



1st Fressingfield Scout Group



Yoxford and Peasehall

School Sections

Programme of activities

Autumn 2018

1315: Assembly and flag break
 1330: Session one
 1410: Break
 1420: Session two
 1500: Dismissal (return to classes)

DATE	SECTION	ACTIVITY	Notes
7 th September	Beavers	(1) Healthy lifestyles, healthy body (2) Using the 'cub designed' obstacle course	
	Cubs	(1) Designing an obstacle course – design and trial (2) Healthy lifestyles, healthy body	
14 th September	Beavers	(1) The Eatwell Guide & Portion sizes (2) Campfire cooking – fruit skewers & maybe a song 😊	
	Cubs	(1) Fire lighting and safety (2) The Eatwell Guide & Portion sizes	
21 st September	Beavers	(1) Regular eating & snacks (2) Potato races!!	
	Cubs	(1) Campfire cooking – baked chocolate bannanas (2) Regular eating & snacks	Fire to be prepared in advance
28 th September	Beavers	(1) Physical activity & sedentary time (2) Wide games and heart rates	Investitures at 245pm
	Cubs	(1) Wide games and how to be a 'good sport' (2) Physical activity & sedentary time	Investitures at 245pm
5 th October	Beavers	(1) Understanding food labels & sugary drinks (2) Campfire cooking – Toast and butter	
	Cubs	(1) Campfire cooking – 'own' made baked beans (billycan) (2) Understanding food labels & sugary drinks	Fire to be prepared in advance
12 th October	Beavers	(1) Healthy breakfast & importance of sleep (2) Crab football championship	
	Cubs	(1) Shelter building – ready for a nap (2) Healthy breakfast & importance of sleep	
19 th October	Beavers	(1) Eating out and influences (2) Making healthy lifestyle posters	Badges awarded at 245pm
	Cubs	(1) Wide games (2) Eating out and influences	Badges awarded at 245pm

Badge work:

Beavers: Health and Fitness Activity Badge (full)
 Cubs: Physical Recreation Activity Badge (part)
 Backwoods Cooking Activity Badge (full)