



1st Bullsbrook Air Scout Programme

Thursday, 29th July, 2010

Duty Patrol: Blair Johnson

| TIME | ACTIVITY | RESOURCES/NOTES |
|---|--|--|
| 19.00 (30 mins) | <p>Opening Parade</p> <ul style="list-style-type: none"> • Flag Break • Opening Prayer - Blair • Scout Medallion Presentations | <ul style="list-style-type: none"> • Flag |
| 19.30 (10 mins) | <p>Game - Find your shoes</p> <p>Each scout takes his/her shoes off. Place them in the centre of the room. Leader shuffles them. Scouts then move to the edge of the room and sit down. On 'go', they run to the middle, find one shoe, go back to the edge of the room sit, shoe on (laces tied). Repeat. Winning patrol is the one with all members with their shoes on.</p> | |
| 19.40 (10 minutes) | <p>Patrol Corners</p> | |
| 19.50 (10 minutes) | <p>Knot of the Night</p> <ul style="list-style-type: none"> • Revise Sheet bend. • <p>Join a teatowel and a rope using a sheet bend knot.</p> | <ul style="list-style-type: none"> • Ropes • Tea towels |
| 20.00 (30 mins - 15 mins per base) | <p>Bases</p> <ul style="list-style-type: none"> • Personal First Aid Kit - Twiga • Milo SAS Style - Gimlet (use the water to make a milo) • Healthy Lifestyle - Chui (overseeing Joel, Keanu, Ellyn running this base) | <ul style="list-style-type: none"> • Milk, milo, paper, water, cups, spoons • Healthy eating cards • Personal First Aid kit |
| 20.30 (15 mins) | <p>Game - Dutch Football</p> <p>Divide the floor into three sections. Each Patrol stands in a section with three tennis balls on the floor. On 'start', Scouts have to hop on one foot whilst keeping the tennis balls out of their area. After a short interval, ie 60 seconds, signal 'stop'. Everyone stands still and the number of balls in each section is counted. The winning Patrol is the one with the least amount of balls. Repeat several times.</p> | <ul style="list-style-type: none"> • balls • ropes |
| 20.45 (15 mins) | <ul style="list-style-type: none"> • Pack Away • Closing Parade | |