



Barking & Dagenham



Pack Holiday
Downe Activity Centre
21st – 28th August 2004

Theme: Inventions & Discoveries through the ages

Note This programme is an outline. The detailed information packs for each activity are far too big to reproduce here and are contained in separate folders available to the leaders.

Key to notes

GB Games Book

There is a folder detailing the rules and layout of all the games used during the week and spare games in the form of the small games books.

CS Campfire Songs

There is a folder containing a wealth of information and ideas for campfire songs, stunts & skits

LN Leaders Notes

There is a large folder which contains all the information required to run the activities for the week. Each activity has its own pack detailing what to do and how to do it.

Saturday 21st August

4:00	Arrive, setup, explore site, rules & regulations.
6:00	Tea & chores
7:30	Start newspaper & TV company to cover discoveries made during the week. LN
9:00	Game GB
10:30	Supper. Indoor games
11-11:30	Bed
12:00	Lights out

Sunday 22nd August **Communication & Media**

8:00	Rise, wash, dress, morning exercises
9:00	Breakfast & chores
10:00	String Telephones LN
10:30	Scouts Own
11:00	Refreshments
11:15	Semaphore & Naval signals LN
12:30	Lunch & chores
1:30	Rest & quiet game
2:00	Climbing [Site Activity with THEIR instructors] & Jenga
5:00	Make morse code buzzers & Pinhole cameras LN
5:30	Tea & chores
6:30	Finish cameras and set them up LN
7:00	Game involving codes, ciphers, radios & telegrams
8:30	Write up events for newspaper and edit video for TV LN
9:30	Game GB
10:30	Supper, indoor games
11-11:30	Bed
12:00	Lights out

Monday 23rd August **Transport**

8:00	Rise, wash, dress, morning exercises
9:00	Breakfast & chores
10:00	Build hovercraft and string rockets LN
11:00	Refreshments
11:15	Water rockets LN
12:30	Lunch & chores
1:30	Rest & quiet game
2:00	Grass Sleds [Site Activity]
3:00	Tuck shop & start to build engines
4:00	Pedal Go Karts [Site Activity]
5:00	Build engines LN
5:30	Tea & chores
6:30	Hot air balloons LN
7:30	Game GB
8:30	Write up events for newspaper and edit video for TV LN
9:30	Game GB
10:30	Supper, indoor games
11-11:30	Bed
12:00	Lights out

Tuesday 24th August Domestic

8:00 Rise, wash, dress, morning exercises
9:00 Breakfast & chores
10:00 Invent something to help in the home and advertise LN
11:00 Refreshments
11:15 Invent something to help in the home and advertise continued LN
12:30 Lunch & chores (picnic)
1:30 Rest & quiet game
2:00 **Swimming [Site Activity with THEIR lifeguards]**
4:00 Return & free time
5:30 Tea & chores
6:30 Domestic challenges LN
8:00 Game GB
10:00 Supper
11:00 Bed
11:30 Lights out

Wednesday 25th August Military

8:00 Rise, wash, dress, morning exercises
9:00 Breakfast & chores
10:00 Rockets, Guns & Catapults LN
11:00 Refreshments
11:15 Torpedoes & planes LN
12:30 Lunch & chores
1:30 Rest & quiet game
2:00 **Rifles [Site Activity with OUR instructors]**
4:00 Tuck shop & free time
5:00 Test military planes LN
5:30 Tea & chores
6:30 Design a bridge and a boat LN
7:30 Game GB
9:30 Supper, indoor games
10:00 Bed
10:30/11 Lights out

Thursday 26th August Medical & Trading Post

8:00 Rise, wash, dress, morning exercises
9:00 Breakfast & chores
10:00 Skeleton & body parts LN
11:00 Refreshments
11:15 Design a medicine LN
12:30 Lunch & chores
1:30 Rest & quiet game
2:00 **Archery [Site Activity with THEIR instructors]**
4:00 Tuck shop then back into Trading post LN
5:30 Tea & chores
6:30 Trading post continued LN
7:30 Game GB
9:30 Supper, indoor games
10:00 Bed
10:30/11 Lights out

Friday 27th August **Tomorrows World**

8:00	Rise, wash, dress, morning exercises
9:00	Breakfast & chores
10:00	Hunting-gathering, Tools, etc LN
10:30	Fire, Language, Magic and religion, etc LN
11:00	Refreshments
11:15	Fire, Language, Magic and religion, etc LN
11:30	Agriculture, Art, Dance, Tally stick, etc LN
12:00	Writing, Wheel, etc LN
12:30	Lunch & chores
1:30	Rest & quiet game
2:00	Printing press, etc LN
2:30	Car to spacecraft, Fusion power, Antibiotics, Electronics, etc LN
3:00	GPS, DVD, Nanotechnology, Biotechnology, etc LN
3:30	Future inventions & discoveries LN
4:00	Adventure Course [Site Activity]
5:00	Free time
5:30	Tea & chores
6:30	Final write up for newspaper & video LN
7:30	Game GB
8:30	Campfire [Site Activity] CS
9:30/10	Supper. Indoor games
10:30	Bed
11:00	Lights out

Saturday 28th August

8:00	Rise, wash, dress, morning exercises
9:00	Breakfast & chores
10:00	Pack kit, clean building
12:00	Depart for home

Activities

Other activities to be used and booked up on site as and when required. Examples include Volleyball, giant Jenga, parachute, giant chess, garden darts, treasure hunt. Extra sessions of rifle shooting could be done easily as we have 4 instructors. These can be fitted into the program at appropriate times (e.g. during a period marked Game).

Wet weather programme

As dry weather programme but indoors with the following exceptions:

Monday	Rockets changed to indoor mini rockets. Grass sleds changed to a game.
Tuesday	Swimming replaced with indoor synchronised swimming competition
Wednesday	Archery changed to indoor archery. Construct bows & sucker arrows.
Thursday	Climbing modified to indoor assault course

Equipment List

Full equipment list and details of programme items to be arranged and filed in the leaders folder.