

Cubs Activities

CUBS

| | Cubs 1 | Cubs 2 | Cubs 3 | Cubs 4 |
|----------|--|---------------------------------|-------------------------------------|------------------------------|
| Friday | 18:30 -20:00 Cycle to Ardnavalley from Lagan Island | | | |
| | 20:00-21:00 Pitch Tents and unpack | | | |
| | 21:00-22:00 Collect Supper & Breakfast -- Prepare Supper | | | |
| | 22:00-23:00 Camp Fire | | | |
| | 23:00-24:00 Bed & Leaders Meeting | | | |
| Saturday | 00:00-07:30 SLEEP | | | |
| | 07:30-9:00 UP, Breakfast, Make Packed Lunch. Clear Up | | | |
| | 09:00-9:30 Travel to Shaw's Bridge. | Cycle to Minnowburn | Fitness Challenge | Cycle Ride |
| | 9:30-10:00 Safety Briefing - warm up | Naturalist Badge | Archery | Survival Skills |
| | 10:00 - 11:00 Rafted Canoes | Cycle Ride | Survival Skills | Archery |
| | 11:00 - 12:00 Minibus to Ardnavalley - Shower | Cycle back to Ardnavalley | LUNCH | LUNCH |
| | 12:00 -12:30 Shower & Changed | LUNCH | LUNCH | Fitness Challenge |
| | 12:30-13:00 LUNCH | Travel to Shaw's Bridge. | Cycle to Minnowburn | |
| | 13:00 -14:00 Archery | Safety Briefing - warm up | Naturalist Badge | Pioneering Competition |
| | 14:00 - 14:30 Fitness Challenge | Rafted Canoes | Cycle Ride | Cycle to Minnowburn |
| | 14:30 - 15:00 Pioneering Competition | Minibus to Ardnavalley - Shower | Cycle back to Ardnavalley | Naturalist Badge |
| | 15:00-15:30 | Shower & Changed | | Cycle back to Ardnavalley |
| | 15:30-16:00 | | | |
| | 16:00-16:30 | | | |
| | 16:30 - 17:00 | | | |
| | 17:00-18:00 COOK & EAT TEA. CLEAR UP | | | |
| | 18:00 -19:00 Football /Assault/Treasure | Rounders/Wide Games/Treasure | Football /Assault/Treasure | Rounders/Wide Games/Treasure |
| | 21:00-22:00 Camp Fire / Quiz | Camp Fire / Quiz | Camp Fire / Quiz | Camp Fire / Quiz |
| | 22:00-23:00 Supper | Supper | Supper | Supper |
| Sunday | 23:00-24:00 | | | |
| | 00:00-07:30 SLEEP | | | |
| | 07:30-9:00 UP, Breakfast, Make Packed Lunch. Clear Up | | | |
| | 09:00-10:00 ORGANISE KIT FOR ACTIVITIES FOLLOWED BY ---SCOUTS OWN--- | | | |
| | 10:00 - 10:30 Survival Skills | Archery | Minibus to Shaw's Bridge / Briefing | PACK - STRIKE CAMP |
| | 10:30 - 11:00 | Fitness Challenge | Rafted Canoes | Travel to Shaw's Bridge. |
| | 11:00 - 11:30 | | | LUNCH |
| | 11:30-12:00 | | | Safety Briefing - warm up |
| | 12:00-12:30 | | | |
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| | 15:30 - 16:00 | | | |
| | 16:00-17:00 | | | |
| | 17:00-18:00 | | | |

NOTES

Groups to meet at Lisburn Lagan

Activities

Archery & Fitness Challenge are round robin bases with each group split in two, half group 1hr Archery, half group 1hr Fitness, then swap. Archery Manned base, Fitness self run.

Rafted Canoes - Externally run by Mobile Team Adventure

Survival Skills - Largely self run but hope to have one full time staff for consistency & guidance

Pioneering Competition - Staffed Base

Naturalist Badge - Self Run - But under supervision. Activity sheets and support material provided. Large proportion of badge covered

Evening Activities - mixture self run and Staffed bases

Badges - see below
 Campers Activity Badge - most parts but will need extra night camping
 Navigator Activity Badge - most parts
 Water Activities - All covered - Cubs earn BCU Paddlepower Start
 Athletics Activity Badge - large portion
 Sports Enthusiast - some of
 Outdoor Challenge - Should cover all
 Fitness Challenge - large portions covered
 Naturalist Badge - see above

Notes Continued

Survival Skills - Shelter Building, Fire Lighting, Survival Tins and Tracking
 Fitness Challenge - Main Field - Shuttle Runs, Sprints, 2 x throwing (ball and bean bags)Skipping, Jumps, Team Blindfold obstacle course
 Pioneering - split into teams of 6 to 8 (typical 4 teams) - Building cooking tripod, Camp furniture followed by race to build Balliste and waterbomb other teams
 Climbing Wall - Not timetabled - confirmation of afternoon and early evening availability for use by Cubs
 Indoors - Pathfinder and BP Chalet - Craft activities, Badge work activities
 - Lisburn District Groups to be sent Info of some badges to enable completion either after camp or to complete sections before camp.