of his body or makes him let go of his right leg.

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into the banana, and the resultant 'gunge' can be eaten with a spoon - it looks a mess but tastes great!



Some winter outdoor activities?

There are many different activities which can take your Pack outdoors this winter. Here are just a few to get you started.

Winter welly walk

Ask your Sixers to plan the route. Discuss suitable clothing for a winter walk with the Pack. Organise a letter to parents, giving details of the route and pick-up points. If possible, find something interesting to visit on the way, and devise a quiz or a challenge to do. Each Sixer can keep a log of who attended, where you went and what they saw. Remember to take proper safety precautions - especially if you are near any roads in the dusk or dark.

Cook on a fire

The following are recipes which can be cooked on an open fire.

Baked apples

Carefully cut the core out of a large cooking apple, so that there is a hole through the middle. Place the apple on two sheets of aluminium foil and fill the hole with sugar and sultanas, or with jam. Wrap the double layer of foil around the apple and place it in the glowing embers of the fire for 15 to 20 minutes. The apple can then be eaten with a spoon - but warn the Cubs to be

careful as it will be extremely hot.

Twists

To make a 'twist', that all-time favourite, mix some self-raising flour and water together to form a dough. Roll a little of this dough into a long sausage shape and wrap it around the end of a green stick (don't let your Cubs pull sticks off living trees!). Then simply hold the stick so that the dough is over the fire, and wait until it turns a light brown colour (although most Cubs

seem to prefer their twists flambé!). Your twist will taste especially good if you remove it from the stick and fill the hole with jam.

Chocolate bananas

Make a slit down one side of a banana (which should still be in its skin). Push some chocolate drops into the slit and then wrap the banana in a double layer of foil and place it in the glowing embers of the fire for 15 to 20 minutes. When

Toasted jam sandwiches

Butter two slices of bread on both sides, put jam between the two slices and wrap the sandwiches in foil. Two minutes in the embers of the fire will produce a tasty, toasted jam butty!

Egg in an orange

Cut a large orange in half and remove the flesh put this in a bowl for dessert. Then crack an egg into the half of orange peel, place the container carefully in the glowing embers, and you can watch the egg cook.

