

## Programme Commonwealth Games

Here is an idea that can be used for any major sporting event, including the Olympics or any sporting World Cup.

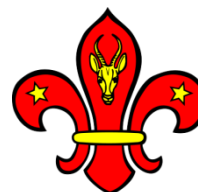
July sees the start of the 20<sup>th</sup> Commonwealth Games in Glasgow. Scotland. This event opens up some great programme ideas concerning other Countries. For example, by doing a programme over two nights:

### ***Week 1 - Preparation***

6.00pm Opening Parade

6.05pm Selection of Teams (prior to the night, make sure you have selected a number of teams that will be participating in the Commonwealth Games, and have a few ready for the Cubs to select. Some suggestions would include New Zealand, South Africa, Australia, England, Samoa, Fiji, Tonga, Scotland, Wales, Ireland, Canada, & Jamaica).

Have some information ready such as the flag of that country, their team colours, and maybe some other pictures. For example, I have picked South Africa:



South Africa joined the Commonwealth in 1931. It debuted in the Hamilton 1930 Commonwealth Games. South Africans have taken part in all Games since 1994. Prior to these Games, they participated from 1930–38 and 1950–58. At the Melbourne 2006 Commonwealth Games, South Africa won 38 medals. Four years later, at Delhi 2010, a further 33 medals took the country's overall Games total to 312.

6.10pm Dress Sixer Corners with Supporters Colours. Design banners, plan costumes for next meeting.

6.30pm Game (have a game from one of the countries chosen). For example in Africa, the black townships play a lot with Hoops. Games ideas with hoops could include a relay, where each member of the team has to roll the hoop up to one end of the hall and back using only one hand (also try opposite hand).  
try getting the Cubs to throw the large hoops to get it over a chair.  
Split the pack into 2 teams and give each a football. The leader stands between the two teams and rolls the hoop towards the end of the Hall. The first member of each team has to try and kick their football through the hoop before it gets to the end of the hall.

6.45pm Discussion – Scouting in other Countries

### *The Promise*

I

#### **South Africa**

I promise to do my best  
To do my duty  
To God and my country  
To keep the law of the Wolf Pack  
And to do a good turn to somebody  
Every day

### *The Law*

The Cub gives in to the Old Wolf  
The Cub does not give into himself

### Awards

#### 8 Year Old Cubs



Cheetah Badge



Bronze Boomerang

#### 9 Year Old Cubs



Leopard Badge



Silver Boomerang

#### 10 Year Old Cubs



Lion Badge



Gold Boomerang

#### **Australia**

On my Honour  
I Promise that I will do my best  
To do my Duty  
To my God, and the Queen of Australia  
To help Other People  
And to live by the Cub Scout Law

A Cub is Loyal & Obedient  
A Cub does not give into themselves

## The Highest Award



Leaping Wolf



Grey Wolf

6.55pm Closing Parade

### ***Week 2 – The Commonwealth Games***

Cubs come along dressed in their selected team colours.

6.00pm Opening Ceremony

Teams parade into the hall behind their flag. One of the leaders enters carrying a lit candle and they light the Games torch (use your imagination on how this can be best achieved). One Cub is then asked to read the Athletes Oath:

“We Declare that we will take part in the ABC Cub Pack Games in the spirit of true sportsmanship, recognising the rules which govern them and desirous of participating in them for the honour of our Commonwealth and for the glory of sport”

6.10pm Game 1

Running Relay. Each team is given a baton. In relay, each member must run to the end of the hall and back carrying the baton relay style. They must hand it to the next member without dropping it and so on. Use variations in running styles, or actions as appropriate.

6.20pm Game 2

Shot Put. This can be done two ways. It is best if you have some bean bags, otherwise, roll up some newspaper into tight balls, and cover with sticky tape. Version 1 is to have each team member try to throw their bag (or ball) as far as they can. Version 2 involves you drawing a series of circles on the floor (or using buckets or hoops). These should be approx 5m in front of each team. Taking it in turns, each cub has to try to get the bag (or ball) into the circle (or bucket/hoop). Score 10 points for in, 5 points for near miss. Move the team to be 10m away and try again. Then to 15m.

6.35pm Game 3

Wrestling. Each team lines up opposite each other (if 2 teams, in 2 straight lines, if three team in a triangle, if 4 teams in a square). Each team member is given a number. The leader calls a number and each Cub with that number comes out to the centre, crouched down holding their ankles, and tries to knock the other players off their feet, without getting knocked over themselves.

6.50pm      Points Tally & Award Ceremony (present the Gold Medals to the winning teams and runner up prizes to everyone else)

6.55pm      Closing Parade.