



# LET'S GET PHYSICAL

This month **Mel Kesteven** looks at themes and activities for the Skills and Physical Recreation Programme zones, to help young people to achieve their Activity Badges and Awards.

EXPLORER SCOUTS

## IDEAS

- Unit Programmes: there are lots of good ideas in Unit Programmes, and because of its format, there's plenty of scope for you to add to them. Have a programme brainstorming session, either as Leaders in the District, or as Leaders and Explorer Scouts, or just Explorer Scouts. Get everyone into eight groups and give them a Programme Zone each to brainstorm. Everyone can swap around halfway though!
- *Scouting Magazine*: 'Programmes on a Plate' for Explorer Scouts has been giving ideas for one Programme Zone each month. Look out your back copies, and if you want ideas for Physical Recreation, look at May 2003 and April 2004; if Skills ideas are what you're after, try July and December 2003! A limited number of bound annuals (2002, 2003) are available from the Scout Information Centre (0845 300 1818).
- Other people's programmes: It isn't a matter of stealing programme ideas – share and make the most of good practice. We are all 'in this' for young people, and we should throw the concept of 'my Programme' out of the window. If it's a good idea that worked well, share it; be proud to see other people using it.



in this area, there are three options:

### Do your best!

Have a go and try to show the group how to tie knots you've never heard of, do a craft you heard about once, light fires when you've never yet managed to get a barbecue lit, or tell them about meteorology when you don't know a hailstorm from a meteor shower.

### Find out for yourself!

There is a plethora of Scouting skills factsheets on [www.scoubase.org.uk](http://www.scoubase.org.uk), and there are always articles in *Scouting Magazine* on crafts, cooking, woodcraft and other skills. Your local Scout Shop or branch of Outdoors will have a number of



books or pamphlets in stock to teach a desperate Leader anything from wide games and survival skills to campfire songs and making human pyramids! There may well be courses available too, to help you develop your own skills. Talk to your

District Explorer Scout Commissioner, or Assistant District (or County/Area) Commissioner Activities, and they will be only too pleased to help.

### Get an expert!

There are lots of experts already involved in Scouting and outside the Movement, and most, with a little flattery, are delighted to be able to help out – you might be able to make contact with

somebody with Terrain Two Authorisation, someone who knows how to make a raft, someone who knows how to light a fire, or someone who knows sign language, for instance. Ask around and you will find somebody who knows somebody who would love to come and teach Explorer Scouts to knit, or to ride a unicycle, or to speak Russian – they were just waiting to be asked. Don't tell them I told you this, but the Scout Fellowship is a brilliant source of expertise – make them feel welcome and useful in your Explorer Scouts and you will never look back. They are in the Scout Fellowship because they want to help!

## BADGES

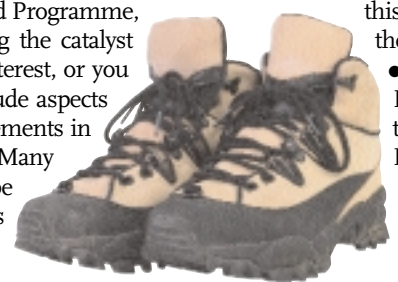
"Our Leaders aren't giving us enough information about which badges we could

be getting. They think that 14- to 18-year-olds aren't interested in badges, but we are." (**Explorer Scout, at the South West Regional Forum**)

The Activity Badges for Explorer Scouts require them to have a real interest in something, to 'take it that one step beyond' and show commitment and expertise. Activity Badges are linked to National Governing Body Awards or involve time spent doing an activity. In your Unit's Balanced Programme, you may be offering the catalyst that inspires that interest, or you may be able to include aspects of the badge requirements in your programme. Many of the badges can be linked to the Skills and Physical

Recreation Programme Zones:

- Aviation Skills and Advanced Aviation Skills – many aspects of this award, such as reciting the phonetic alphabet (alpha, bravo, charlie, etc), identifying 12 aircraft, knowing the rules about airfield use, etc. could be part of your weekly programme, and certainly in the run-up to an Air Activities weekend.
- Creative. Many activities leading to this badge would be part of the Skills Programme Zone.
  - Emergency Aid – A First Aid course within the Unit, leading to the Emergency Aid Award would be part of the Skills programme Zone.
  - Mountain Activities





– many of the requirements for this Award fit into both the Skills and the Physical Recreation programme Zones.

- Recreation – definitely Physical Recreation.
- Science and Technology – Skills.
- Nautical Skills and Advanced Nautical Skills – Skills and Physical Recreation.
- Water Activities – Physical Recreation.
- Staged Information Technology – Skills.

### Duke of Edinburgh's Award

These two Programme Zones are perfect for kick-starting an interest for the young people that they will be able to use in their Duke of Edinburgh's Awards. Two main parts of the Awards are developing a skill for a set period of time and developing a Physical Activity for a set time.

All you have to do is include some exciting activities in your Balanced Programme and then encourage the Explorer Scouts, if they enjoyed it, to use it for their Award, and support them in getting in touch with the relevant people to take it further. Of course, if an activity is good for the Duke of Edinburgh's Award, it is also counting towards either the Chief Scout's Platinum, Diamond or Queen's Scout Award, as these challenges are the same for both Awards schemes.

The skills involved in the Duke of Edinburgh's Award scheme are varied. There is a full A-Z on their website [www.theaward.org](http://www.theaward.org) and there are 17 skill areas listed under A! It would have taken up three pages of this magazine just to list them all, so I can guarantee that if you can think of an activity for your programme that involves a skill (from aeronautics to zoology), and if one of your Explorer Scouts finds it interesting, they will be able to develop it for the relevant amount of time and it will count towards Duke of Edinburgh's Awards and therefore to the Scout Awards.

There is a huge range of physical activities and sports which count towards a Duke of Edinburgh's Award (though these tend to be the more conventional sports rather than skateboarding or playing in adventure playgrounds...) but if you include a sport in your programme, and the Explorer Scouts wish to take



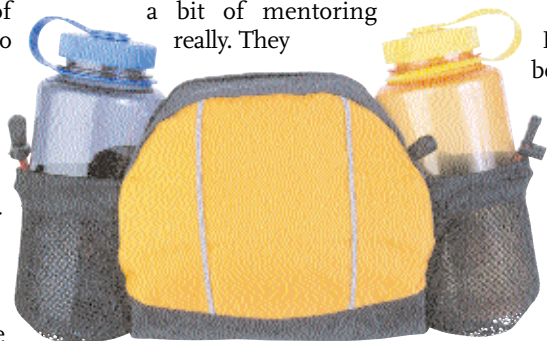
it further, they will probably be able to develop it as part of their Award.

### Karen, Explorer Scout Leader

"I plan a Balanced Programme with the Explorer Scouts – they tell me the activities they would like to do, then we sit down and look at how they cover the Programme Zones, and we come up with some more activities for the Programme Zones that are missing.

"We fit it all in around whatever else is happening in the District or County. For example, if we know we have a long night hike coming up, we do some practice hikes beforehand. If we're looking forward to an expedition abroad, we include appropriate activities at relevant times for that too. Our Environmental Project had to be put later in the year because we needed the light evenings.

"Every term, we put aside one meeting to talk to all the Explorers – it's a bit of mentoring really. They



all get on with a quiet activity and we call them aside. We check out where they are with the Awards schemes, and what they're planning to do next, and then we look through Unit Essentials to see what badges they've done things towards.

"They're always quite surprised, as they usually find at least one that they've done nearly everything for without even realising. We make a list of what they want to achieve and what implications that has for the Programme. For instance, Nick needed to take some photos of what he was doing in Gangshow for his Creative Badge, and he needed to make sure he took more responsibility for planning expeditions. He asked whether the next term's programme could include at least two one-day expeditions and one two-day expedition. We make sure that we print out the Badge and Award requirements for the things they have expressed an interest in, ready for the next week.

"This way we are offering a Balanced Programme first, but we are also ensuring that the young people are offered every opportunity for Badges and Awards, and their needs then feed back to the next term's Balanced Programme. So far it's working really well!"

### Seb, Explorer Scout

"I like the way our Programme works. We do loads of good stuff, and get outside a lot. My favourites are the hikes, because that's what Exploring is all about, but I like other stuff too.

"At the moment, we are invited to do programme planning, and the Leaders always ask for our ideas, but only the four older people go, because the rest of us are busy with coursework. We just want to turn up and have a good time.

"When I'm one of the older ones, I'll get more involved in that. I've been told about the Awards and I'm quite keen, but I'm going to leave it until after my exams. I think I'll do one of the Badges though. There's a Mountain one, and I think we've done loads of that stuff already in our Programme, because we enjoy it, so there's only a bit extra to do." ■



# PROGRAMMES ON A PLATE

THIS MONTH'S THEME IS PHYSICAL RECREATION, WRITTEN BY MEL KESTEVEN

TIME	ACTIVITY	ZONE	METHOD	INSTRUCTIONS
One evening or weekend activity	Urban Outdoors	Physical Recreation, Outdoors	Outdoors, working with others, teaching.	You don't have to live in a rural area to combine the Outdoors and the Physical Recreation Programme Zones. Check out <a href="http://www.urbanoutdoors.org.uk">www.urbanoutdoors.org.uk</a> – fabulous new resources from the Activities Team at Gilwell to give you loads of ideas to make the most of your urban environment. Get your Explorers to bring in skates and skateboards, or go along to the local skate park and borrow the equipment. Have a go at skateboarding or street hockey.
One evening or weekend activity	Caving and Potholing	Physical Recreation, Outdoors	Physical activity	Get down to the dark and wet business of caving. Think of Gollum from <i>The Hobbit</i> and <i>The Lord of the Rings</i> and you aren't far off! Get your local Caving Adviser or Instructor to help you out, make sure the person leading is correctly authorised and get down a hole!
One evening	Ultimate Frisbee	Physical Recreation, Outdoors	Teamwork, working with other groups, games	I thought Frisbee was something you did on the beach or around the campsite, but further investigation has proved me wrong. Check out <a href="http://www.ultimatehandbook.com/Webpages/Beginner/simplerules">www.ultimatehandbook.com/Webpages/Beginner/simplerules</a> to see the rules of Ultimate Frisbee or <a href="http://www.ukultimate.com/history.asp">www.ukultimate.com/history.asp</a> to find out the history of the sport. Find out more about the game and have a go, then challenge another Unit in your District or a neighbouring District or local Scout Network. Most universities have a team, so watch out if you're taking on SSAGO and Scout Network teams!
One evening or weekend activity	On yer bike!	Physical Recreation	Research, project, visit, outdoors	Most 14- to 18-year-olds have a bike, so why not incorporate it into the programme? You could take your bikes up into the wilds and encourage bike use on expeditions or on the Explorer Belt (don't forget that authorisation is required for Mountain Biking in Terrain 1 or 2), or you could go for a long bike ride on a cycle way or canal tow path (see <a href="http://www.sustrans.org.uk">www.sustrans.org.uk</a> for details of the National Cycle Network including a route planner for long distance cycles). As the evenings get lighter, it's a great way to spend an evening, and other activities could be incorporated.
One evening or weekend activity	Dragon Boat Racing	Physical Recreation, Outdoors	Working together, visit	If the sound of drums beating brings out the Viking in you, then get along to your nearest Water Activities centre and have a go at Dragon Boat Racing. There are numerous competitions and regattas run around the country, so if you develop a taste for it you could be bringing home all the glory! (but less of the pillaging) of your Viking predecessors! The lighter evenings mean that this could as easily be an evening activity as a weekend afternoon.
20 minutes	Virtual Table Football	Physical Recreation	Games	Divide your Explorers into two teams and each team into a Goalie, a line of defence and a line of attackers. Line them up in the hall so that they can all just about reach one another. They are the little table football players on the table (and are therefore limited in movement!) The goalie can only move side to side in the goal mouth, all the other players are not allowed to move their left (or non-dominant) foot. They can pivot around but cannot move from their spot. The 'ball' is better being flat; a roll of sellotape works brilliantly. Play on following normal football rules apart from obviously no tackling or moving.