

# 1<sup>st</sup> Merrickville Cub Pack

## Wed. Sep. 14, 2005

### Getting Back into Cubs

Topic: Getting back into Cubs, knots, orienteering+.

TIME	TYPE	DESCRIPTION
6:20	Gathering	Cubs review knots: 1: Reef knot, Clove hitch 2: Sheet bend, Fisherman's, Bowline 3: Tautline Hitch, Round turn & two half hitches (all in the Cub book)
6:30	Opening	Opening ceremonies, Flag Break, O'Canada.
	Bookkeeping	Attendance & Dues
	Campfire song	Pink pajamas & cheer
	Clock directions	Use a scenario of being in a parked car and seeing an object at a distance and trying to describe where it is. Equate this to a clock face makes this easier. 12:00 - straight ahead 3:00 - to your right 6:00 straight behind you 9:00 - to your left All the hours could be used by estimating the face of the clock. Use Leaders or various objects around the hall. – Relate the Clock scenario to a simple compass N-E-S-W.
7:50	Warm-ups	2 minute warm-ups - stretches only
	Orienteering	Now it gets tough. Full compass relay.
7:30	Knots	Explain the new knot system. Reef knot, Clove hitch, Sheet bend
	Physical	15min Physical challenge game
	Challenge	Knot challenge. Get it across the river. Using small segments of rope, make one large enough to get across the river to retrieve an item(s). This is a relay - rope must be untied to complete.
7:55	Closing	Closing ceremonies, flag dressing, vespers.

Next week: Introduction to Cubs, Soccer Baseball, Knots, Trail Signs

Leader: Peter

Assistants: Kevin & Mack.