

1st Midrand Cub Pack

National Challenge 2024 – Health and Wellbeing

Portfolio



Task 1: Connect: Activity 1/2

Activity: Arts and Crafts

Date: 2-3rd term 2024

Location: Home, scout hall

Participation: 92%

The cubs took part in a pack activity to produce an artwork representing the entire pack, but also representing each of them as an individual. Each cub was provided with a fabric cut-out of a person. They were required to produce a self-portrait. Each self-portrait was then incorporated into a group portrait of the entire pack.



Task 1: Connect: Activity 2/2

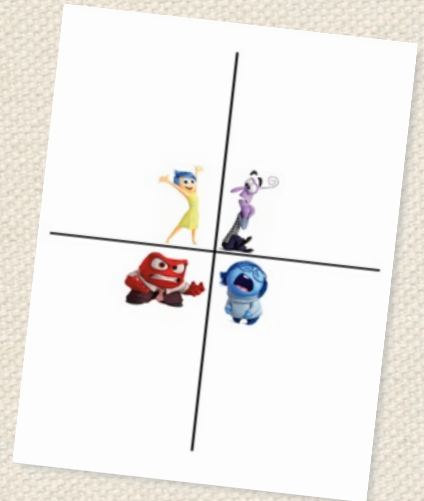
Activity: I am aware of my emotions

Date: 27 July 2024

Location: Scout hall

Participation: 84.8%

The cubs were introduced to the characters from "Inside Out". They then participated in the "I am aware of my emotions activity". They were given the emotions grid worksheet and invited to write or draw things that they identified with each character from Inside Out, and thus with each emotion. Each cub was then invited to stand up and tell the pack about one of the things they had identified and associated with an emotion.



Task 2: Be Active: Activity 1/2

Activity: Athlete Badge (Special Pack Event)

Date: 27 January 2024

Location: Kyalami School Sports Field

Participation: 87.1%



Fitness and Athlete's Programme (Kyalami Prep School Field)

27 January 2024

TIME				ACTIVITY	WHO	RATIONALE / ADVANCEMENTS	REQUIREMENTS
Start Time			End Time				
7:50	00:10		08:00	Arrival, set up for grand howl	Duty Six		Flag, Totem, Skin
8:00	00:03	mins	08:03	Grand Howl	Akela / Chill		
				Prayer			
8:03	00:04	mins	08:07	Inspection			
Today we are going to learn about keeping our bodies fit and healthy!							
8:07	00:08	mins	08:15	Skop die Blik	All	Steam Release / Wide Game, NC wide game.	Plastic bottle to use as the Blik.
We are going to learn about looking after our bodies when we are exercising and not exercising.							
8:15	00:07	mins	08:22	Talk from biokineticist on posture and gait, warming up and cooling down, core strength.	Natalie Pearce, Biokineticist	Athlete's badge tasks 9 and 10; NC.	Shady spot, biokineticist.
Now we are going to exercise our bodies and earn our Athlete's badges.							
8:22	00:03	mins	08:25	Explanation of how the badge will work, hand out individual task sheets.	Baloo		Shady spot. Individual task sheets for all the cubs.
We are now going to do some exercises and keep ourselves fit and healthy.							
8:25	01:00	mins	09:25	4 Bases x 12 min per base; 2 min changeover / water break	All		
Base 1: We are going to keep physically active with balls.							
				Balls		Throw and catch to each other 10 times (SW). Dribble a soccer ball and score a goal (SW). Throw a tennis ball 27m or more (Athlete's badge task 3; NC).	Soccer balls. Soccer balls. Tennis balls.
Base 2: We are going to keep our bodies fit with running.							
				Running		Run 50m in 9.5 sec (Athlete's badge task 1; NC). Run 200m in less than 40 sec (Athlete's badge task 6; NC). Run 1km in 8 minutes (GW).	Stopwatches / phones.
Base 3: We are going to keep physically active with jumping.							
				Jumping		Long jump standing or running >1.5m (Athlete's badge task 2; NC). Long jump running >2.5m (Athlete's badge task 5; NC). High jump 85cm (Athlete's badge task 4; NC).	Tape measure, jumping mat, poles and uprights.
Base 4: We are going to work on our core strength and agility.							
				Core strength and agility.		3 pull-ups or 10 push-ups (Athlete's badge task 8; NC). 40 sit-ups (Athlete's badge task 7; NC). Do TWO of the following: headstand, handstand, cartwheel, star jumps, leap-frog over a Cub your own size (GW). be able to hop around a figure of eight, each loop with a diameter of about 4 metres, changing feet at the start of the second loop (GW).	
9:25	00:05	mins	09:30	Roll Call / Badges / Closing	Akela / Chill		Badges

1:30 mins

NC = National Challenge; SW = Silver Wolf; GW = Gold Wolf; LW = Leaping Wolf

The cubs started the Athletes badge with a talk from a biokineticist on posture, gait, core strength, warming up and cooling down. They then rotated through 4 bases where they got physically active with ball skills, running, jumping and core strength. The requirements for the athletes badge are tough. The day was an opportunity for all the cubs to get active and be exposed to exercises and activities they would not normally be exposed to. For example, most of the cubs had not ever had the opportunity to attempt long jump or high jump. The adult leaders awarded the badges based on the cubs trying each activity and doing their best, even if they were not able to reach the height, distance or time required by the badge.





Task 2: Be Active: Activity 2/2

Activity: Nature Ramble
Participated in the District Night Hike and Campfire

Date: 13 September 2024

Location: Braamfontein Spruit, 1st Rivertrail Scout Hall, 1st Bryanston Scout Hall

Participation: 67.6%

The cubs attended the annual district Night Hike and Campfire. The theme of the event was "super heroes." The cubs hiked in their packs along the Braamfontein Spruit, stopped for a snack at 1st Rivertrail, and then proceeded to 1st Bryanston where they had a snack and participated in the district campfire.



be prepared





Task 3: Give: Activity 1/2

Activity: Craft for a Cause

Date: 2 November 2024

Location: Scout Hall

Attendance: 75%

The cubs welcomed a special guest, a Calligrapher. Each cub was given a pack of card, stickers and crafting materials. They were taught to make greeting cards and could address and give the greeting card to anyone in their families or networks who needed cheering up or who was celebrating something. They were also given enough to create more cards at home.



Task 3: Give: Activity 2/2

Activity: Kindness Rocks

Date: 31 August 2024

Location: Scout Hall

Attendance: 70.6%

As part of a program on kindness and caring, the cubs were given rocks to paint and then give as a gift to a teacher, family member or friend.



Task 4: Take Notice: Activity 1/2

Activity: I am, and my superpower is...

Date: 17 August 2024

Location: Scout Hall

Attendance: 82.4%

Using the group self-portrait (made in the first challenge) as a backdrop, each cub was given a rectangle of fabric. They were asked to write down their super power, and were able to invite fellow cubs to add positive comments. They then had the opportunity to display their fabric with their superpower with their portrait.



Task 4: Take Notice: Activity 2/2

Activity: Photography adventure

Date: 16 November 2024

Location: Scout Hall

Attendance: 69.4%

The cubs were invited to each bring a special photograph, drawing, picture or object. In their sixes, they participated each had the opportunity to tell their fellow cubs about their picture and why it makes them happy. As a bonus, they then went on a photography scavenger hunt in their sixes.



Task 5: Keep Learning: Activity 1/2

Activity: Learn something new

Date: 30 November 2024

Location: Scout Hall

Attendance: To be held

The final activity for our pack will be teaching the cubs something new. As part of a joint programme with scouts and cubs, they will be taught how to pitch, clean and care for the tents belonging to the group.



Task 5: Keep Learning: Activity 2/2

Activity: Music exploration

Date: 2 November 2024

Location: Scout Hall

Attendance: 75%

As part of a programme on different cultures and traditions, the cubs made different musical instruments in their sixes and then played them together.



