



Barking & Dagenham



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

Theme: Inventions &
Discoveries through the ages

Leaders Notes

Saturday 21st August

4:00 Arrive, setup, explore site, rules & regulations.

Show the Cubs round the building and the site. Show them the areas that are dangerous or out of bounds as well as basics like fire exits and toilets. Unpack and let them get changed and settled in. Explain the camp rules to them as detailed in the camp rule book. Put them into their sixes and explain what they will be doing over the course of the next week.

6:00 Tea & chores

Cubs are to wash up in their sixes after each meal.

7:30 Start newspaper & TV company to cover discoveries made during the week. LN
SEE NEWSPAPER/TV COMPANY INFORMATION SHEET

9:00 Game GB

See the games book for a suitable game.

10:30 Supper. Indoor games

A large box of indoor games are available for use by the Cubs.

11-11:30 Bed

Wash before heading to bed. Cubs are to get changed into night clothes. They may talk quietly for a while.

12:00 Lights out

No more noise expected. It will have been made clear to the Cubs that they get to stay up and play games if and only if they can go to bed quietly and get up in the morning at the right time.

Newspaper & TV Company

Each day the Cubs will produce a newspaper and TV report on the days events. These will be collated and form a record of the entire camp.

A Newspaper Company needs to be invented and setup. A title and layout will need to be decided for each sixes paper. Jobs will need to be allocated to each member of the six (these may be rotated throughout the week).

Newspaper articles can be completed each day by the paper in the form of traditional reporting and 'cut and pasting'.

Name of newspaper
Style and layout
Articles & photos
Advertisements
Special news

A TV company needs to be setup. Each day the company will produce a short news report on the days events. These can be recorded on video.

Name of company
Style & logo
News reporters & scoops

Equipment

A video camera is available with film, tripod and mains power leads.

Paper, pencils and other stationary is available for general work.

Scissors and glue will be required for traditional newspaper cut and pasting.

Sunday 22nd August Communication & Media

8:00 *Rise, wash, dress, morning exercises*

9:00 *Breakfast & chores*

10:00 *String Telephones LN*

SEE STRING TELEPHONE INFORMATION SHEET

10:30 *Scouts Own*

Scouts Own resources are available in from the Scouts Own box.

11:00 *Refreshments*

Refreshments such as crisps and a drink are provided at 11 each morning.

11:15 *Semaphore & Naval signals LN*

SEE SIGNALS INFORMATION SHEET

12:30 *Lunch & chores*

1:30 *Rest & quiet game*

Cubs are to wash up in their sixes after each meal.

2:00 **Climbing [Site Activity with THEIR instructors] & Jenga**

Site activity. Jenga is available from the office. Split Cubs into two groups and swap round halfway through (climbing is a 1.5 hour session per group).

5:00 *Make morse code buzzers & Pinhole cameras LN*

SEE PIN HOLE CAMERAS & MORSE CODE INFORMATION SHEETS

5:30 *Tea & chores*

6:30 *Finish cameras and set them up LN*

7:00 *Game involving codes, ciphers, radios & telegrams*

See the games book for suitable games. 6 public band radios are also available for use.

8:30 *Write up events for newspaper and edit video for TV LN*

Each night the Cubs write up a short report for the newspaper and publish the daily edition. Film interviews and news stories can be made using the video camera.

9:30 *Game GB*

See the games book for a suitable game.

10:30 *Supper, indoor games*

11-11:30 *Bed*

12:00 *Lights out*

String Telephone

Equipment:

Three medium or large paper cups
Empty soup-type cans (optional)
25 feet and 10 feet of heavy thread that won't stretch
Three toothpicks
Sewing needle with a very large eye

Part I (Two-person call):

Thread the needle with the 25-foot length of heavy thread.

Carefully pierce the center of the bottom of one of the paper cups with the needle.

Remove the needle from the thread.

Tie a knot around a toothpick on the inside of the cup. (The toothpick may have to be broken to fit in the bottom of the cup.) This will prevent the thread from pulling out of the bottom of the cup.

Repeat steps 1 through 4 for the other paper cup with the other end of the thread.

To use your paper-cup telephone, two people will have to pick up the cups and carefully walk away from each other until the line is slightly stretched tight. Do not pull the thread so tight that it pulls from the cups. Do not let the thread touch any other objects because this will interfere with the vibrations traveling on the thread.

One person should place their cup directly against one ear and cover the other ear with the other hand. The second person should speak into their cup. Each person should try being the sender and receiver of the messages.

Optional: Soup-type cans, may be used to make a similar phone setup.

Part II (Conference call):

Construct a regular two-person string telephone with steps 1 through 7 above.

With a 10-foot piece of thread, construct another paper-cup telephone using steps 1 through 4 above.

Tie the end of this telephone line to the middle of the 25-foot telephone line. Stretch it out at right angles.

Now three people can carry on a conversation.

Observe how the addition of the third line weakens the sound vibrations.

What Should Have Happened

Sound vibrations are best transmitted through solid objects. The bottoms of the cups serve as telephone diaphragms that both transmit and receive vibrations through the thread. When one person talked into the paper cup mouthpiece, the sound waves caused the bottom of the cup to vibrate. The vibrations were then transmitted over the thread to the other cup bottom, which served as a receiver. One or more additional lines may be attached to create a conference call; however, the vibrations are weakened. This will make the conversation harder to hear.

Signals

Cubs can learn a variety of signalling methods.

There are worksheets available on:

- Naval signals
- Morse Code
- Rescue Signals
- Semaphore
- Sign language

Equipment

- Naval signal flags
- Morse code flash cards
- Semaphore flags

Pin Hole Camera

There are a variety of worksheets available detailing how to construct a pin hole camera and camera obscura.

Equipment

Morse Code

The following worksheets are available:

Morse code

Morse code translation sheet

How to make a morse code buzzer and telegraph

Morse code message sheet

Equipment

Monday 23rd August **Transport**

8:00 *Rise, wash, dress, morning exercises*

9:00 *Breakfast & chores*

10:00 *Build hovercraft and string rockets LN*

SEE THE HOVERCRAFT & STRING ROCKETS INFORMATION SHEETS

11:00 *Refreshments*

11:15 *Water rockets LN*

Water rocket kits are available for use.

12:30 *Lunch & chores*

1:30 *Rest & quiet game*

2:00 **Grass Sleds [Site Activity]**

Sleds are available from the office. Leaders to supervise.

3:00 *Tuck shop & start to build engines*

4:00 **Pedal Go Karts [Site Activity]**

Onsite Pedal Go Kart track to be used

5:00 *Build engines LN*

5:30 *Tea & chores*

6:30 *Hot air balloons LN*

SEE THE HOT AIR BALLOON INFORMATION SHEET

7:30 *Game GB*

See the games book for a suitable game.

8:30 Write up events for newspaper and edit video for TV LN

9:30 *Game GB*

See the games book for a suitable game.

10:30 *Supper, indoor games*

11-11:30 *Bed*

12:00 *Lights out*

Hovercraft

There are a variety of worksheets available detailing how to construct a model hovercraft.

Equipment

String Rockets

There are a variety of worksheets available detailing how to construct a model string rocket.

Equipment

Hot Air Balloon

There are a variety of worksheets available detailing how to construct a model hot air balloon.

Equipment

Engines

The Cubs will be constructing working model engines.

Equipment

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*

Cubs are to invent a domestic item. It needs to be of 'practical' use in the home. They may construct a working prototype and produce an advertisement to promote their product. This may take the form of a newspaper advert, short TV advert or similar.

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]**

The site will provide a lifeguard although leaders are to supervise directly.

4:00 *Return & free time*

5:30 *Tea & chores*

6:30 *Domestic challenges LN*

SEE THE DOMESTIC CHALLENGES INFORMATION SHEET

8:00 *Game GB*

See the games book for a suitable game.

10:00 *Supper*

11:00 *Bed*

11:30 *Lights out*

Domestic Challenges

Design on paper a labour saving device then make a prototype and design a newspaper or tv advert.

“Kim & Aggie” style inspection of dormitories

Wednesday 25th August Military

8:00 *Rise, wash, dress, morning exercises*

9:00 *Breakfast & chores*

10:00 *Rockets, Guns & Catapults LN*

SEE THE ROCKETS, GUNS & CATAPULTS INFORMATION SHEET

11:00 *Refreshments*

11:15 *Torpedoes & planes LN*

SEE THE TORPEDOES & PLANES INFORMATION SHEET

12:30 *Lunch & chores*

1:30 *Rest & quiet game*

2:00 **Rifles [Site Activity with OUR instructors]**

Leaders are to run the activity with equipment provided by the site. Ensure leaders show a valid certificate to the office before the activity. Activity run on site with their equipment. Cubs to be split into two groups and alternate between rifles and a leader supervised activity.

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*

SEE THE BRIDGE & BOAT INFORMATION SHEET

7:30 *Game GB*

See the games book for a suitable game.

9:30 *Supper, indoor games*

10:00 *Bed*

10:30/11 *Lights out*

Rockets, Guns & Catapults

Spoon Catapult

Supplies Needed: Strong box, Plastic spoon, Rubber band, Tape and/or scissors

Instructions: Tape the spoon on one end of the box so that the indented part on the part you eat out of is facing toward the box. Tape one end of the rubber band to the spoon, being certain not to cut the rubber band in half. Tape or staple the other end of the rubber band to side of the box the indentation on the spoon is facing. Push a stick, nail, etc. into the box right next to the spoon.

Operation: Put your middle and index finger on either sides of the spoon while placing Your thumb on the thin part of the spoon. Pull back, load, and release!

Card Catapult

Supplies: Paper clip, Markers, Staples, Rubber Band, Tape, Construction Paper, Scissors

Instructions:

Fold a standard-sized piece of construction paper (8 ½ x 11") in half so that the shorter sides are together. This is piece 1.

Take another piece of construction paper and fold it in half the same way. Fold the piece in half again the same way. Do this once more. Finally, fold it in half length-wise. The piece of paper you are left with should be about 4 ¼ x 1 ½". Fold each of the ends out. (About an inch from each end.) This is piece 2.

Open up piece 1. Tape one end of piece 2 just to the left of the crease on piece one. (As you look at the paper.) Squeeze the sides of the taped-on piece together and tape the other end of piece 2 down on the same side of piece 1.

Cut a thin piece of paper (1" x 5 ½") and staple it to the edge of piece 2. Put a paper clip on the center of the far right end (as you face it). This is piece 3.

Poke 2 holes in the center of the far left side (as you face it). Cut a thin rubber band in half. Put one side through one hole and the other side through the other hole. Put a paper clip on side where the rubber band pieces poke into.

Tie one rubber band piece to one end of the paper clip and the other to the other side of the paper clip. Loop the uncut part of the rubber band over the top right side of piece 2 (as you face it). Staple it in place.

Now you are ready to use the card. Slip the unstapled end of piece 3 under the paper clip. Close up the card. Open up the card. The catapult should be pulled back and ready to fire. Load it and take off the paper clip. Watch it fire!

Torpedoes & Planes

There are a variety of worksheets available detailing how to construct model planes.

Equipment

Bridge & Boat

There are a variety of worksheets available detailing how to construct a model bridge and boat.

Equipment

Thursday 26th August Medical & Trading Post

8:00 *Rise, wash, dress, morning exercises*

9:00 *Breakfast & chores*

10:00 *Skeleton & body parts LN*

SEE THE SKELETON & BODY PARTS INFORMATION SHEET

11:00 *Refreshments*

11:15 *Design a medicine LN*

SEE THE DESIGN A MEDICINE INFORMATION SHEET

12:30 *Lunch & chores*

1:30 *Rest & quiet game*

2:00 **Archery [Site Activity with THEIR instructors]**

Activity run on site with their instructors and equipment. Cubs to be split into two groups and alternate between archery and a leader supervised activity.

4:00 *Tuck shop then back into Trading post LN*

SEE THE TRADING POST INFORMATION SHEET

5:30 *Tea & chores*

6:30 *Trading post continued LN*

7:30 *Game GB*

See the games book for a suitable game.

9:30 *Supper, indoor games*

10:00 *Bed*

10:30/11 *Lights out*

Skeleton & Body Parts

There are a variety of worksheets available detailing parts of the human body and skeleton.

Equipment

Design a Medicine

The Cubs will mix their own medicine using a variety of flavours and soft drinks.

Trading Post

The trading post is a game whereby the Cubs, working in their sixes, have a limited amount of money initially. They can purchase materials and help with this and undertake tasks to complete an activity or model. These can then be sold at a profit. The Six who makes the most money in the allotted time are the winners.

Full details can be found in the Trading post pack.

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*

SEE THE HISTORY OF INVENTIONS & DISCOVERIES INFORMATION SHEET

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*

SEE THE HISTORY OF INVENTIONS & DISCOVERIES INFORMATION SHEET

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 *Tuck Shop*

3:30 *GPS, DVD, Nano/Biotechnology, , Future inventions & discoveries LN*

SEE THE HISTORY OF INVENTIONS & DISCOVERIES INFORMATION SHEET

4:00 **Adventure Course [Site Activity]**

Leaders to supervise use of the adventure course on site activity. Key obtained from the office.

5:00 *Free time*

5:30 *Tea & chores*

6:30 *Final write up for newspaper & video LN*

7:30 *Game GB*

See the games book for a suitable game.

8:30 **Campfire [Site Activity] CS**

Campfire may be booked from the office. A list of campfire songs, stunts & skits is available in a separate pack.

9:30/10 *Supper. Indoor games*

10:30 *Bed*

11:00 *Lights out*

Leaders & Cubs are to pack up as much of their gear as possible during the day and to tidy the building in preparation for a final session tomorrow.

History of Inventions & Discoveries

Tools

firelighting

Tracking Signs

Invent a religion (write prayers and hymns)

Magic tricks

Make up a dance

Cave painting

Writing – various types – sticks, quills etc

Wheel – using natural materials

Printing press

Vehicle

Make a technical future thingy

Saturday 28th August

8:00 *Rise, wash, dress, morning exercises*

9:00 *Breakfast & chores*

Cubs are to wash up in their sixes after each meal.

10:00 *Pack kit, clean building*

Final packing and cleaning of the building. It is normally easier to take the Cubs outside under the supervision of a few leaders while the others thoroughly clean the building and ensure nothing is left in there.

12:00 *Depart for home*

It is important that everyone is ready to leave at the stated time. All gear must be packed and the building emptied and cleaned ready for an inspection.

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.

Sixes

Edison

Vicky Luxford (Sixer)
Charlie Jones
Daniel Lee
Samantha March
Liam Thompson
Ryan Thompson
Micheal Sherwood (Seconder)

Whittle

Sam Nicholls (Sixer)
Sophie Clark
Lauren Morley
Elliot Brand
Jack O'Mahoney
Curtis Lynes
Tom Gordon (Seconder)

Caxton

Melissa (Sixer)
Michelle Swart
Ryan Sherwood
Ryan Blake
Jack Avis
Daniel Bailey
Katie Clarke (Seconder)

Fleming

Daniel Pike (Sixer)
Rebecca
Jacqueline Hartley
Jordon Slattery
Charlie Lewis
Luke Willcocks
(Seconder)

Leaders

Pauline 'Raksha' Pass
Rosemary 'Akela' Oakwell
Darren 'Baggy' Dowling
Ken 'T' Thompson
Terry 'Haithi' Purcell
Ethel 'Et' Brown

Rooms

Room 1

Pauline 'Raksha' Pass
Ethel 'Et' Brown

Room 2

Rosemary 'Akela' Oakwell
Ken 'T' Thompson

Room 3

Melissa
Michelle Swart

Room 4

Vicky Luxford
Katie Clarke
Jacqueline Hartley
Samantha March
Jordon Slattery
Rebecca

Room 5

Tom Gordon
Curtis Lynes
Sam Nicholls
Daniel
Elliot Brand
Jack O'Mahoney

Room 6

(7th)
Daniel Pike
Charlie Lewis
Luke Willcocks
Liam Thompson
Micheal Sherwood

Room 7

Charlie Jones
Daniel Lee
Ryan Thompson
Ryan Sherwood
Ryan Blake
Jack Avis

Room 8

Sophie Clark
Lauren Morley

Tent 1

Terry 'Haithi' Purcell
Darren 'Baggy' Dowling

Tent 2

Jenny 'Blondie' Lewis

Tent 3

Jake Mead

Room 5 6 Boys	Room 4 6 Girls	Room 3 2 Girls	Room 2 2 Leader	Room 1 2 Leaders	Dining & Activity Area	Kitchen
Corridor						Lobby
Room 6 6 Boys	Room 7 6 Boys	Room 8 2 Girls	Leaders Lounge			