



# 1<sup>st</sup> Fressingfield Scout Group

## Yoxford and Peasehall and Middleton School Sections

### Programme of activities Autumn (1) 2022

<p><u>Middleton (Wednesday)</u></p> <p>1315: Assemble and flag break  1330: Session one led by Mr Hopkinson (Cubs)  1410: Break  1420: Session two led by Mrs Sutton (Beavers)  1500: Flag down and dismissal</p>	<p><b>Learning Pi</b></p> <div> <div>Respectful, active citizen</div> <div>Risk Taker</div> <div>Adaptive</div> <div>Participation</div> <div>Determined and resilient</div> <div>Curious</div> <div>Collaborative</div> </div>
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### Badges:

Beavers are working toward their **Health and Fitness** badge.



Cubs are working towards **Chef** badge



DATE	SECTION	ACTIVITY	Notes	Curriculum Links	Links to Learning PI
9/9	Beavers	Welcome back and get to know you games. Code of conduct: what is expected of a beaver and how to be prepared.		PSHE - Rules and responsibility	Respectful active citizen: Taking responsibility for your own actions. Curious: Getting to know others in the group and



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					being curious about each other's interests.
	Cubs	Welcome back and getting to know you games. Code of conduct: what is expected of a cub and how to be prepared.		PSHE - Rules and responsibility	
16/9	Beavers	Bee activities and learning about health and fitness.	<a href="https://www.scouts.org.uk/activities/waggle-dancing/">https://www.scouts.org.uk/activities/waggle-dancing/</a>	PSHE-About what keeping healthy means; different ways to keep healthy.  Science - That exercise is important to stay healthy.	Adaptive: Participation: Having a go when it looks difficult.
	Cubs	Learn about the risks when cooking		PSHE - hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe PSHE: To predict, assess and manage risk in different situations.	Risk taker



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23/9	Beavers	Roll the dice game. Choose as a team what we could adapt the game to include.	<a href="https://www.scouts.org.uk/activities/let-the-dice-decide/">https://www.scouts.org.uk/activities/let-the-dice-decide/</a>		Participation: Making sure you all join in the activities. Collaborative: Working collaboratively.
	Cubs	Learn about the food groups and balanced diets and plan a meal that is balanced		Science - That eating the right amounts and types of food is important to stay healthy	
30/9	Beavers	Learn to find your heart rate and measure it before and after exercise.	<a href="https://www.scouts.org.uk/activities/heart-rate-relay/">https://www.scouts.org.uk/activities/heart-rate-relay/</a>	Science - That exercise is important to stay healthy. PSHE - How physical activity helps us to stay healthy; and ways to be physically active everyday	Participation: Having a go when it looks difficult. Community engagement: Fundraising with the local community.
	Cubs	Explore cooking utensils and how to use a Trangia		PSHE: To predict, assess and manage risk in different situations.	Risk taker: take supported risk appropriate to the task Take risks in a safe environment
7/10	Beavers	Design and play a game of the human fruit machine	<a href="https://www.scouts.org.uk/activities/human-fruit-machine/">https://www.scouts.org.uk/activities/human-fruit-machine/</a>	Science - That exercise is important to stay healthy. PSHE-How physical activity helps us to stay healthy; and	Determined and resilient: Trying new things and using different ways to problem solve. Collaborative: Working together to play fairly.



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				ways to be physically active everyday	
	Cubs	Make your own pasta to cook at home		Science - That eating the right amounts and types of food is important to stay healthy	
14/10	Beavers	Cooking healthy eating and campfire cooking.		Science - That eating the right amounts and types of food is important to stay healthy	Risk taker: trying new foods. Participation: Joining in with the preparation of food for others.
	Cubs	Cook a meal on trangia's		PSHE: Making choices that support a healthy lifestyle, and recognise what might influence these. That constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.	
21/10	Beavers	Halloween crafts and games TBC			



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	Cubs	Halloween games and activities			
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